

# In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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Do you have any safety ideas or news items to share with us? Please send to our email at: [safetynews@transforce.com](mailto:safetynews@transforce.com)

## Time To Spring Forward

Say farewell to winter’s snow, sleet and ice. Say hello to more daylight hours and warmer weather. Still most bemoaned the loss of one hour as clocks were set forward on Sunday, March 9, 2014 in observance of Daylight Saving Time.



A real concern for truckers during the spring season is rainy, slick road conditions. Driving during rainstorms is serious business. Follow these tips to stay safe this spring.

### Avoid Hydroplaning

Hydroplaning normally occurs in the beginning of a rainstorm as oil, gas and fuel are brought to the roads’ surface making them very slick. Keep these three things in mind to avoid hydroplaning:

1. Create a good “space cushion” between you and other vehicles.
2. Slow down and drive below the speed limit if necessary.
3. Keep your headlights and tail lights on for maximum visibility.

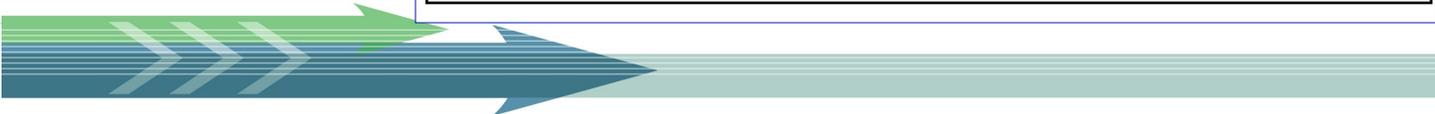
### Stay Alert

Never lose sight of what’s in front of you regardless of reduced visibility. Stay focused. Keep your eyes on the road and two hands on the wheel. Looking away can cause you to unexpectedly flip over, skid and swerve, or crash. Avoid giving in to distractions. Below are some things you should not do while driving in a rainstorm:

- ◆ Do NOT eat or drink because you will take one or both hands off of the wheel.
- ◆ Do NOT reach for objects on the dashboard, the passenger seat, back seat or anywhere else.
- ◆ Follow FMCSA regulations regarding the ban of hand-held cell phones.

### Did You Know?

Not all states in the U.S. observe Daylight Saving Time. Since the federal government does not require U.S. states or territories to observe DST, residents of Arizona (except for residents of the Navajo Indian Reservation), Hawaii, Puerto Rico, the Virgin Islands, American Samoa, Guam, and the Northern Marianas Islands do not need to change their clocks. Time will fall back to standard time again on Sunday, November 2, when DST ends.



## Staying Healthy and Fit On The Road



Not only does the job require you to sit most of the day, truckers cannot always find a place to work out that is convenient to their route. However, there are many ways that truck drivers can stay in shape on the road.

Park at the end of the parking lot to add a minute to your walk to the diner. You can use your deliveries as an opportunity to walk too. If your delivery destination doesn't require you to stay in your cab, you can walk around the buildings while you wait to be off-loaded. (These steps add up quickly!) Or you can catch up on paperwork to make more time for walking later.

Instead of stopping for a quick easy fast food meal, find a diner or restaurant and order from a salad bar. Order a lean cut of meat and some vegetables. You could also save money and stay healthy by packing fresh fruit, veggies and nuts in a small cooler in case you get hungry or can't find a place to eat that offers more healthy food selections.

These are also great habits you can continue to do at home. On your days off, stay active. Take a walk around your neighborhood or a nearby park. Invite your friends out for a day of sports or hike, fish, dance, swim! It's just important to get moving!

Truck driving is a rewarding profession and TransForce drivers are the force that drives the company. Our drivers are the best in the industry. Maintaining your health and staying in shape will allow you to enjoy a long career and an active life.

*You could also save money and stay healthy by packing fresh fruit, veggies and nuts in a small cooler in case you get hungry or can't find a place to eat that offers healthy food.*



### Want to Earn Some Extra Cash?

TransForce has a driver referral program. We're looking for more good drivers to fill both local and regional openings. If you know a driver that is looking for:

- ◆ Flexibility in work assignments
- ◆ Good steady weekly pay & company benefits

All it takes is a few words to another driver and you're in the money! Make a referral and earn up to \$300! **Contact your local branch for more details.**

## There Is A Trip We Don't Want You To Take!

### PREVENTING SLIPS, TRIPS AND FALL



Slips, trips and falls are frequent causes of injury for truck drivers. Some studies have indicated that in the trucking industry **over 50% of all slips and falls occur on or near the tractor and over 20% occur while drivers enter and exit their tractors and trailers.** In addition, nearly 10% of slips and falls occur while hooking up the trailer, and over 10% happen while securing the load. Slips, trips and falls are also common on loading docks. Fatigue, stress and haste can increase these risks.

There are several things drivers should remember at all times to prevent these hazards.

- ◆ Use the 3-point rule (at least three limbs in contact with the tractor or trailer) when entering or exiting the vehicle.
- ◆ When walking around your unit at night, use a flash light.
- ◆ Have a clear line of vision when moving freight.
- ◆ When on the loading dock, watch for broken pallets, dock plates and spills.
- ◆ When securing the load on a flatbed, use extreme caution. Test your footing before you move. The tarp can be covering pockets or gaps.
- ◆ When tightening the load, keep your body out of the path of the bar.
- ◆ Do not rush. Haste, stress and fatigue increase the risk of a slip, trip or fall.
- ◆ Wear slip-resistant safety shoes that provide proper ankle support.
- ◆ Be alert for loose or missing handrails or safety mats that can become a hazard.
- ◆ Use the proper entrance and exits.

### American Heart Association Declares **March** National Nutrition Month

The American Heart Association (AHA) reports that *“approximately every 34 seconds, 1 American has a coronary event and approximately every 1 minute 23 seconds, an American will die of one.”* To help lower your risk, the AHA recommends you limit red meats and sugary foods and drinks. Your eating habits should emphasize a variety of foods from all the food groups — fruits, vegetables, whole grains, low fat dairy products, poultry, fish and nuts. For daily food choices, eat skinless lean meats and poultry. Eat fish at least twice a week. Consume dairy products that are either fat-free or 1 percent fat. Cut back on foods that contain partially hydrogenated vegetable oils to reduce trans fat. Cut back on beverages and foods with added sugars. Prepare foods without or very little salt.

Eating healthy will keep your heart healthy, control your cholesterol, maintain a good blood pressure, reduce blood sugars and help you lose weight.



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Drivers  
Must  
Report All Accidents and Injuries  
Immediately

As a TransForce driver you are required to:

1. Call your TransForce branch no later than the end of your shift to report all vehicle accidents and injuries (no matter how minor).
2. Have a post-injury medical examination –*this is not optional*. Your branch contact will direct you to a medical facility or emergency room.
3. Complete a written notice of accident or injury form within 24 hours if you are medically able to do so.