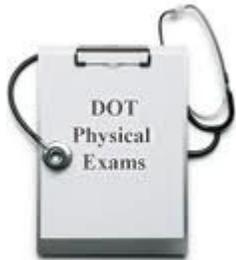


In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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The Dangers of Distracted Driving



The National Safety Council (NSC) recognized April as Distracted Driving Awareness month. The NSC reports the number one cause of unintentional deaths in the U.S. are vehicle accidents. About 100 people die everyday in a vehicle accident. Up to 90% of all accidents are caused by driver error or distractions. Distracted driving includes using cell phones (hand held and hands-free devices).

As a general rule, if a driver's full attention is not on driving because of some other activity, the driver is distracted.

There are three types of distracted driving:

- 1. Mental Distraction.** The driver's mind is not focused on driving. Thinking about personal, family or work-related issues are some examples.
- 2. Visual Distraction.** The driver stops looking at the road ahead. Checking a GPS or texting while driving is a visual distraction.
- 3. Manual Distraction.** The driver removes one or both hands from the wheel. Eating, drinking or adjusting the seatbelt while driving are common types of manual distractions.

Studies show that it is not safe to multi-task while driving. The essential three requirements for safe driving are: 1) Eyes on the road, 2) Both hands on the wheel and 3) Mind on driving. The human brain toggles between two things at the same time and is not capable of doing two things at once. While talking or listening to a cell phone conversation, the ability to process moving objects diminishes by 33%. A driver misses seeing 50% of what is around the vehicle when he is distracted.

Prevent distracted driving.

1. Eat before or after you drive.
2. Program your radio or GPS before you drive.
3. Do not groom yourself while driving.
4. Do not look at maps or other printed materials while behind the wheel.
5. Stow loose objects in their proper place so they don't roll while the vehicle is in motion.
6. Keep your eyes and mind on the road at all time while driving.
7. Follow FMSCA regulations regarding the ban on cell phone use.



May 21, 2014

New Federal Law Goes Into Effect for Medical Certification for Truck Drivers



The Federal Motor Carrier Safety Administration (FMCSA) has issued an important bulletin. Beginning May 21, 2014, truck drivers and all drivers of commercial motor vehicles will be required to have their medical examinations performed by a certified medical examiner.

Drivers can find a list of certified medical examiners on the FMCSA's website.

The site can be searched by either zip code, state or examiner's name. A driver may choose an examiner from the list and call to make an appointment. If a driver's current doctor is not on the list, information on how to become certified is also on the website if drivers want to ask their current doctor to become a certified medical examiner.

If a driver already had an exam and has a current certificate, that driver's current medical certificate will continue to be valid until the expiration date shown on the current card. The driver **will not** need a new physical exam immediately following the May deadline. When the current card expires, the driver will need to select an examiner from the FMCSA's national registry. The Federal Motor Carrier Safety Administration can be reached at (800) 832-5660.



Left to Right: Julie Sippel (Assistant GM, Detroit) Cornell Thomas, David Cook (District Manager), Joe Dolan (VP Operations)

TransForce Driver of the Year - 2013

Congratulations to Cornell Thomas, our 2013 Driver of the Year. Mr. Thomas has been a driver for TransForce's Detroit branch since September of 1997. Since March of 2003, Mr. Thomas has been assigned to an account where he continually provides outstanding customer service and is always available to assist in any way he can. Throughout Cornell's 17 years of dedicated service, he has an exemplary safety record—even throughout some of the worst of Michigan weather. Mr. Thomas was chosen from among TransForce's thousands of drivers across the nation.

"We are extremely pleased to honor Mr. Thomas' outstanding performance, especially his outstanding dedication to safety and customer service," says David Broome, President and CEO of TransForce. Congratulations Cornell, and many thanks for your dedication and commitment as part of the TransForce family.

Survey says.....



Thanks to all of the drivers who submitted the survey from the January 2014 In the Safety Zone newsletter. The majority of drivers have considerable interest in all categories: compliance/regulations, safe driving methods, how to prevent injuries, safe equipment use, health/wellness and company policy and news. The majority of drivers preferred mode of contact is through the mail.

Your feedback is appreciated. The topics of interest you picked will be included in future newsletters.

The Target gift cards have been mailed to all participants who submitted surveys by the 2/23/14 deadline.

<u>Branch</u>	<u>Driver</u>	<u>Branch</u>	<u>Driver</u>
<i>Alexandria</i>	McCurdy, Reginald Nelson, Jonathan Wood, James	<i>Kansas City</i>	Ayrton, David C. Hawkins, Stephen Higgins, Richard Yewell, Nettie
<i>Atlanta</i>	Johnson, Gary L. Kerr, Jerry "Jody"	<i>Knoxville</i>	McAlpin, Roderick Tilson, Gary
<i>Baltimore</i>	Gessert, Arthur	<i>Los Angeles</i>	Causly, Maurice
<i>Birmingham</i>	Hawkins, James D.	<i>Louisville</i>	Dunn, Ronnie Fleetwood, Roy L. Little, William C. Piercy, Royce
<i>Charlotte</i>	Mehner, Michael		Reynolds, Matt Williams, Bradley
<i>Chicago</i>	Laskowski, Ronald J. Woods, Eric	<i>Nashville</i>	Gaines, Roger Gentry, Kenny Smith, James E. Turner, Nickalus Watson, Charles
<i>N. Charleston</i>	Lherault, Yves	<i>Oklahoma City</i>	Farve, John S. Goodine, Barry Gunter, Mark
<i>Cincinnati</i>	Beemon, Michael Daniels, Terence Perry, Christopher	<i>Phoenix</i>	Osbon, Don
<i>Detroit</i>	Bastin, Everett Brim, Bennie Doute, Paul Roth, Larry Smith, Harold	<i>San Antonio</i>	Anzures, Miguel Morales, Michael A.
<i>Grand Rapids</i>	Kuzmanovsky, Kostas	<i>Stockton</i>	Harper, William
<i>Greensboro</i>	Campbell, Stephen Cuyler, Arnold Hooper, Jason	<i>Tampa</i>	Bright, Sr., Edward Birdsall, Jeff
<i>Harrisburg</i>	Lehigh, Douglas Wiest, David	<i>Tulsa</i>	Vance, Anthony
<i>Houston</i>	Boyles, William	<i>Union</i>	Graziano, Joseph
<i>Indiana</i>	Adams, Perry Thompson, William		
<i>Jacksonville</i>	Birkhofer, David		



Health and Wellness Tips



Trucker's Arm. Most truckers have heard of it. Some have experienced it. It is that odd suntan or burn a driver gets from the sun beaming on the left arm while driving, especially driving long distances in direct sunlight. It is important for truckers to have some protection from the sun's harmful rays at all times during the summer months to minimize the chances of getting skin cancer. Here are two easy things truckers can do to protect themselves from sun exposure. **1) Wear sun sleeves.** You may not appear to be making a fashion statement while wearing them but they are an excellent barrier from the sun. They come in a variety of colors and can be ordered from amazon.com. Some designs also cover the hands as well. **2) Apply sunscreen.** Putting on lotions and creams may be more of a chore but it really is the most effective way to block those harmful rays. Lotions rated between 15 to 30 SPF block most damaging rays. (SPF means Sun Protection Factor). SPF 15 blocks 93% of UVB rays, the kind of radiation that causes sunburn and hurts skin. SPF 30 blocks 97% of UVB rays. Apply the lotion to the face, arms and hands once every two hours for maximum protection.





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Do you have any safety ideas or news items to share? Please send them to:
safetynews@transforce.com



Extra ! Extra!

Want Some Extra Cash In Your Pocket?

TransForce, Inc. has a driver referral program. We are looking for more good drivers to fill local, regional and OTR openings. If you know a driver who would like:

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

Tell that driver about employment with TransForce, Inc. Give the driver your name and your local office phone number. When the driver becomes employed with TransForce, Inc., you earn cash!

Earn \$500 for Each Driver You Refer

(\$250 after 200 hours of driver working)

(\$250 after 400 hours of driver working)