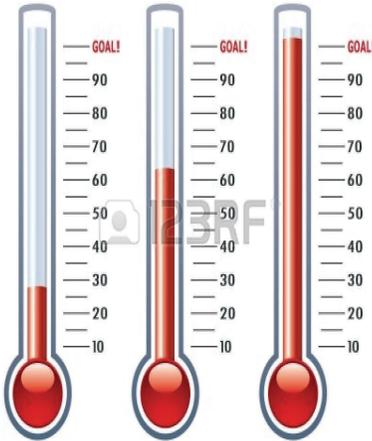


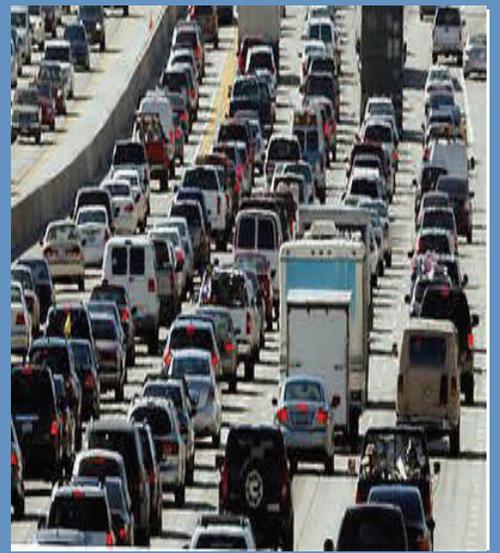
In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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Stay Cool Behind The Wheel Through The Dog Days of Summer



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Did you know that the busiest travel day on American roads and highways occurs in July? AAA Mid-Atlantic estimates that nearly 41 million people are on the road on July 4th. The high volume of vehicles on the roads makes this holiday the deadliest for fatal vehicle accidents.

The National Highway Traffic Safety Administration (NHTSA) reported in a study that 765 people lost their lives in vehicle traffic crashes during the Fourth of July weekend from 2008-2012. Of that number, 40% of these fatalities involved drivers with a blood alcohol level of .08 or more. This means truck drivers are sharing the roads with a larger population of intoxicated drivers than normal.

Drivers and pedestrians may also be more distracted than normal during the summer months as there are generally more people out enjoying the hot weather. It is critical to be patient while travelling through areas highly congested with vehicle or pedestrian traffic. Maintain your cool and keep your tolerance thermometer high! Having patience

and defensive driving are the keys to minimizing your chances of being involved in an accident. Stay alert. Pay strict attention to traffic conditions. Watch out for pedestrians. Drive cautiously.

Don't forget how important being well rested is to your ability to focus. Drowsiness, just like drugs or alcohol, can be fatal when driving. Drowsiness impairs judgment, slows reaction time and decreases awareness. The recent national media coverage of the tragic collision of a tractor trailer with the limo van of a famed comedian has once again put the spotlight on the issue of driver fatigue. Compliance with regard to hours of service for truckers has once again come under scrutiny. Get your proper rest prior to starting a driving assignment. It's crucial to avoiding driver fatigue.

Recognize the symptoms of fatigue when driving: 1) difficulty focusing, 2) yawning often and 3) missing exits or traffic signs. Never drive while fatigued. Always let safety be your first priority.





Food Handling Safety for Eating Outdoors

Be safe while enjoying the summer picnic and barbeque season. Bacteria can multiply rapidly in foods when eating outdoors. Safe food handling tips can prevent foodborne bacteria that can lead to illness.

Keep cold perishable food in a cooler at 40°F or below. Hot foods should be kept hot at 140°F. If foods are left out longer than two hours after being served, throw them out to avoid food poisoning.

Remembering these four things can help prevent food poisoning - 1) Wash, 2) Separate, 3) Cook and 4) Refrigerate.

Wash your hands before, during and after food preparation. Where soap and water are not available, use moist towelettes or hand sanitizer.

Separate foods to prevent cross-contamination. Store raw foods in one cooler and ready-to-eat foods in a different carrying device. Use separate plates for holding raw meat, poultry or seafood and another for vegetables when grilling.

Cook meats to a safe minimum internal cooking temperature. Use a food thermometer to test foods. Beef, pork, veal and lamb should reach 160°F. Turkey and chicken 165°F.

Refrigerate leftover food immediately. Meals should not remain out of refrigeration longer than two hours. In outside temperatures 90°F or higher, food should not remain out longer than one hour.



More Money! More Money! More Money!

TransForce, Inc. has increased its driver referral program.

Earn \$500 for Each Driver You Refer

(\$250 after driver works 200 hours)

(\$250 after driver works 400 hours)

TransForce, Inc. needs more good drivers to fill local, regional and OTR openings.

If you know a driver who would like:

- ◆ Flexibility in work assignments
- ◆ Good steady weekly pay & company benefits
- ◆ To work for the biggest employer in town

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!



Summer Survival Tips

In the trucking industry, every season has its challenges. Summer is no different. Heat stroke, sunburn, heat rash, insect bites and athlete's foot are all seasonal health hazards for truckers. There are safety tips to help you prevent these summer health risks.

Stay hydrated and avoid heat cramps, heat exhaustion and heat stroke. Dehydration happens when a person loses more fluid from his body than he takes in. To avoid this condition, drink plenty of water when outside regardless of whether you feel thirsty. Coffee, soda and energy drinks leads to dehydration. Avoid them.

Apply sunscreen to all exposed skin while driving. Sunburn can happen even when the sun is hidden behind clouds.

Apply powder (free of cornstarch) to combat heat rash. Heat rash, which looks like hives on the skin, emerges when

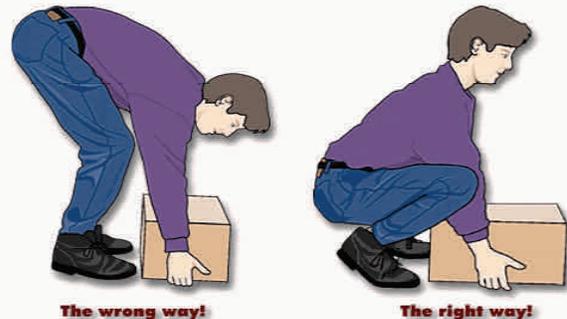
heat irritates the skin, particularly around body folds. Use powder to absorb moisture and prevent a rash.

Apply repellent to exposed skin and on clothing when working outside. Put ice on insect bites. It acts as an anti-inflammatory and will reduce itching and swelling. Over-the-counter antihistamines can help with a bite or sting also.

Antifungal creams or sprays applied between the toes will cure athlete's foot. When feet become sweaty while confined in tight fitting shoes, an itchy rash between the toes occur. Remember, all TransForce drivers are required to wear safety boots!

Use these summer survival tips to enjoy the season comfortably. Remember to drink water constantly. Wear lightweight, loose fitting clothing for added comfort. Stretch frequently to stave off heat induced fatigue..

Avoid Back Strains and Sprains



The lower back (lumbar spine) bears much of the body's weight during walking, lifting and running. It is made up of bone and muscle and is supported by cartilage, tendons and ligaments surrounded by a network of blood vessels and nerves. The responsibility of the lower back to perform so much for the body makes it most susceptible to strains and sprains.

Improper lifting or twisting/pulling in a way to overstress the back muscles can lead to a strain or sprain. A sprain happens when a ligament, the fibrous band of tissues that connect two or more bones, is stretched or torn. A strain is an injury to either a muscle or tendon (the fibrous tissue that connect muscle to bone).

How can back sprains and strains be prevented during lifting? 1) Stretch your muscles before starting; 2) Take a balanced stance with your feet and stoop down to lift the object; 3) Use your palm and not your fingers to get a firm grip. Hug the load; 3) Use your legs, abdominal and buttock muscles to lift the load up gradually; 4) Once you are standing, change directions by pointing your feet in the direction you want to go and turn your whole body. Avoid twisting your waist. 5) Do the reverse to put the load down. Follow these steps to keep from injuring your lower back.

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

Highway Work Zones - Slow Down For The Orange Cones

During summer months, highway road construction activity increases. Drivers should have a heightened awareness of road work zones to reduce fatalities as road construction projects increase and continue throughout the warmer weather.

When approaching highway work zones, drivers need to *slow down, pay attention to work zone signs and road crew flaggers, avoid distractions, stay focused and maintain a safe distance behind other vehicles* in road work zones. Staying alert, patient and concentrating on safety at all times helps to avoid crashes and save lives.

Recent statistics indicate an average of 600 people are killed and nearly 35,000 are injured in accidents at roadway work zones yearly. According to the Federal Motor Carrier Safety Administration, 132 fatal work zone crashes in 2012 involved large trucks and buses. The US Depart-

ment of Transportation Secretary Anthony Foxx says speeding was a factor in more than 35% of fatal work zone crashes in 2012.

When you see construction ahead, slow down, watch for traffic pattern changes and be prepared to stop.

