



Be Prepared for Winter 's Treacherous Roads



Pre and post-trip inspections. These steps are crucial to your safety under any conditions and even more so when weather conditions are more challenging. These inspections should always include checking your wiper blades, fluid levels and tire pressure. The truck's spare tire should be ready for use. Always have adequate fuel. Visually inspect the vehicles lights - headlights, brake lights, turn signals, emergency flashers, etc. Safely clean your windshield, side windows and mirrors before leaving every stop. Inspections need to be completed throughout road trips to ensure that the truck is road-ready.

Drive for conditions. Treacherous conditions dictate that you slow down. Drivers need more time to react when visibility and traction are impaired. Drive slowly and increase your following distance -double your following distance in snowy conditions and triple it when the roads are icy. Look far enough ahead to be ready to react. Make sure others know you're there in low visibility areas. Maintain firm control of the steering wheel. Brake and accelerate gently to reduce the chances of spin-outs.

Travel safely!

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Preparing yourself for winter weather in advance of its arrival reduces the stress of the driving season. Winter driving tests the skills of every driver on the road. What sets professional drivers apart is the ability to critically observe and anticipate hazards. The professional driver knows that there are fundamental tasks that should be performed to ensure that every trip down our roads and highways during the winter season is a safe one. These include:

Personal safety preparation. Reduce risk of exposure to the elements by preparing a winter survival kit that includes a flashlight, extra batteries, extra warm clothes, gloves and snow boots. You should also have non-perishable food and water, a cell phone charger, first aid kit, a snow broom and ice scraper.



Avoiding Hand Injuries

As truck drivers, your hands are valuable assets. Your hands allow you to perform the most essential function of your job-driving! Hand injuries, even minor ones, can impair your ability to work productively. Carelessness and failure to wear PPE are the most common causes of hand injuries. Injuries can range in severity from small lacerations to broken bones and sometimes amputations. Hands can also become jammed or lodged between spaces and objects while handling materials. These are commonly referred to as pinch points.

To minimize the risk of injuries, it's important to recognize hazards, follow safe work practices, and use protective equipment appropriate for the task you are performing. To reduce the risk of hand related injuries:

- Use your Personal Protective Equipment (PPE). Well fitted gloves provide flexibility and protection.
- Beware of pinch points and areas where the hand can get lodged. Avoid wearing jewelry and keep long sleeves buttoned at all times.
- Make certain loads are balanced before lifting.
- Whenever possible, use tools to do the work that your hands would otherwise do.



Eat Well and Sleep to Ward Off Colds



Many pharmacists are reminding people to eat well, exercise regularly and get enough sleep to reduce their chances of catching a cold or developing the flu. While the best form of defense against the flu is to get the flu vaccination, there are simple steps people can take to help protect themselves against it and the common cold:

- Wash your hands regularly to prevent the spread of germs.
- Stay hydrated by drinking at least eight glasses of water per day.
- Control stress as this can lead to a weakened immune system.
- Limit contact with infected people until their symptoms are gone.
- Eat healthy food, exercise regularly and get enough sleep -this boosts the immune system.

Pharmacists are also reminding people that if they already have a cold, use a tissue to cover their mouth and nose when sneezing or coughing. The tissue should then be put in the bin and hands should be washed as soon as possible. If you end up catching a cold or flu anyway, give yourself time to recover. It can take five to seven days to be well enough to return to normal activities. It is best to treat a cold or flu at home by resting, staying warm and drinking lots of fluids.

Prevent Shoulder Injuries



Did you know that the shoulders are the most movable joints in your body? They also tend to be unstable at times because the ball of the upper arm is larger than the shoulder socket that holds it. The shoulder is stabilized by the muscles, tendons and ligaments that surround it. Shoulder injuries are common because we use our shoulders every day. In fact, more injuries occur from athletic or leisurely activity than work activity. You can avoid the risk of injury by using proper lifting techniques and resting and stretching for periods when performing repetitive tasks.

While working, be mindful that safe lifting practices and the use of safety equipment are the key to preventing shoulder injuries. Always make it a practice to:

- Hold an object close to the body when lifting to reduce the stress on the shoulders.
- Use the arms and shoulders to raise a load when performing an overhead lift.
- Be certain to rest the arms for short periods if you are loading and unloading constantly.
- Break down a heavy load to make it more manageable to carry or handle.
- Use safety equipment whenever possible to pull or push objects.
- In the event of a fall, try rolling onto your back to reduce the impact on the shoulders.

REMINDER: Prompt Reporting of Accidents and Injuries is Your Responsibility!



- **Verbally report all vehicle accidents and injuries (no matter how minor) to your TransForce branch and the customer no later than the end of your shift.**
- **Have a medical examination if injured. You will be required to submit to a post-injury examination for anything other than first-aid. Your branch contact will direct you to a medical facility or emergency room.**
- **Complete a written notice of accident or injury form within 24 hours of the event.**



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Money To Bring Home For The **Holidays!**

TransForce 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 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 and company benefits
- <\$> To work for the biggest employer in town

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

