

# In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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## Resolve to Make 2015 A Safer Year !

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**HAPPY NEW YEAR!!!** Did any safe practices make it onto your list of New Year's resolutions? Here are a few safety resolutions you can make in 2015:

#### Practice the 3-Point Rule When Entering and Exiting

You should always have three limbs in contact with your vehicle when entering and exiting. Step down lightly-never jump onto a step or surface. Remember, it always safer to exit your vehicle facing the cab.



#### Buckle Up!

It's been proven time and time again that SEATBELTS SAVE LIVES! Seatbelts can prevent you from being ejected from the vehicle or even being thrown forward, significantly reducing the risk of injury. It is estimated that at least 90% of commercial motor vehicle drivers wear their seatbelts. Our policy is 100% compliance!



#### Lose weight; be healthier.

Polls have shown that weight loss is the most common New Year's resolution. As a driver, maintaining your health and making healthier eating decisions are essential to warding off diseases, and possibly extending your lifespan in the process. Schedule an annual checkup. Make smarter food choices. Find ways to exercise while traveling. Resolve to make better health your priority.



**Resolve to make 2015 a safe year!**



# Watch Your Step!

Falls hurt—and worse, they can disable or kill. Falling injuries occur in every industry, but they can be prevented or reduced in severity by the worker who is alert. Remember, falls not only cost companies, but you and your family. They can cost you pain, time spent at the doctor, enjoyment that you might have had on your time off, lost income because you are out of work, loss of mobility, and the ability to do the tasks you usually do around the house. Worst of all, people don't always recover 100 percent from falls. Permanent pain and re-injury points can result with crippling effects to the body.

Slippery surfaces, poor lighting, obstacles, having your vision obscured when carrying packages and other factors can all cause falls. Be aware when hazards exist, report those which can be corrected, and take steps to reduce your own likelihood of falling down on the job. Here are some tips to help you stay grounded:



1. **Staying flexible.** Those who are not limber usually have a higher center of gravity and are toppled more easily than the supple individual. Daily stretching helps.
2. **Staying straight.** The use of drugs, alcohol, even some prescribed or over-the-counter medications can alter your perception and throw off your sense of balance. Make it a point to find out any side effects of medicine you are taking.
3. **Wearing the right shoes.** Be sure that your shoes give you proper support, are the right size, don't have heels that will catch on the stair treads, and don't have slippery soles.
4. **Walk like a penguin .** Keep your arms extended to the sides and point your feet slightly outward. This helps you to maintain your balance.



Not only can you prevent falls, but you should be prepared to reduce the impact of falls that *do* occur. Make it a practice to walk around in an alert, balanced state, watching where you are going and ready to catch yourself quickly should you begin to slip. Here are some "safe falling" techniques to consider:

1. **Your head is a heavy body part.** Don't tilt your head back as you walk up stairs, throwing off your balance. Look up with your eyes only. If you work at a height and find yourself falling, don't look down with your head either, because that will propel you forward.
2. **Gripping a nearby railing may help.** Use your thumb, along with the little finger and the ring finger to grip. The little and ring fingers actually have more gripping strength than the index and middle fingers.
3. **When falling, defend the vital areas.** It's better to have soft tissue damage than severe breaks. The head is vulnerable to serious injury and must be protected first of all. Protect it by tucking it to either collarbone. Next comes the spine and back, then the joints such as knees, wrists, shoulders, elbows, and ankles.

# Beware of Winter's Slippery Surfaces



*Winter is in full force around the country and what better way to kick off the year fully focused on keeping ourselves safe by avoiding slips and falls during this treacherous season! There are several actions that we can take to improve our safety and avoid slips and falls both on and off the road.*

## Why It Matters.....

Falls are among the most common type of injury both on and off the job.

Several hundred thousand American workers suffer injuries from falls on the job every year—a number of these related to slipping accidents.

Although slips and falls usually aren't fatal, they can cause serious damage, like broken bones and back injuries.

**Slipping and sliding means accidents and injuries.** Weather-related slips and falls become a serious hazard as winter conditions often make for icy and wet surfaces outdoors. Even wet leaves or mud can create treacherous walking conditions. You want to do everything you can to prevent accidents and injuries—outside and in. Perhaps the best way to go about it is with a little increased awareness of your surroundings in the fall and winter months.

**Create a slip-free zone inside and out.** Inside always clean up spills, drips and leaks immediately (even a little coffee spill on the floor can cause a slip, fall or injury). Watch for signs or barriers to warn you when floors are wet, slippery or otherwise hazardous. In and around your home, put down mats on wet days near entryways to help keep floors dry. Outside, see to it that slippery spots are sanded or salted immediately. Always wear sensible shoes with nonskid or tread channeled soles to improve foot traction on bad weather days. Wipe your feet when coming in from the outside. Another way to prevent slips is to walk slowly, taking small steps on wet and

slippery surfaces. And when exiting your car or truck—always watch your step! Make the assumption that **every** road or surface could be hazardous and step or proceed with caution!

**Report slippery conditions.** Always report a hazardous condition anywhere inside or outside a facility. That way, maintenance can get to the scene quickly to remove or correct the hazard.

## Did You Know.....

Slips, trips, and falls are a major cause of accidents on and off the job. In fact, falls are among the top causes of disabling work injuries.

Fortunately, most falls—and their “cousins,” trips and slips—can be prevented, or at least made less severe. While various unsafe conditions can lead to trips, slips, and falls, the best source of prevention is paying attention to what you're doing, where you're going, and what you encounter along the way.



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## Must Be The Money!

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!