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Driving defensively means always being prepared, aware and alert of road conditions directly ahead of you as well as a few hundred feet down the road. Truck drivers share the highway with other drivers whose behaviors cannot always be predicted.

As you travel, always make a mental note of a safe area to escape a potential accident if needed like a clear lane or a run off area on the shoulder. If you spot a vehicle driving erratically, slow down and keep your distance. Change lanes to avoid danger if you have to. Stay calm if you encounter a driver with road rage. Don’t react with anger. Create a space between you and the aggressive driver to avoid any potential conflict. Be attentive to traffic patterns and reduced speed limits in designated work zones. Reduce your speed and move over a lane whenever possible when law enforcement or other emergency vehicles are on the roadway.

When checking your mirrors remember that motorcycles riders are more difficult to see and can easily hide in your vehicle’s blind spot.

Avoid collisions, injuries and violations by driving defensively.
Independence Day Weekend is One of the Most Dangerous for Drivers

Experts say the deadliest days on America's highways is Independence Day weekend from 6:00 p.m. on July 3 through 11:59 p.m. on July 6. Truck drivers should mentally prepare to encounter dangerous driving behaviors during the 4th of July holiday weekend. The American Automobile Association (AAA) estimates that 41 million Americans will travel at least 50 miles or more during the holiday weekend. More vehicles on our roads and highways mean more potential for accidents.

Last year, the National Safety Council (NSC) estimated that 385 deaths and an additional 41,200 injuries requiring medical treatment would occur over the 4th of July holiday. Stay alert and expect to have to react safely and responsibly to any scenario you encounter. For instance, vehicles may linger alongside your truck and remain in your blind spot. Remember to check your mirrors every 8 to 10 seconds (including your convex mirror). If at all possible, avoid changing lanes. If you must change lanes, signal early so other vehicles will not pull alongside your truck during the lane change. Double check your mirrors before turning right. Other vehicles may sneak up next to your truck while you are setting up for a wide right turn.

If you have an emergency, pull completely off the road and set out flares or safety triangles to enhance your visibility and to avoid a rear end collision while parked. Keep yourself and other motorists safe and enjoy the holiday weekend!

Rest Breaks

Switchbacks, mixing bowls, steep grades, optical illusions - these are the types of roads you have to drive. Truck drivers also have to watch out for the erratic and distracted behavior of other drivers like those who are talking on cell phones or texting while driving. It is already a circus out there! With such a demand on your vision and concentration, fatigue can happen behind the wheel. When you are tired, you lose the ability to fully concentrate, which reduces your ability to detect and respond to hazards. Driving while fatigued increases your chances of being involved in an accident.

Regardless how close you are to your terminal point, it is imperative to take a rest break when you start experiencing these symptoms:

- Difficulty focusing or daydreaming.
- Frequent yawning.
- Trouble remembering the last few miles you drove.
- Missing exits or traffic signs.
- Drifting from your lane.
In the Safety Zone ™

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Obesity is defined as a medical condition of accumulated body fat that is out of proportion to a person's height. Common causes of obesity are usually a combination of excessive food intake, lack of physical activity or genetic disposition. Obesity typically leads to various diseases like type 2 diabetes, heart disease, and obstructive sleep apnea. Truck drivers deal with many of these risk factors because of the nature of the job – long periods of sitting, unhealthy eating choices on the roads and challenges finding the time and space to exercise.

To combat obesity, make healthier food choices and walk at least 30 minutes per day. In addition, you now have healthier choices while you work and drive. TA and Petro truck stops now offer StayFit, a combination of nutritious food options and exercise information. Visit http://www.petrotruckstops/stayfit.sstg for more details.

Dealing With Sun Glare

Sun glare may be one of the least talked about driving hazards. The sun’s rays can shine directly into a driver's eyes causing temporary partial blindness. Bright sunlight can even appear in your eyes as the road turns or as the rays shine down from between trees as you drive along. Sun glare is the brightest just after sunrise and as the sun sets. It can be dangerous year-round particularly because it is worst during the peak hours for high traffic volume.

If you are blinded by the sunlight, slow down immediately. It may be tempting to continue at the same rate of speed to let the glare pass, but by then it may be too late. Within a couple of hundred yards of travel, a pedestrian or other vehicle could enter your path. With the sun in your eyes, it can be difficult to see if the car ahead of you has applied the brakes or activated a turn signal.

Invest in polarized sunglasses. They can help reduce sun glare. When you utilize your sun visor to block out glare, make sure you are still able to see overhead traffic signals and signs. Keep you windshield clean inside and outside. Avoid using cleaners that may leave streaks that refract sunlight and make it even more difficult to see.

Why Obesity Is So Dangerous

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$ Referrals Really Do Pay $ 

TransForce has a fantastic 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.