



### INSIDE THIS ISSUE:

2	Happy Labor Day To All TransForce Staff
2	National Truck Driver Appreciation Week
3	Watch Your Step!
3	Merge Without Triggering Road Rage
4	Treat A Yellow Bus Like Gold



## The Heat Is On! Know the Signs of Heat Exhaustion or Heatstroke



During the hot summer months, you can become dehydrated rather quickly. This can lead to heat exhaustion or even heat stroke-so it is important to recognize the signs of both. Heat exhaustion starts slowly but if it is not treated quickly, it can progress to heatstroke. If you begin to have increased thirst, sweating, headache or muscle weakness, you could be experiencing heat exhaustion. Do not ignore the signs. If you suspect heat exhaustion, get inside to an air conditioned room or under shade. Wet your entire body and clothing with cool water to reduce your core body temperature and drink large amounts of water.

Heatstroke is a more serious condition that can cause seizures, coma and even death. With heatstroke, the body has already overheated to a critical stage. Heatstroke requires immediate medical attention. Call 911 if you begin having any of these signs and symptoms of heat stroke - dizziness, nausea, vomiting, loss of consciousness, rapid breathing, disorientation, confusion or hot and dry skin. You can help a victim of heatstroke by applying ice packs or cold towels to the neck, armpits and groin areas to accelerate the process of cooling and lowering the body's temperature.

On hot days, avoid drinking caffeine or alcohol which can contribute to dehydration. If you must perform strenuous activity during the hottest part of the day (between 10 AM and 4 PM ) take frequent breaks, wear light-colored, lightweight clothing and drink plenty of water.



# Happy Labor Day To All TransForce Staff



A. Simpson (left) - E. Simpson (right)  
ATL Branch

Labor Day in the U.S. is a celebration to recognize the contributions workers have made to the strength, prosperity and well-being of the country. There are an estimated 3.5 million truck drivers in the US. According to the American Trucking Associations (ATA), trucks transport nearly 70% of all domestic freight. The US economy would be greatly impacted without the trucking industry. TFI's drivers and staff employees are among the best in the industry. TransForce honors each and every one of its employees. Thank you for doing your jobs safely and professionally.



B. Steelman (left) - S. Bivins (right)  
BIR Branch



J. Carlisle  
NAS Branch

The holiday weekend will present our drivers with all of the usual driving hazards such as distracted drivers, heavy traffic, etc. Always put safety first in every aspect of your daily activities. Have a happy and safe Labor Day holiday!



T. Kershaw (left) - C. Rogers (right) -  
MEM Branch



**TRUCKING**  
Moves America Forward

## National Truck Driver Appreciation Week

September 13-19, 2015 is National Truck Driver Appreciation Week. While we appreciate the work our drivers perform on a daily basis, this is week that the nation takes time to specifically recognize and celebrate the largest sector of transportation freight workers and their contribution to our economy. It is not an easy task to deliver America's freight securely while keeping the highways safe everyday. Of the 3.5 million professional truck drivers in the country, TransForce's drivers are among the best and safest in the industry. Our drivers are our greatest commodity! Thank you TransForce drivers for your service.

All local TransForce branches will recognize our drivers with special gifts and events during National Truck Driver Appreciation week. Contact your local branch to find out what activities have been planned for you. Celebrate and enjoy!

# Watch Your Step!



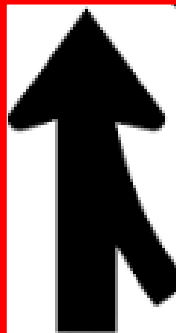
Be watchful when walking around your vehicle to perform inspections, secure loads or load and unload merchandise. Avoid stepping on boards or other debris near the vehicle. Nails or other sharp objects not easily seen can protrude from boards and pierce through the sole of your boot resulting in a puncture wound. Large pieces of broken glass, metal, or tools like screwdrivers embedded in soil or debris are also hazardous if stepped on. Nails, metal or other sharp objects sticking out from crates or other containers can cause puncture wounds to hands, arms, legs or the side of your feet. Look for any sharp objects extending from containers you are about to handle and avoid making contact with the object.



If you receive a puncture wound, report it to your branch and seek medical attention immediately. Puncture wounds can become infected if not properly treated. Dirt and debris can be forced into the wound during the penetration of an object. The inside and outside of the wound must be thoroughly cleaned properly by a doctor. A doctor should also monitor the wound throughout the healing process to avoid complications.

If you are ever treated for a puncture wound, the doctor may recommend a tetanus shot if you have not had one within 10 years. As the wound heals, keep the wound dressing dry. Contact your doctor if signs of infection occur - pain, redness, swelling or fever.

# Merge Without Triggering Road Rage



Merging onto roads and highways can bring out the worst in drivers and can trigger road rage. Remember, the traffic that is on the highway has the right of way. To merge into traffic responsibly:

- ◆ Put your turn signal on to indicate your intention to merge into the lane of travel.
- ◆ Make sure you keep an eye on how much distance there is to merge. Sometimes there may be no merge area at the end of a ramp. You may have to slow down or come to a complete stop.
- ◆ Try to merge into traffic with at least one car length of space in front of and behind your vehicle.
- ◆ Make sure you are going fast enough to merge safely.





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## Treat A Yellow Bus Like Gold



The school year begins for many in late August. Yellow school buses will appear on all highways and streets once again. According to the National Safety Council, the majority of school bus related fatalities are pedestrians four to seven years old who are hit by the bus they ride or motorists passing a stopped school bus illegally. All 50 states have laws motorists must obey regarding a school bus. Below are key reminders on how to safely share the road with buses:

1. It is illegal to pass a school bus that has stopped to load or unload children.
2. Yellow flashing lights on a school bus notify motorists it is preparing to stop.
3. Red flashing lights and an extended stop sign arm signals motorists the bus has stopped to let children on or off the bus.
4. On undivided highways, traffic in both directions must stop for a stopped school bus.
5. For divided highways, state laws vary but in all cases, traffic behind school buses must stop.
6. Never pass a school bus on the right.



Treat a yellow school bus like gold. They are filled with children and young adults. Often, they can be easily distracted or inattentive when crossing a street or roadway. Always be mindful and cautious when entering a school zone and obey the traffic laws.