



Drowsy Driving Prevention Week



November 1-8, 2015

INSIDE THIS ISSUE:

2	TFI All Stars - Truck Driver Appreciation Week
3	Healthy Fall and Winter Foods
3	Prevent Slips, Trips and Falls
4	Referrals Really Do Pay



Daylight Saving Time Begins
Sunday, November 1, 2015
at 2:00 AM

The National Sleep Foundation (NSF) is declaring November 1-8, 2015 Drowsy Driving Prevention Week. According to NSF's 2009 poll, 28% of Americans admit to falling asleep while driving in the previous year and 54% admit they have driven while drowsy.

Drowsy Driving Prevention Week is an annual campaign to reduce the number of fatigue-related crashes, educate the public on the dangers of driving while drowsy and to improve public safety.

The National Highway Traffic Safety Administration estimates that drowsy driving is the cause of 100,000 police reported crashes that have resulted in 1,550 deaths, 71,000 injuries and \$12.5 billion in monetary losses.

Most people do not know that sleepiness can affect drivers as much as alcohol.

Sleepiness causes poor judgment, slower reaction time, a delay in processing information as well as vision impairment.

There are key warning signs that let you know it is time to stop driving and time to find a safe place to pull over and sleep.

1. Heavy eyelids, frequent blinking, or trouble keeping your eyes open or your head up.
2. Drifting from your lane, swerving, tailgating or hitting rumble strips.
3. Missing exits, travel signs or inability to remember the last few miles driven.
4. Yawning or rubbing your eyes repeatedly.
5. Turning up the radio or rolling down the window.
6. Feeling irritable or aggressive.





TFI's All Stars Were Out



At The Branches During Truck Driver Appreciation Week September 13-19, 2015

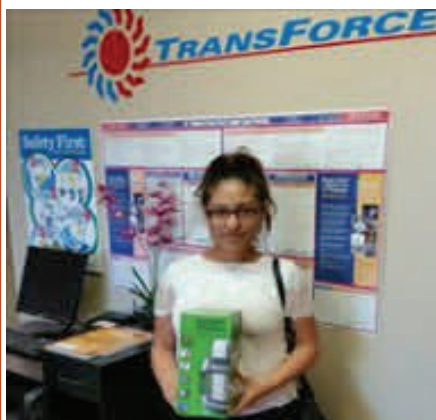


Nashville - Melissa Rodgers (lft)
Chris Hall (rt)

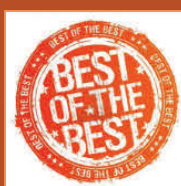
Columbus - Tracy Anderson (lft)
Dilanjan Henry (rt)

Memphis - Rachael Richmond (lft)
Karen Jones (rt)

Rancho - Dennis Magana



Dallas - Yonelva Vega



When it comes to CDL drivers in the industry, TFI drivers are simply the best! Better than all of the rest! During 2015 Truck Driver Appreciation Week, TFI All Stars took home appreciation gifts for their hard work.



Knoxville - Allen Denton



Phoenix - David Loucks (lft)
Allan Abernathy (rt)



Columbia Branch



Atlanta - Vernon Denny



Healthy Fall and Winter Foods

Studies indicate that the dip in temperatures at the beginning of the Fall and Winter months triggers people to eat more. You can stay healthy and satisfy food cravings by consuming foods that are tasty, comforting and will not add to your waistline. During Fall and Winter, eat more soups, stews and potpies. For truckers who are always on the go, many of these seasons' flavors can be packed in your lunch bag.

Fresh fruits and fresh vegetables have disease fighting antioxidants, vitamins and minerals. Apples, pears, grapes, figs, carrots, broccoli and celery are excellent to take along for lunch and enjoy with or without a dip.

Nuts are tasty and packed with nutrition. Almonds, walnuts, pecans, chestnuts, hazelnuts and pistachios can be combined with raisins or dates for an easy healthy snack.

Soups, stews, potpies, baked sweet potatoes and roasted red potatoes are healthy favorites during the cold months. There are numerous websites and magazines offering recipes for cold weather superfoods that can be slow cooked in a crockpot or fixed in a hurry on the indoor grill or in the oven. Many recipes offer new twists on what would be otherwise boring fruits or vegetables like roasted pear with cinnamon and anise, mashed garlic cauliflower, balsamic glazed squash, beef and butternut squash stew. Find these and other delicious recipes on foodnetwork.com. <http://www.foodnetwork.com/recipes/photos/fall-harvest-foods.html>



Accident Prevention

Slips

Trips

Falls

Slips, trips and falls are the most common workplace safety problems that can lead to serious injury. Slips happen when there is not enough traction between the shoe and the floor. Common causes of slips are wet or oily surfaces or loose rugs. Trips happen when your foot hits an object and causes you to lose balance, which leads to a fall. Things that can cause trips are loose wire, uneven pavement, or equipment left in a path of travel. How to prevent falls due to slips and trips?

1. Wear slip resistant footwear.
2. Make sure you can see where you are going when you are carrying a load.
3. Step around obstructions, not over them.

If you cannot avoid falling, try to fall safely by:

1. Bending your elbow and knees so your legs and arms absorb the fall.
2. Use the inside of your forearms and palms of your hand rather than your wrist to try and break the fall.
3. Roll with the fall instead of falling flat face up or face down.
4. Tuck your head into your collarbone to keep from hitting your head.





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\$ Referrals Really Do Pay \$



TransForce has a fantastic driver referral program.

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(\$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:

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- <\$> 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.