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# Winter Driving Safety Reminders



**T**his is the season for icy, snow covered roads. Driving in adverse weather conditions can be extremely dangerous to even the most experienced driver. Harsh winter weather requires special safety measures. Keep yourself and others around you safe as you drive through wintry conditions:

1. Adjust your speed to road conditions. Be aware of visibility, traction and traffic.
2. Accelerate and decelerate slowly to maintain control of your vehicle.
3. Increase the following distance between your vehicle and the one ahead.
4. Brake early. It takes more time and distance to stop in slick conditions.
5. Remember bridges and off ramps freeze before the main highway roads.
6. Don't pass maintenance vehicles and plows clearing roads.
7. Clear snow and ice from all windows and lights.
8. Pay attention and drive below the posted speed. The posted speed limits are for dry pavement.
9. Leave plenty of room to stop when approaching a stop light to avoid skidding and sliding into an intersection.
10. Don't stop going up a hill. Get ample speed on a flat roadway before you take on the hill.

Remember trucks are heavier than cars. Trucks will take longer to safely respond to adverse road conditions. Know the present road conditions to travel safely.



Have a Safe and Happy Holiday Season!

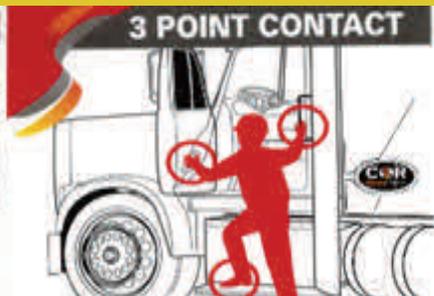


# Always Use 3 Points of Contact

## A Quick Exit Could Result in a Long Break



Using the 3 Point Rule prevents injuries. Most cause of falls from a vehicle is human error and failure to follow the 3 Point Rule. The 3 Point Rule requires three of four points of contact to be maintained with the vehicle at all times - two hands and one foot or both feet and one hand.



Remember these Do's and Don'ts to prevent falls and injuries while entering and exiting your vehicle:



**Do**

1. Exit and enter facing the vehicle.
2. Get a firm grip on rails or handles.
3. Descend or climb up slowly to avoid muscle strain.
4. Wear slip resistant footwear with good support.
5. Always look at the ground before stepping down.
6. Inspect climbing surfaces for hazards like ice, snow, mud or oil.



**Don't**

1. Jump from truck cab or the steps.
2. Climb or descend with anything in your hands. (Place items on vehicle floor to enter or exit safely).
3. Use tires or wheel hubs as a step surface.
4. Use doorframe or door edge as a handhold.
5. Rush to climb out after a long shift.
6. Twist your body to get into or out of the vehicle.

# Truck Stop Tips – Save Money, Time, and Frustration



For over-the-road drivers, truck stops are a welcome sight to sore eyes and fatigued bodies that have covered a lot of miles. Truck stops vary in size and amenities from local mom-and-pop shops that offer the bare basics like fuel and snacks to large chains like TA Travel Centers, Petro and Love's which offer more amenities like showers, restaurants, laundry facilities, etc. Regardless of which truck stop you patronize, guard your sanity and your wallet by using these tricks and tips:

1. **Only buy small items and snacks.** Don't buy medical products, groceries or maintenance supplies at truck stops. Truck stops mark up prices on these types of items. Stock up on necessities before leaving home.
2. **Get and use rewards cards for showers, other discounts and freebies.** Get a free rewards card offered by many truck stops. Remember to use the card for every purchase and then remember to redeem your rewards.
3. **Get familiar with what services are offered at each stop and save time.** Not all truck stops are equal. Find out beforehand which truck stops offer the services you need i.e. laundry, hot meals, window washing, etc.
4. **Park beside a curb when possible.** Protect at least one side of your truck from other drivers by parking next to a curb. Walking further to get to the building is less frustrating than returning to find damages to your truck.



*The largest truck stop in America is in Walcott, IA – Iowa 80 (I-80, exit 284).*

# Stay Healthy and Fit This Winter



All season long, truckers constantly go from warm buildings to outside in the cold to make deliveries. This nonstop exposure to temperature fluctuations can lead to colds. However, you can ward off colds and stay at optimum health. Here are some things you can do to strengthen your body, boost your immune system and stay healthy.

1. **Exercise regularly.** Walk for at least 15 minutes each day. Do pull-ups or sit-ups in your sleeper berth.
2. **Wash your hands or use a hand sanitizer frequently.** This is the most effective way to prevent catching germs.
3. **Drink plenty of water.** Research indicates that dehydration can cause seemingly unrelated health problems like back pain and high cholesterol.
4. **Vitamin D prevents disease and promotes a healthy immune system.** Only 15 minutes of sun exposure each day gives the body sufficient vitamin D.

Getting at least eight hours of sleep and eliminating stress will also help keep your body healthy and strong this winter.





**TRANSFORCE®**

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## Get Referral Money To Deck The Halls



### Earn \$500 for Each Driver You Refer

TransForce has a fantastic driver referral program.

**(\$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.

