

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

Copyright 2016 TransForce, Inc.



Summer Heat Safety



INSIDE THIS ISSUE:

2	Summer Health Tips for Drivers
3	Secure The Cargo
3	Keep a Cool Head In Heavy Traffic
4	Get Vacation Money



It's official! The summer season is here! It becomes extremely important to stay hydrated when working in extreme temperatures. You can quickly lose too much fluid or salt by sweating excessively and becoming dehydrated. This can result in a heat related illnesses such as heat cramps, heat exhaustion or a heat stroke. It is very important to know the signs and symptoms of heat exposure and the proper responses to the illness:

Heat cramps may be the first sign of a heat-related illness. The symptoms are painful muscle cramps and spasms usually in legs and abdomen and also heavy sweating. Respond by gently massaging the muscles to relieve spasms. Give sips of water unless the person complains of nausea.

Heat exhaustion is in effect when there are signs of clammy skin, weakness, dizziness, fainting and vomiting. Respond by moving the person to a cooler environment. Apply cool, wet cloths directly to the body. Seek immediate medical attention.

Heat stroke is a severe medical emergency and can be fatal. The person will have hot, dry skin, a high body temperature, a throbbing headache, shallow breathing and may faint or lose consciousness. Call 911 or get the victim to a hospital immediately. Until help arrives, move the person to a cooler environment and apply cool cloths to the body. Never give fluids to person with heat stroke.

In addition, always pay close attention to the weather advisories issue by your local weather service and limit outdoor activity as much often as possible when in effect:

Heat watch is issued when conditions are favorable for an excessive heat event within 24 to 72 hours but the occurrence and timing of the heat wave is uncertain.

Heat advisory is issued within 12 hours of when day temperature is expected to be 100° or higher for at least 2 days, and the night time temperature will not drop below 75°.

Heat warning is issued within 12 hours if the temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°.



Summer Health Tips For Drivers

Hydrate



Eat Light Meals



Dress Cool



Dehydration, sunburn, heat cramps, etc. all seasonal health hazards for truckers. Most truck drivers know the importance of keeping winter driving survival kit in the truck, but did you know it's just as important to have one for the summer? It is important to be prepared while on the road during the summer.

Make sure to hydrate.

Keep a cooler in your truck cab so you always have cooled water. Cool water rather than cold water is easier for the body to absorb. Limit drinks with caffeine and sugar. They are diuretics that will rob your body of essential fluids. Dehydration affects your ability to make rational decisions while driving. Not drinking enough water is equivalent to driving drunk.

Eat light meals.

Hot and heavy foods during the summer will make you feel sluggish and tired. Eat salads, raw fruits, vegetables and nuts. They will help you feel fuller longer, and maintain your glucose levels so you will not feel sleep after eating them.

Wear lightweight clothing.

Natural, breathable materials such as cotton (poplin, broadcloth or seersucker) and linen are the best fabrics to wear during the summer. They are lightweight and will dry faster if you sweat. Stay away from heavy cotton like jeans. They are made of twill. It clings to your skin and traps sweat.

Stay cool.

When you are in at a loading dock and cannot keep your ignition on to run the AC, a portable fan can provide a gentle breeze to maintain a comfortable temp in the cab of your truck. Damp towels on your neck can also help regulate your body temperature on hot days. At the end of the day, a cool shower or bath will lower your body temperature and prevent overheating.

Take care of your skin.

Use a sunscreen with a high SPF. Apply it to all exposed skin about 30 minutes before you will be out in the sun. Make sure you reapply to all areas every two hours before the sunscreen's protection properties wear off. Wearing a sun sleeve will protect your window-side arm.

Wear Sunglasses.

Safeguard your eyes. Invest in quality sunglasses designed to protect your eyes. Make sure the lenses block 99-100% of UVB and UVA rays, Polarized lenses reduce glare but can also make it difficult to read the GPS. A cotton or linen hat that is comfortable enough to wear all day can also provide an extra level of shading for your eyes.

Stay Cool



Take Care Of Your Skin



Wear Sunglasses



Secure The Cargo



Make sure all cargo is completely secured during the pre-trip. This will help avoid accident, injury and being placed out-of-service. Take an extra few minutes to look over the contents of the trailer. Well secured tie downs will reduce the amount of shifting, tipping, sliding, falling, and unnecessary crushing of trailer goods.

Each year in June, The Commercial Vehicle Safety Alliance (CVSA) does an enforcement outreach and roadside inspection known as International Roadcheck. In 2015, there was a special emphasis on cargo securement. Inspectors issued 2,439 violations for cargo that was not well secured. The top five violation categories were: (1) failure to prevent shifting/loss of load; (2) failure to secure truck equipment; (3) damaged tie downs; (4) insufficient tie downs; and (5) loose tie downs.

Loads that are not correctly balanced on the truck or that are not properly secured are able to shift during transport and can also cause the truck to tip over while driving on a curve, switchback road or on a off ramp.

Keep A Cool Head In Heavy Traffic



Memorial Day holiday weekend was the unofficial start of summer. From the end of May through Labor Day in September, there will be many more motorists on the road traveling to beaches, barbeques and vacation destinations. Expect traffic delays and more aggressive drivers and a higher percentage of drunk drivers. Keep a cool head. Be patient. Be vigilant.

For truck drivers, just like winter, besides heavier than usual traffic, summer has its own unique hazards - severe weather (thunderstorms and heavy rainfalls), more cyclist and pedestrians sharing the highway and more construction zones. Keep safety as the main focus at all times but especially during the summer months. Do not be distracted by aggressive behavior from other drivers. More inexperienced teen drivers are likely to on the roadways during the summer months. Practice defensive driving. Expect the unexpected. Be sure to use the vehicles lights, signals and horn to communicate while on the roadways.



TRANSFORCE®

5520 Cherokee Avenue, Suite 200
Alexandria, VA 22312



Get \$500 For Summer Vacation



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.