

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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Make 2017 The Safest Year Ever!

Professional truck drivers are aware of the many hazards on and off the road. Driving is a career that requires serious concentration and focus at all times. TransForce's drivers are both experienced and proficient in their jobs. Strive to remain injury free by doing these five basic things:

1. Always wear seatbelts.
2. Lift with your legs, not your back.
3. Keep 3 points of contact.
4. Exercise care at heights to prevent slips, trips and falls.
5. Always use personal protective equipment.

Don't forget to practice safe winter driving! Treacherous road conditions are extremely dangerous, even for the most alert and experienced driver. Use special safety driving measures to prevent accident and injury:

1. Adjust your speed to match road conditions, visibility, traction and traffic.
2. Brake early. More time and distance is needed to stop in slick conditions.
3. Accelerate and decelerate slowly to maintain control of your vehicle.
4. Remember bridges and off ramps freeze before the main highway roads.
5. Do not pass maintenance vehicles and plows clearing roads.
6. Do not stop going up a hill. Get enough speed on a flat roadway before you drive up a hill.
7. Clear snow and ice for all windows and lights.
8. Keep both hands on the steering wheel at all times.
9. Watch out for disabled vehicles.
10. If roads become impassable, find a safe place to get off the roadways and wait until the roads are treated.

The stress of driving longer distances at slower speeds can lead to fatigue. If you become tired or sleepy while driving, find a rest area or truck stop so you can refresh and revive before continuing on. Be sure to communicate with your dispatcher so the customer is aware of the issue. Driving while sleepy or fatigue is like driving drunk and is extremely dangerous.

Think safety around the clock and make 2017 the safest year ever! Happy New Year!



TransForce

Driven By Higher Standards



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**We like to hear from you!
Please email safety ideas
or newsworthy items to :**

safetynews@transforce.com

Start The New Year With An Extra \$500 Dollars



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.



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