

# In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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## Take Precautions While Driving Through Strong March Winds

The month of March typically brings with it high winds. Tractor trailers are especially susceptible to being blown over by strong wind gusts. This can happen whether the trailer is loaded or empty. Truck drivers must use sound judgment when deciding whether to drive through strong winds. If winds become too blustery and threatening while in route, find a safe place to pull over and alert your dispatcher of the concern.

Always listen to the weather forecast, especially for your destination and areas you will travel through to reach your destination. When you learn of high wind advisories, plan your route to avoid crossing bridges. The high elevation on bridges allows the wind to get under the vehicle more easily. Take extra precaution entering and exiting ramps for this same reason.

Trees and vegetation along the roadside can alert you of strong winds by how far they are leaning, even before you notice the affect of the wind on your steering or braking ability. Reduce your speed at the first sign of strong winds. You have less control over your vehicle against the wind at faster speeds. Be aware of anything on the side of the road like trees, branches or debris that can blow into your path. Increase following distance between your vehicle and others in case of sudden maneuvers caused by strong winds. Keep both hands on the steering at all times. If the wind changes the direction of your vehicle, don't panic or turn your wheel suddenly. Only make smooth and gentle steering movements.

## Does Daylight Saving Time Impact Your Life?

Clocks move forward one hour on Sunday, March 12, 2017 at 2:00 AM for Daylight Saving Time (DST). Losing an extra sixty minutes of sleep after the morning of the change may not seem like much; however, such a small change can have a big impact on your life.

As a result of the time change, many people experience disturbed sleep patterns and restless nights which leads to poor concentration, fatigue, increase in stress, headaches and sleepiness during the day. Some studies suggest the annual removal of one hour of sleep during DST results in an increase in workplace injuries, vehicle accidents, heart attacks and strokes

Experts say the human body does not adjust immediately to losing the extra hour. Just because the clock changed, does not mean the human body automatically changes. It can take weeks for some people to adjust. However, there are some things you can do to make the transition easier.

1. Starting the Wednesday before DST begins, go to bed 15 minutes earlier and wake up 15 minutes earlier. When DST starts, your body is already on the new schedule.
2. Avoid alcohol, caffeine, nicotine or any other substance that can prevent you from falling asleep.
3. On the DST Sunday morning, expose yourself to as much sunlight as you can. It will boost your energy levels.
4. Avoid taking a nap during the day so you will be able to fall asleep at night.
5. Go to bed on time and get at least eight hours of sleep.
6. Wake up on time so you do not need to rush to your daily tasks.



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

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**For more safety tips, visit the newsletter archives at  
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## **Refer a Driver for a Pot of Gold at the End of the Rainbow!**



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.

