

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

Volume 11 Issue 1

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FATIGUED AND DISTRACTED DRIVING

Don't Trust Your Tired Self!

Alert today – Alive tomorrow.

#1 Safety Rule: You have the authority and responsibility to stop driving if you are too tired or ill. You just need to communicate with the customer and TFI.

Statistics find that 80% of crashes are caused by distraction. Some of that distraction is created by fatigue.

You are 4X more likely to be involved in a crash resulting in injuries when distracted or fatigued!

Chances of a Rear End crash doubles when distracted!

Distraction and fatigue cause you to:

1. Miss traffic signs, signals and exits.
2. Slow your perception and reaction time.
3. Miss critical information in your driving environment such as slowing or stopped traffic.

While Cell Phones are the #1 source of Distraction, other sources are reaching for food/drinks, looking at GPS, thinking about something other than driving activity.

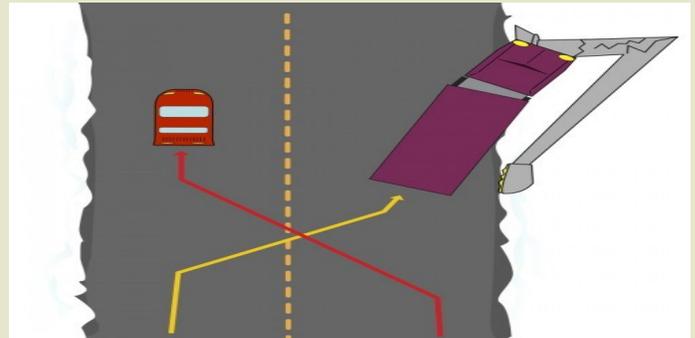
Never drive when too fatigued. Energy and power drinks will NOT wake you up—the only thing that fixes Fatigue is SLEEP.



So don't be a statistic. Think of your family. Get your rest, stay focused when driving and bring yourself home safely every day!

PREVENTABLE OR NOT?: Four-wheeler's lane switch

[CCJ Staff](#) | February 5, 2018 Source: Commercial Carrier Journal



Trucker John tried to avoid a car that steered into his lane, but his rig jackknifed and slid off the road into a light pole. Was this a preventable accident?

Having finished deliveries – John was heading east with an empty trailer. An icy rain was starting to fall, making the roadway slick. John's mind was also on where to stop for lunch.

After passing slower traffic, John continued to run in the left lane at the posted speed limit of 55 mph, thinking about pizza. Just then, a red car slightly ahead in the right lane, noticed that cars ahead were stopping, but only in her lane.

Thinking there must be an accident, the driver of the red car hit her brakes and swerved to the left into John's path,

With the red car now in his lane, John braked hard. He couldn't stop in time so he steered into the right lane, started to jackknife and slid off the road into a light pole. John wasn't hurt, but his truck had serious damage. The safety director charged him with a preventable accident, which John contested.

Asked to make a final decision, the National Safety Council's Accident Review Committee upheld the preventable ruling.

Despite worsening road conditions, John had passed more-cautious drivers instead of slowing down, even when traffic in the next lane was braking. Under those conditions, a professional driver should have anticipated lane-hopping by other cars and reduced speed and increased space, NSC said.



Driven by Higher Standards

TOP 4 TYPES OF ON THE JOB INJURIES –YTD 2018

- FALLS SLIPPERY SURFACES, PARKING LOTS & STAIRS -20%
- PALLET JACK USE and LIFT GATES - 16%
- FALLING GETTING IN OR OUT OF CAB - 16%
- MOTOR VEHICLE ACCIDENTS - 16%

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LIFT-GATE SAFETY TIPS

Lift-gate injuries are an unfortunate risk present in today's transportation industry. Below, are some tips to help prevent lift-gate incidents.

Lift-gate Injury Prevention Tips:

- Inspect the lift-gate daily as part of the vehicle's trip inspection and report any deficiencies. Do not use the lift-gate if there are signs of abuse, or it fails to operate properly.
- Never enter the area beneath a raised lift-gate.
- Watch your footing and know the pinch points.

Equipment Safety Considerations

- Use the remote control if the lift-gate has one. Operate while standing on the gate or on the ground, whichever is better in the current circumstances. Do not try to stand on the gate and use the controls mounted to the truck.
- Know the lift-gate's capacity and do not overload.

Pre-Operations

- Read operator's manual and follow the directions. Review the safety warning decals.
- Before running the lift-gate loaded, run it empty through its full range as a "pre-trip" to verify that it will provide a good landing area for the freight that will be rolled off it.

Operations

- Secure top-heavy loads to prevent the item from tipping/rolling off.
- Do not attempt to put a piece of freight in motion that is beyond your ability to control once it starts moving. Get assistance if you need it.
- Know where your feet are compared to the edge of the lift-gate. Be prepared to move out of the way to keep from getting hurt.
- Never attempt to stop freight from falling or rolling off.



Pallet Jack Safety Reminders

Injuries due to rolling over feet, pinching hands, rolling off dock or lift gate, too heavy loads & work surface can be reduced using the following safety precautions:

ALWAYS inspect a pallet jack

PRIOR to use and NEVER use one if you find problems or defects—alert the customer and follow their Out Of Service procedure.

Below are more tips for safe pallet jack use:

- Always watch placement of your feet to avoid run over or stepping off solid surface.
- Know your travel route—watch out for slippery surfaces, holes or changes in surface levels where you can get hung up causing a strain.
- Never exceed the advised capacity. Be aware that freight stacked HIGH is at risk to shift and fall over as you try to move it. Watch for falling freight that could strike you.
- Never let a load get too big or too heavy otherwise it will overwhelm you and an injury can occur.
- Be extra careful on lift gates when moving a pallet jack with a load—know your footing is solid, be careful of the incline on the lift gate to prevent the load pushing you off the lift gate.
- Using proper lifting techniques when loading/unloading and operating the pallet jack
- Move the load slowly in case your surroundings change
- When going down on an incline go in reverse
- Check the route you are taking is clear and free from hazards and uneven surface before you begin to move your load
- Pushing a loaded Pallet Jack is the Better Choice: Pushing uses stronger leg muscles instead of back muscles and can reduce risk of back injuries. Limit pulling to position the pallet jack and use the Push method to move the loaded pallet.



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We are pleased to announce the recipient of the 2017 TransForce Driver of the Year Award is George Moorer! George has been working from our Baltimore, MD branch since May 26, 2015.

The Port of Baltimore, for anyone who is not familiar, is a 350-acre multifaceted facility with multiple terminals, different law enforcement agencies, multiple unions, shipping companies, and a large number of truck drivers coming from all over the county to bring cargo in and out from the ships docket there.

George leads a team of eight drivers, four of which are TransForce drivers. He handles all the scheduling for the drivers and makes sure they have all the live updates they need with all the moving parts at the Port!

George's commitment to excellence is confirmed with the regular positive feedback received from our customers, Port of Baltimore employees, and the drivers he works alongside with every day.

Angel Brzezens (Customer Service Manager at BAL Term), "George is very pleasant driver supervisor to deal with and easy to approach". "He makes everyone around him feel welcomed and tells our drivers he will not ask them to do anything he is not willing to do himself!"

Jeffery Brooks (Terminal Manager with the Port of Baltimore) shared, "George is always open minded and flexible for any new challenges in an environment that is always changing". "I consider him my eyes and ears on this account." Jeffery considers George a vital part of the continued success of the branch. Congratulations George!



George's service to our company has played a vital role in the success of the BAL Team and the Port of Baltimore!

George has a commitment to professionalism and excellent communication to keep a constantly moving/challenging environment successful. He has ascended to a valued lead-

ership role in supporting the BAL Team by stepping up to solve issues.

George maintains a flawless safety record and demonstrates his commitment to the rules and regulations the federal government and state of Maryland have in place for anyone that goes into the Port of Baltimore.

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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