

IF YOU SEE
SOMETHING
SAY
SOMETHING



Report unsafe work conditions and enter a drawing to win a free pair of work boots valued up to \$100!

We want to know about any unsafe conditions, vehicles and equipment or tasks that you are asked to perform.

You can report any concerns by:

- Contacting your branch.
- Go to “**Safety Concern**” on the TFI driver app or “**Safety Report**” on the TF1 app and complete the form.

We will draw one winner per month per branch.

TransForce Driver Referral Program!

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

Submit your referral through the TransForce mobile app. Available on iTunes and Google Play.

For each driver you refer, earn

\$750*

* **\$250** after referred driver completes their first dispatch; **\$500** after referred driver meets 60 days of employment.

Referral bonus is available only to drivers currently employed with TransForce.



TransForce

Driven By Higher Standards

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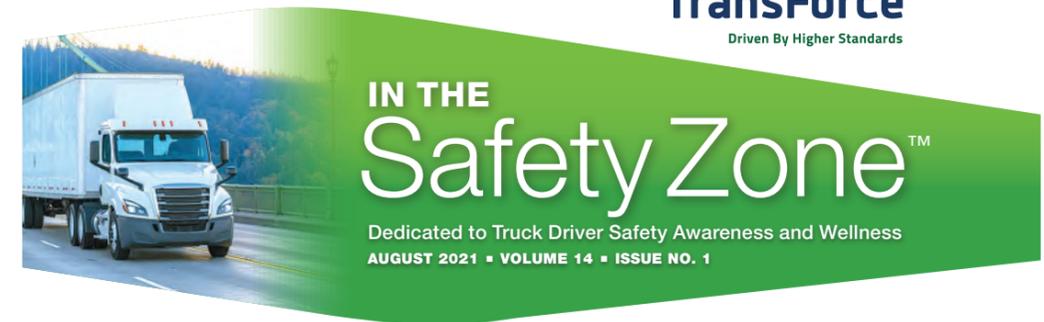
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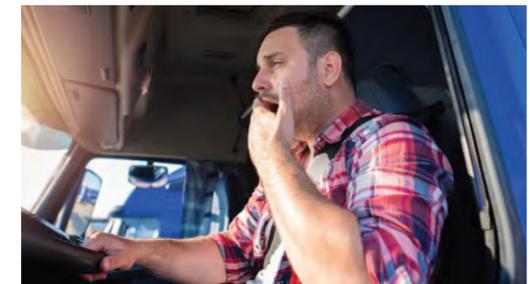
Driver Fatigue: Believe the Science

For the last year and a half media and politicians have repeatedly told us to “Believe the Science”. Their point was to drive a narrative the science was “settled” in regards to COVID.

How about a science that is much more settled than COVID on a subject that has been studied around the world for many years... yet the science is practically unanimous? That subject is human fatigue. Fatigue negatively impacts judgement, reaction time, attention, short-term memory, muscle function and can lead to significant health issues (digestive issues, heart disease, diabetes, etc.) Fatigue will mimic the loss of reaction time similar to alcohol.

Sleep is important physically and mentally.

The National Safety Council reported that “93% of employers feel fatigue is a safety issue, but just 72% of employees agree.” As humans, we are often not good at judging ourselves. It is easy for us to recognize the short-comings of others, but often difficult to recognize our own. This is called a “Blind Spot Bias”, and it is a normal part of human nature. We tell ourselves “I got this”, or something similar. Does the science agree with us? When the topic is fatigue,



the science would tell us our judgement and response times are suffering before we are even aware that we are tired. Our effectiveness is eroding much earlier than we are aware. This same survey found that 97% of transportation companies reported they “felt the impact” of fatigue and 45% reported fatigue-related safety incidents.

Recognized fatigue risk factors include: shift work (long shifts, quick shift returns, rotating shifts), early morning hours, long weeks, no rest breaks (breaks are positive mentally and physically), long commutes, and jobs that require sustained attention. Truck driving also ranks amongst the highest in occupations for suffering with sleep apnea.

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Driver Fatigue (continued)

The risk factors above sound like most truck driving jobs. So, what can you do? The first is to recognize the risks, and acknowledge that no human is immune. Thus, since we are not immune, determine steps that can help reduce the risks. If you think you may have sleep apnea, talk directly to your doctor. Those little tricks we try to wake up—caffeine, cold wind in our face, stretching, loud music, etc.—those are only short-term and can camouflage our alertness to increasing fatigue. If experiencing fatigue while driving, the best choice is to pull over,

communicate with your supervisor, and take a 20 minute nap. There is not a valid excuse for continuing to drive once you start feeling the first symptoms of drowsiness. There is one, and only one, solution...sleep. Since we know the job is full of known risk factors, **the best self-defense is making sleep a priority before reporting to work.**

Proper rest is important to not only avoiding crashes today, but diminishing health issues in the future. Thus, it is a quality of life issue.

Watch for Road Hazards

Road hazards encountered by professional drivers appear in many forms. They can be naturally occurring, man-made, or a combination of the two. Road hazards are a major factor in truck accidents and seem even more prevalent during the spring/summer driving periods. Here are commonly encountered road hazards:

- **Work Zones.** When people are working on the road, it's a hazard. There may be a narrowing of lanes, sharp turns, or uneven surfaces. Construction workers and their vehicles can get in the way, so drive slowly.
- **Drop-Offs.** After a long, hard winter, erosion often causes the pavement to drop-off sharply near the edge of the road, especially on two-lane highways. Driving too near the edges can suddenly tilt your truck/trailer toward the side of the road.
- **Foreign Objects.** Debris on the roadway can be hazardous for the

professional driver. Debris materials can be a danger to your tires and rims, brake lines and crossover fuel lines.

- **Accident Scenes.** Accidents on the roadway are particularly dangerous and obviously unexpected. Passing drivers tend to look at the accident and are not observant as to where they are heading.

The professional driver will always be looking for and anticipating hazards while on the road. Watching and anticipating hazards buys you time to plan a way out of an emergency.



CVSA Brake Safety Week Set for August 22–28

Scott Duvall, Director of Safety and Compliance

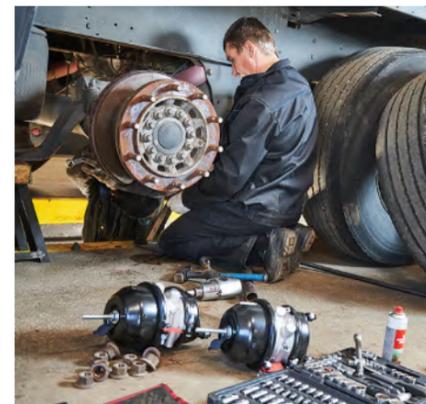
August is Brake Safety Awareness Month for the Commercial Vehicle Safety Alliance, and this year's Brake Safety Week is set to run from August 22–28, 2021. During this week, commercial vehicle inspectors will place a heavy focus on inspecting brake systems and placing vehicles Out-of-Service with brake violations.

During last year's 3-day International Road Check, brake and brake system violations accounted for more violations than any other vehicle category, with 38.6% of all Out-of-Service conditions. Brake-related violations accounted for 8 out of the top 20 vehicle violations in 2020, placing 12% of the motor vehicles inspected out of service.

To prepare for Brake Safety Week, drivers and motor carriers should proactively check and service their vehicles to ensure they are compliant safe. Drivers should focus during pre- and post-trip inspections on all of the vehicle's brake system components, and highlight any deficiencies for repair ahead of the inspection campaign.

Remember to inspect these areas on the brake system:

- Brake shoes and drums, or discs and pads
- Brake chambers, S-Cams, slack adjusters and adjustments
- Hoses and tubing, **especially for rubbing, chafing, cuts and securement**
- Air system leaks
- Air tank drains and air dryers
- Air compressor cut-in, cut-out, and low-pressure warning devices
- ABS system function and warning lights.



A commonly overlooked area during a brake inspection is trailer ABS system faults. When the trailer ABS shows a fault, an amber light turns on and stays lit until the fault is repaired. If you are driving down the road and the light is on, it is a visible signal to an inspector of a violation

As you are hooking up to a trailer, make it an inspection point in your pre-trip to hook up the 7-way cord and then step back to check the light. You should see it turn on and turn off if the system is working normally.

A special thanks to all of our drivers out on the roads every day. Thank you for all that you do for our customers!

Live Well, Work Well

Health and Wellness for Your Work and Life



Protect Your Health

As our society starts to return to normal from the pandemic, we must continue to be diligent and take good care of ourselves. It is important that you still do what you can to protect yourself and your family. There is still the risk of contracting viruses. Here are some tips from the CDC to help us minimize the risk of getting sick:



- **Stay home when you are sick.** No, really—stay home! No work, no school, no errands, no nothing. There are all types of bacteria and viruses out there, and it's hard to tell how yours spread without a petri dish. So even if you're "feeling okay," it's likely you will still spread those germs by touching door handles, credit card readers, gas pumps, and all the other things we don't think about having to touch when we leave the house.



- **Avoid close contact,** especially with anyone that is sick and when you are sick. Again, stay home and keep your distance.



- **Cover your mouth and nose** when coughing, sneezing or any other form of expelling fluids from your body. Some viral and bacterial infections are spread through the air and can be easily contained by covering your mouth and nose.



- **Wash your hands!** Washing your hands is the single, most effective way to prevent the spread of germs—the single, most effective. Wash your hands any chance you get when in public. Create a habit of washing your hands when you walk in the door at home; pass the habit to your children as well. Another important time to wash your hands is before you touch your face or other mucous membranes (openings to our insides; mouth, nose, etc.). Using an alcohol-based sanitizer is acceptable if there are no sinks around.



- **Practice healthy hygiene.** Routinely clean hard and soft surfaces in your home, office and car. Change out hand-drying towels often, keep up with your pet's hygiene, and change furnace filters regularly. Take care of yourself. Get plenty of sleep, exercise, eat healthy, manage stress positively and drink lots and lots of water!