

OCTOBER 2020

Twelve-Month Loss Prevention Program



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Time to Discuss Fall Driving Hazards

Fall is quickly approaching, and with it come seasonal hazards that can lead to animal strikes, loss of control crashes, and other losses. Dispatchers, driver managers, and safety personnel should be communicating these hazards to drivers on a regular basis during the fall months. Please take time to review the list of driving hazards below, and make it a point to discuss these seasonal risks with drivers. Also, complete the “Call to Action” items to help prevent potential vehicle crashes.

SLIPPERY ROAD CONDITIONS

When moisture from rain, and dew mixes with oil and dust on the road, the surface becomes slippery and traction decreases. Likewise, leaves falling on the road, especially if wet, create adverse road conditions. Remind drivers to observe the proper speed for conditions.

FIRST FREEZE

Colder temperatures bring frost and ice, even black ice. Remind drivers to be cautious when driving on bridges and overpasses because they will freeze before the roadway. Also, drivers should budget enough time for a proper pre-trip inspection to ensure sufficient tire tread depth, properly defrosted windows, and clean mirrors.

BACK TO SCHOOL

Autumn means back-to-school time for most children. Remind drivers to expect traffic congestion along bus routes, reduced speed limits in school zones, and the increased risk of pedestrians on or near the roadway. Drivers should be extra vigilant, slow down, and be prepared to stop suddenly.

SUN GLARE

During sunrise and sunset, it can be difficult to see traffic lights or even the vehicle in front of the truck due to sun glare. Remind drivers to slow down, allow proper following distance, and wear sunglasses to reduce glare. If possible, encourage drivers not to drive during these times of the day or to plan breaks until the hazard is gone.

FATIGUE

Shorter days and daylight savings time can disrupt sleep patterns. Remind drivers to get plenty of rest and avoid heavy meals loaded with carbohydrates and sugary, caffeinated drinks, such as soda. Most crashes occur in the early morning hours and right after lunch.

ROAD OBSTACLES

This time of year brings unique road obstacles, such as slow-moving, less-conspicuous vehicles, like farm equipment on roads, and increased animal traffic. Remind drivers to be patient around farm vehicles and not to pass unless it is safe and legal to do so. Likewise, drivers should be on the lookout for warning signs and other evidence of animals crossing and to slow down and stay in one lane to avoid a loss of control crash.

CALL TO ACTION

- Conduct random vehicle inspections each day with drivers to reinforce proper procedures.
- When possible, allow drivers to schedule non-driving time to avoid periods of increased sun glare.
- Provide healthy snacks in the driver room to help boost driver health and wellness.

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Personal Protective Equipment (PPE)

If a hazard cannot be removed or reduced to a point it can be considered an acceptable risk, personal protective equipment (PPE) can be used to provide an extra barrier of protection to workers. Keep in mind: PPE does not remove a particular hazard, but it can help to reduce the risk of injury or illness. PPE should always be worn in designated areas where PPE is required. Read the information below, and determine how PPE can better protect you from harm.



BODY	HAZARDS	PPE OPTIONS
Eyes	<ul style="list-style-type: none"> • Chemical or metal splash • Dust • Projectiles • Gas and vapors • Radiation 	<ul style="list-style-type: none"> • Protective eyewear • Face shield • Face screens • Visors • Eye wash station
Head and Neck	<ul style="list-style-type: none"> • Impact from falling or flying objects • Risk of head bumping • Hair getting tangled in machinery • Chemical drips or splash • Climate or temperature 	<ul style="list-style-type: none"> • Industrial safety helmets • Bump caps • Hairnets • Firefighters' helmets • Scarves for welding
Ears	<ul style="list-style-type: none"> • Noise – a combination of sound level and duration of exposure; very high-level sounds are a hazard even in short duration 	<ul style="list-style-type: none"> • Earplugs • Earmuffs • Semi-insert/canal caps
Hands and Arms	<ul style="list-style-type: none"> • Abrasion • Temperature extremes • Cuts and punctures • Impact, vibration, falling objects • Chemical or biological agents • Electric shock • Radiation 	<ul style="list-style-type: none"> • Gloves • Gloves with a cuff • Gauntlets or sleeves that cover part or all of the arm
Feet and Legs	<ul style="list-style-type: none"> • Wet, hot, or cold conditions • Electrostatic build-up • Slips, trips, and falls • Cuts and punctures • Falling objects • Heavy loads • Metal or chemical splash 	<ul style="list-style-type: none"> • Footwear with the following properties: <ul style="list-style-type: none"> ○ Steel toes ○ Slip-resistant soles ○ Protection from piercing or penetration
Lungs	<ul style="list-style-type: none"> • Oxygen-deficient atmospheres • Dusts • Gases and vapors 	<ul style="list-style-type: none"> • Inhalation masks • Respirators
Whole Body	<ul style="list-style-type: none"> • Vehicles • Back strains • Shoulder strains • Slips, trips, and falls 	<ul style="list-style-type: none"> • High-visibility clothing • Fifth wheel pin puller • Fall protection harness • Back support harness

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Space Management


Managing the space around the truck is challenging. From driving in congested traffic to navigating a crowded parking lot, truck drivers must constantly track the hazards around them to prevent a collision. Read the information below and ask yourself how you can improve your driving style in any of the hazard categories.

RECOGNIZE THE HAZARDS


A **ENVIRONMENT**
Ice, mud, dirt, frost, and water can obstruct mirrors and windows, making it difficult to track the location of other vehicles. Road vibration can also knock mirrors out of alignment.


 **EQUIPMENT**
A truck's blind spots are directly in front of the tractor, the tractor's right-front passenger side (which is the most dangerous), both sides of the trailer from front to rear, and directly behind the trailer. Missing, damaged, or misaligned mirrors hinder the driver's ability to monitor vehicles around the truck, while an inoperable turn signal prevents warning other drivers of an impending lane change.


PERSONAL BEHAVIORS
Unsafe driver behaviors: Not checking mirrors regularly for vehicles and objects around the truck, tailgating, making abrupt lane changes, and relying solely on mirrors and blind-spot warning systems.


 **Unsafe non-driving behaviors:** Failing to conduct a proper pre-trip inspection, not using spotters or checking behind the truck before backing, not keeping windows and mirrors clean and adjusted properly.

KNOW THE DEFENSE

 **REACT PROPERLY TO HAZARDS**
To avoid hazards around the truck, use the "lean and look" method to verify a vehicle is not hidden in the tractor's right-front blind spot. Also, avoid frequent or abrupt lane changes. Stay in one lane as much as possible. If a lane change is needed, signal your intent well in advance. Lastly, remember to "Get Out And Look" (GOAL) behind the truck before backing. Always use a spotter or traffic control assistance. Never back up across traffic lanes without assistance.

 **MAINTAIN PROPER FOLLOWING DISTANCE**
Keep a minimum of six seconds following distance behind the vehicle in front of you. Add more space if additional hazards, such as traffic congestion, construction zones, rain, fog, etc., are present.

 **BE ATTENTIVE TO THE ROAD AHEAD**
Make quick glances to side mirrors to monitor the traffic around the truck, then return your focus to the road ahead to avoid a rear-end crash.

 **VEHICLE INSPECTIONS**
Ensure turn signals on the tractor and trailer work properly. Clean windows and mirrors of debris, and ensure mirrors are adjusted properly before and during each trip. Make sure the backup beeper functions properly when the vehicle is in reverse.

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