

TIRESpin



Trucking Injury Reduction Emphasis Study

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www.KeepTruckingSafe.org

TIRES celebrates 3rd anniversary

The Trucking Injury Reduction Emphasis (TIRES) project recently celebrated its third anniversary of bringing you timely, relevant information to enhance your safety program. To date, we have produced materials on topics including:

Injury types

- Slips, trips and falls
- Strains and sprains
- Struck by or against

Activities

- Tarping
- Vehicle entry/exit
- Load securement
- Housekeeping
- Lifting/using proper equipment
- Loading/unloading

Safety planning

- Visibility
- Communication plans
- Load shift
- Investments in safety

Copies of these and other publications are available at www.KeepTruckingSafe.org. For hard copies call 1-888-667-4277 and ask to speak to someone on the TIRES project.

Sleep Apnea:

The diagnosis that can change your life

Obstructive sleep apnea is a condition in which a person stops breathing during sleep — sometimes up to several hundred times a night. Episodes are followed by fragmented, restless sleep. This can cause excessive daytime sleepiness and can lead to serious health conditions including congestive heart failure, high blood pressure, or stroke.

Untreated obstructive sleep apnea can cause a person to fall asleep while performing work activities such as driving. It's a dreaded diagnosis among many truck drivers, one that they assume will change their life. They may be surprised to find that the diagnosis can change their life for the better.

Dennis, a long-time truck driver, shares how this diagnosis has (con't Sleep Apnea pg. 3)

TIRESPIN is going electronic

Continue to receive important safety messages via the Internet

Due to budget constraints and the high cost of printing, the TIRES program will not be sending you safety materials at the same rate as we have in the past. However, we will continue to offer you the same great safety materials using a free medium: the Internet. Sign up to receive TIRES safety materials online at www.KeepTruckingSafe.org. You can download and print as many copies as needed.

www.KeepTruckingSafe.org



Truck driver championship demo teaches – For your health, don't jump!

Jumping from the cab of your truck can cause impact forces as high as 6 times your body weight.

The TIRES research team demonstrated impact forces from exiting a truck cab at the 2009 Washington State Truck Driver Championships. Jumping from a 3 foot high cab or trailer can induce impact forces as high as 1400 lbs! At that level of force, there is a good chance of causing ankle or foot fracture. Repeated high impact forces during a work day can cause severe pains and aches in the knees, back, and ankles.

Always use three points of contact, face the cab (not the street) – it will reduce the impact force to just above your body weight, and your ankles, knee, and back will be better protected. Also stay focused on entry/exit – no cell phone use, holding a coffee cup, or paperwork!

Below is an example of the results produced during the demonstration of the forces involved in exiting a truck cab.

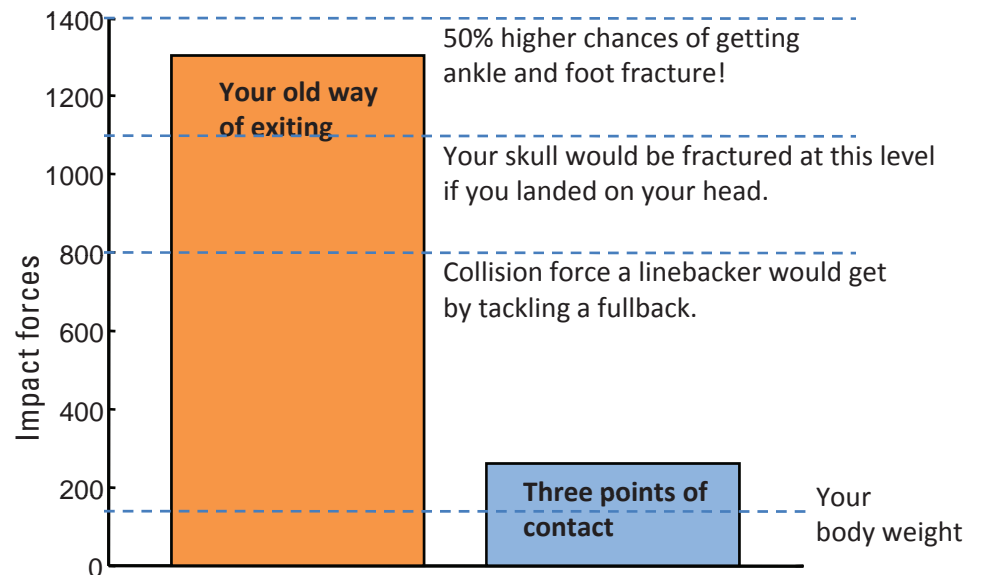


Jumping from cab



Using three points of contact

Comparing impact forces: jumping versus three points of contact



One participant in our demonstration found that jumping from his cab – his usual way of exiting – produced 1,300 lbs. of force. That means his ankles, knees, and back had to take forces up to 6.5 times his body weight. By facing the cab and using three points of contact to exit (one hand and two feet, or two hands and one foot), he reduced the force of the impact by 80 percent to 260 pounds!

Guest author: **Craig Lockwood**, Safety Manager, Boise Inc./BCT Inc., Wallula, Washington

Ban of cell phone use while driving supported by science and experience

People driving Boise Inc. trucks or hauling Boise trailers as independent contractors are no longer allowed to use cell phones until they are safely off the road and stopped, according to a policy adopted earlier this year.

It was a simple matter of looking at the science and statistics.

A 1997 study published in the New England Journal of Medicine provided early evidence of cell phone use as a distractive danger to drivers. The Journal reported that the risk of crashing while using a cell phone was four times greater than the risk without the phone.

Another study showed that drivers were 18 percent slower to react to brake lights while using a cell phone. Scientists determined that slowed reaction times of drivers while talking on a cell phone made them "less adept than drivers with blood alcohol levels exceeding .08 percent."

A Harvard Center of Risk Analysis study estimates that cell phone use while driving contributes to 636,000 crashes annually. They estimate the cost of those cell-phone related crashes at \$43 billion.

Several studies have found that using hands free equipment doesn't reduce the danger. A University

of Utah study showed that it's the distraction of the conversation, not the equipment, that creates the danger.

The Virginia Tech Transportation Institute found that the number one driving distraction was "Using a wireless device, such as a cell phone." Number ten on the list was "Daydreaming."

Finally, the National Safety Council, citing many of the findings above, called for a ban of all cell phone use while driving.

Given the overwhelming evidence, our trucking division created the cell phone ban — drivers aren't allowed to make cell phone calls and are instructed to let incoming calls go to voice mail. Other employees aren't allowed to talk with drivers on their cell phone unless the drivers are stopped and safely off the road. Violations on either end of the call may lead to termination.

While we don't yet have data to measure the effectiveness of this policy, we believe we've done the right thing given the scientific evidence, mounting data and the rising number of cell phone related wrecks.

Would you like to share your company's safety success story? For more details please e-mail us at TruckingNews@KeepTruckingSafe.org.

from Sleep Apnea pg. 1

affected his life. "Before my diagnosis with sleep apnea, I thought it was just part of the job to feel tired all the time. I never knew what a good night's sleep was. Now that I sleep with a CPAP machine, I feel good, rested and ready to attack the day." Dennis noted that his symptoms also included night-time acid reflux and snoring.

Some common symptoms of sleep apnea include: loud snoring, labored breathing during sleep, excessive daytime sleepiness, or difficulty concentrating. Although obstructive sleep apnea seems to be more common in obese men, 40% of the people diagnosed are not obese.

According to the MedLine Plus library¹:

"A person with obstructive sleep apnea usually snores heavily soon after falling asleep. The snoring continues at

a regular pace for a period of time, often becoming louder, but is then interrupted by a long silent period during which there is no breathing. This is followed by a loud snort and gasp, and the snoring returns. This pattern repeats frequently throughout the night."

If you have any of these symptoms, or have been told by your sleep partner that you do, see your doctor immediately. You could be a danger to yourself and others on the road.

Treatment for sleep apnea can be fairly simple and ranges from lifestyle changes to sleeping with a continuous positive airway pressure (CPAP) machine (you'd be surprised how many people do.)

Recovery can be life changing. You may not remember ever feeling better.

1. www.nlm.nih.gov/medlineplus/ency/article/000811.htm

2009 Washington State Truck Driving Championships

TIRES would like to thank the Washington Trucking Associations and The Boeing Co. for hosting the 2009 Washington State Truck Driving Championships. Congratulations to all the winners including:

Grand Champion	Jeffrey Maas	The Boeing Co.
Rookie of the Year	Brian Williamson	Safeway, Inc.
Pre-Trip Inspection	Chris Poyner	Conway Freight
Harry Fletcher Award Recipient	Bob Yun	Interstate Distributor Co.

First Place Winners

3 axle	Bill Glasco	Conway Freight
4 axle	Robert Ness	Safeway, Inc.
5 axle	Michael Dickinson	URM
Straight	Richard Rowe	The Boeing Co.
Flatbed	Jeffrey Maas	The Boeing Co.
Twins	Chris Poyner	Conway Freight
Step Van	Todd Everett	Fed Ex Ground
Sleeper	Chuck Snowden	The Boeing Co.
Tanker	Dan Poole	The Boeing Co.

See all the winners at
www.wtatrucking.com/NewsSchedule.aspx

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Some TIRES safety materials are only sent out via our e-mail distribution list. To be added to either of TIRES distribution lists call

1-888-667-4277

or

TruckingNews@KeepTruckingSafe.org

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Try some of these tips to help yourself relax

Watch a sunset	Blow bubbles	Tell a joke
Sing a song	Take a walk	Take a nap
Listen to music	Ask for help	Smile
Dance a jig	Hum a tune	Stretch
Take a break	Prioritize	Practice patience
Keep a journal	Play with a child	Give a hug
Plant a flower	Say "No"	See a funny movie
Walk in the rain	Read a book	Set limits
Ask for what you need	Laugh out loud	Practice kindness
Give a compliment	Run in the park	Lie in the sun
Give a blessing	Avoid negative people	Talk to a friend
Go to the beach	Watch a sunrise	Take a deep breath
Pet a dog	Be positive	Have a cup of tea

*from www.lessons4living.com/stresscat.htm



Washington State Department of
Labor & Industries



De-stress — It's up to you!

Uncertainty over changing economic conditions, fear of job loss or a reduction in income is affecting many people in the trucking industry and in the nation. Although you cannot personally change the economy, there are things you can do to help yourself stay balanced and healthy during the ride. (Note: they're all free!)

**Do you feel like
this guy?**

You are too stressed!

