



## Happy Valentine's Day, February 14th!

"Just having a backup alarm does not prevent people from getting killed," says Jay Withrow, a director at the Virginia Department of Labor and Industry. Other practices can be used, experts say, because the constant backup alarms can get tuned out by workers or drowned out by a noisy jobsite.



One practice is using a well-trained spotter, someone who can look out for other vehicles, workers on foot or pedestrians. That job, however, also can prove dangerous because those employees can get hit by backing trucks or other equipment.

The following are a few points to consider.

- Ensure spotters and drivers coordinate on hand signals.
- Drivers should remain in visual contact with a spotter while backing and should stop immediately if they lose visual contact.
- Spotters should not be given additional duties, and they should avoid using distracting items such as cellphones or headphones.
- Spotters should wear high-visibility gear, especially when working at night.



When you are tired, whether driving a truck, a forklift, or a crane your risk of having an accident increases.

There are a few warning signs for drowsy operators so they can avoid falling asleep at the wheel and causing accidents.

These include:

- Difficulty focusing, rubbing eyes, frequent blinking
- Daydreaming; not remembering driving the last few miles
- Drifting out of lanes, tailgating or hitting rumble strips
- Head snaps, yawning

Be extra careful out on the roads; don't drive if you're feeling drowsy and pay extra attention to your surroundings.

An old Marine, and retired truck driver, was standing at the bar at the American Legion one night minding his own business when this mighty ugly chick came up behind him, grabbed his behind and said, "You're kind 'a cute, you got'a phone number?"

He said, "Yeah, you got'a pen?"

She said, "Yeah, I got a pen".

Martin said, "You better get back in it before the farmer misses you."

It cost him 6 stitches and a black eye, but he says it was worth it.



### Parking – Danger Zones

Besides there not being enough safe parking places for trucks any parking area can be a danger zone. The presence of pedestrians, the relaxed attitudes of drivers who no longer are in traffic, blind spots and reduced vision because of parked vehicles, delivery trucks, more frequent turning, and, of course, distracted drivers and pedestrians.

In addition to vehicles and pedestrians, parking lot surfaces can play a role in injuries and incidents. Pot holes, litter, and fluid spills are just waiting for you to twist an ankle or bust your butt.



Because of the 30 minute rule we often don't have the luxury of 'shopping around' for the ideal parking lot. Sometimes you will have to take what you can get.

What can you do? The main thing is to stay alert. Watch out for distracted drivers or pedestrians. You know that as soon as a lot

Troy was passing by the bar on the way home from work when he sees his good friend David gulping down one shot after another. Fearing the worst, Troy charged into the bar and confronted David.

"David, my man, what's going on?" Troy asked.

"It's my wife," David replied. "She ran off with my best friend!"

"Hey, wait a second," said Troy "I thought I was your best friend?"

"Not anymore you ain't," David said with a happy smile. "He is!"

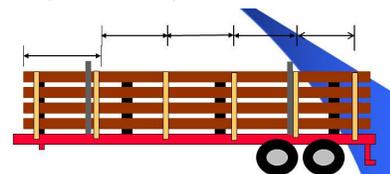


### Did You Know?

After a tractor-trailer comes to a stop at a railroad crossing, it takes 27 seconds to cross the track at 2 mph. A train traveling at 41 mph covers 660 feet—in 11 seconds, which is as far up the tracks as the truck driver can see. Always proceed with caution!

Load Securement continues to be a burr under our saddle. Even though the correct numbers of straps have been installed on all our pipe trailers, sometimes the '2 in the first 10 feet' rule is forgotten.

The FMCSA Handbook (the truckers bible) says in §393.110(3), Two tie-downs if the article is longer than 10 feet and 1 additional tie-down for every 10 feet beyond the first 10 feet.



Most accidents are caused by the failure to use common sense. Treat safety as an important part of your job and keep your full attention on what you are doing. Always know and follow company safety rules.



Here are some common sense safety rules:

- Use the required personal protective equipment
- Remind your coworkers about safety procedures and equipment
- Pay attention during safety training programs and meetings
- Know what to do in case of an emergency
- Ask questions when you don't understand
- Don't fool around or show off on the job
- Don't ignore a safety hazard
- Don't become overconfident with jobs you've done many times
- Don't use equipment in ways they were not intended
- Don't take shortcuts on the job
- Don't assume safety is someone else's job

**Turn Off Your Cell Phone**

I went to the movies the other night and sat in an aisle seat, as I usually do, because it feels a little roomier. Just as the feature was about to start, a guy from the center of the row got up and started working his way out.



"Excuse me. Sorry! Oops. Excuse me, pardon me, got'ta hurry. Oops! Excuse me."  
By the time he got to me I was getting a little impatient, trying not to get my toes stepped on and looking around him at the screen.

I said, "JP, couldn't you have done this a little earlier?"  
"No!" he said in a loud whisper. "The 'Turn Off Your Cell Phone, Please' message just flashed up on the screen and mine is out in the truck.

Jammer

"T.S., I have an uncle that's a criminal lawyer."

"Ain't they all Jammer?"



Steven called his mama and announced excitedly that he had just met the woman of his dreams.

"Mama, now what should I do", Steven asked. His mother had an idea, "Why don't you send her flowers, and on the card invite her to your place for a home-cooked meal?" He thought this was a great idea and arranged a date for a week later. His mother called the day after the big date to see how things had gone.



"The evening was a disaster," Steven moaned. "Why, didn't she come over?" asked his mother. "Oh, she came over, but she refused to cook...."

A primary goal of a workplace safety policy is to establish the expectation that it is the responsibility of all personnel to create and maintain a safe work environment.

It is our aim that:

- ♦Every possible hazard be eliminated from our workplace.
- ♦Every unsafe condition be detected, reported, and corrected.
- ♦A good fire prevention program be followed.
- ♦Everyone think and act safety so we can have an accident free workplace or location.

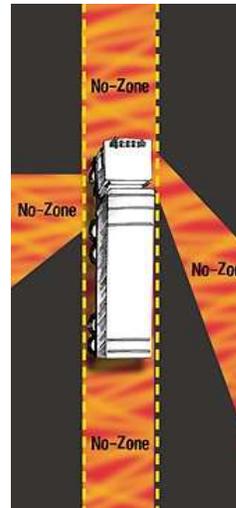


**Happiest February Birthday Wishes To:**

- Marshall U – 9th
- Justin S – 11th
- Randy H – 15th
- Tello T – 28th



**It's A Vision Decision**



As a car driver, your **Vision Decision** should be to stay out of a truck's "No-Zones." As a truck driver your **Vision Decision** should be to check and double check cars approaching the "No Zone". There are four "No-Zones" around your truck where the driver is unable to see: the front, the back and the sides of the truck.

As a car driver, be safe. Don't hang out in the "No Zone."

As a truck driver, be safe. Don't allow a car to linger in your "No Zone."

**What flower gives the most kisses on Valentine's Day?**



**Answer: Tulips!**