

****For PSC Insiders Circle Members only****

\$3.97 USD

Friday Safety Brief®

Keeping Healthy on the Road

Truck drivers in the United States work long hours and have frequent work activities that involve face-to-face or close contact with other people. While cargo trucking crews spend most of their work time driving, a recent study in Washington State reported that up to 25% of a truck driver's time involves handling cargo and other materials. Frequent and close contact with other people during pick-up and delivery and touching possibly contaminated items (such as pens, clipboards, handheld scanning devices, etc.) are likely to pose the greatest exposure risks to contract the flu. Close contact with a variety of people throughout the day increases the risk of encountering someone who is infected with flu and thus increases the risk of contact, aerosol, or droplet transmission of flu viruses. For long-haul drivers, avoiding places where other people congregate (such as truck stops) is almost impossible, along with dispatch areas, locker rooms, while refueling, during pickup and deliveries, and when working in an area where there is likely to be a group of people. The number one defense is getting a yearly flu shot. Second is washing your hands remembering the three keys are soap, friction and water. Eating right, drinking plenty of liquids and exercising all help to keep yourself healthy.



Jim Black, driving a tractor-trailer, was stopped at a red light within the city limits. The road ahead was straight, dry and devoid of traffic. Glancing at the lane to his right, Jim saw the quick arrival of a car, which also stopped at the light. When the light turned green, Jim accelerated to 5 mph, and then noticed that the road was soon to become a single lane - his lane. At the same time, the driver of the other vehicle, becoming aware that his lane was ending, accelerated heavily and pulled in front of the tractor. The result was minor damage to the tractor's right front fender and the car's left rear fender. **PREVENTABLE OR NON-PREVENTABLE?**

Law enforcement cited the car's driver for an unsafe lane change; however, Jim's safety director cited him for a preventable accident. That judgment was upheld by the accident review committee, ruling that Jim should have expected the car to try and get ahead of him. Also, Jim should have watched his mirrors and been prepared to yield immediately.

Federal Register: October 25, 2010

Telephone meeting – Sunshine Act, Unified Carrier Registration Plan

AGENCY: Federal Motor Carrier Safety Administration (FMCSA), DOT.

Time and Date: November 4, 2010, 12 noon to 3 p.m., Eastern Daylight Time.

Place: This meeting will take place telephonically. Any interested person may call 877.768.0032, passcode, 4856462 to participate in this meeting.

Status: Open to the public.

Matters To Be Considered: The Unified Carrier Registration Plan Board of Directors (the Board) will continue its work in developing and implementing the Unified Carrier Registration Plan and Agreement and to that end, may consider matters properly before the Board.

FOR FURTHER INFORMATION CONTACT: Mr. Avelino Gutierrez, Chair, Unified Carrier Registration Board of Directors at (505) 827-4565.



According to a study over a 20-year period by the National Highway Traffic Safety Administration, **four times** the number of elementary & middle school-aged children were killed by a car or truck on Halloween when compared to all other evenings.



So remember, you're sharing the road this weekend with the little ghosts & goblins.

Drive Safe!