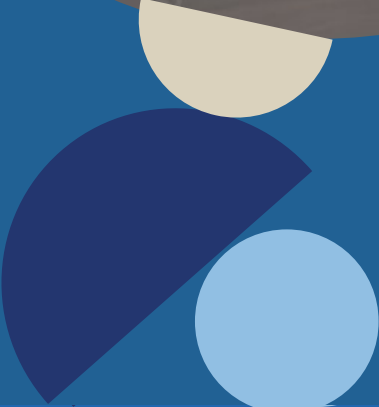


# Passenger

2024 Safety calendar





## How the calendar works

Each calendar date has a daily safety topic listed. After December there are talking points listed that correspond with the safety topic for that date. Supervisors can use the talking points to assist in communicating the safety message for the day. The safety topics in the calendar repeat every few months.

The information in the calendar is an accumulation of recommended practices. It should be of great value to your operation. Management generating safety awareness is a key practice to help control and reduce claims and related expenses.

The safety topics provided cover slip, trip, and fall prevention, powered material handling, manual material handling, cutting safety, fire extinguisher safety, sprinkler system testing, industrial rack/module safety and many other topics.

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Let's kick off a safe new year!	1 Visually inspect the scene  <i>New Year's Day</i>	2 CDL on board	3 Medical card	4 Consuming alcohol	5 Watch for school buses	6 Do you know the consequences?
7 A visit to Real Ville	8 Driving physically impaired	9 Hours of Service	10 Top ten driver distractions	11 Calculating your following distance	12 Interventions	13 Electronic Logging Devices (ELD)
14 Be aware near schools	15 Driving privilege  <i>Vispera de Año Nuevo</i>	16 Self-assess	17 What are the risks of speeding?	18 Fire extinguisher basics: use the <i>PASS</i> system to put out the fire.	19 Always wash your hands after using the restroom.	20 When you work with chemicals, you have a right to know...
21 Healthy choices	22 Passenger and luggage loading	23 Passenger behavior	24 What does <i>building a bridge</i> mean regarding back safety?	25 Counter measures	26 Four-point wheelchair securement	27 Remember the ABC's
28 Sleeper Berth Provisions	29 Adjusting following distance	30 Follow the doctor's orders	31 Eliminate distractions near schools			

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>By Feb 1, Post OSHA 300A summary log in a conspicuous place or places where notices to employees are customarily posted. Lent starts on the 14th</p>				<p>1 Avoid hard turns</p>	<p>2 Check your headlights.</p>	<p>3 Maintain a safe cushion</p>
<p>4 Prescription and over the counter medicine</p>	<p>5 Hours-of-Service rules can change</p>	<p>6 Following company policy</p>	<p>7 Space and speed</p>	<p>8 Pledge to not be distracted</p>	<p>9 Captain of the trip</p>	<p>10 Be a backup professional.</p>
<p>11 Do not let it get worse</p>	<p>12 Refusing a test</p>	<p>13 Being a mentor and a role model</p>	<p>14 Overhead storage and racks</p>	<p>15 Federal cell phone restrictions</p>	<p>16 Cell Phones Increase Risk</p>	<p>17 Driver education and training</p>
<p>18 Counting is key</p>	<p>19 Lining up</p>	<p>20 The right stuff</p>	<p>21 At fault</p>	<p>22 Sleep bank deposits</p>	<p>23 Driver inattention</p>	<p>24 Floods</p>
<p>25 Never pass school buses on the right</p>	<p>26 Click it or Ticket</p>	<p>27 Driving privilege</p>	<p>28 Health and fatigue</p>	<p>29 Do you have a working fire extinguisher in your home?</p>		

*Vispera de Año Nuevo*

*President's Day*

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Savings Starts: Check the batteries in your smoke and carbon monoxide detectors and replace if necessary.					1 Refueling	2 Smoke and carbon monoxide detectors save lives.
3 Wash Hands	4 Fire extinguisher basics.	5 Hours-of-Service	6 Planning your route	7 Report missing or damaged fire equipment.	8 Practice a fire safety plan at home with your family.	9 Fatigue
10 Hand washing basics.	11 Heart disease	12 Exercise	13 Bend at your knees; save your back.	14 Random testing	15 Top health risks	16 Passenger pickups
17 Communicate the company policy  <i>St. Patrick's Day</i>	18 Handrails and other supports	19 Rear-end collisions	20 Improving your odds	21 Changing weather	22 Stay informed	23 What is the proper way to lift a carton/object?
24 Reducing risks	25 Exit and entrance locations	26 Use good judgment and take action to eliminate unsafe acts!	27 Vehicle security	28 Slow down for school buses	29 Conduct pre trip inspections  <i>Good Friday</i>	30 Storms
31 Healthy habits						

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>At the end of the month, take down and file the OSHA 300A summary log with your permanent records.</p>	<p>1 Relaxing</p> <p><i>Easter</i></p>	<p>2 Is your paperwork in order?</p>	<p>3 Inability to provide a specimen</p>	<p>4 Before backing up, take a walk.</p>	<p>5 Company policy on drinking</p>	<p>6 Housekeeping and maintenance</p>
<p>7 Inspect entrance/exit point</p>	<p>8 Nutrition</p>	<p>9 Secure parking</p>	<p>10 Rear-end collisions</p>	<p>11 My hands hurt when I go home. What could be causing it?</p>	<p>12 Why do my shoulders ache after a hard day at work?</p>	<p>13 Why use seconds?</p>
<p>14 Crash statistics</p>	<p>15 Get help to back up</p>	<p>16 Police and emergency services</p>	<p>17 The seat belt pledge</p>	<p>18 Oh, my aching back!</p>	<p>19 Polling results</p>	<p>20 Stopping distance</p>
<p>21 Fatigue warning signs</p>	<p>22 Communicate defects</p>	<p>23 Check and Inspect</p>	<p>24 Severe weather</p>	<p>25 How IS my driving?</p>	<p>26 Rejuvenating</p>	<p>27 Tornadoes</p>
<p>28 Moving violations</p>	<p>29 Company Seat Belt Policy</p>	<p>30 Arrive Safely</p>				

# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Visually inspect the scene	2 CDL on board	3 Medical card	4 Consuming alcohol
5 Watch for school buses	6 Do you know the consequences?	7 A visit to Real Ville	8 Driving physically impaired	9 Hours of Service	10 Top ten driver distractions	11 Calculating your following distance
12 Interventions  <i>Mother's Day</i>	13 Electronic Logging Devices (ELD)	14 Be aware near schools	15 Driving privilege	16 Self-assess	17 What are the risks of speeding?	18 Fire extinguisher basics: use the <i>PASS</i> system to put out the fire.
19 Always wash your hands after using the restroom.	20 When you work with chemicals, you have a right to know...	21 Healthy choices	22 Passenger and luggage loading	23 Passenger behavior	24 What does <i>building a bridge</i> mean regarding back safety?	25 Counter measures
26 Four-point wheelchair securement	27 Remember the ABC's  <i>Memorial Day</i>	28 Sleeper Berth Provisions	29 Adjusting following distance	30 Follow the doctor's orders	31 Eliminate distractions near schools	

# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Avoid hard turns
2 Check your headlights.	3 Maintain a safe cushion	4 Prescription and over the counter medicine	5 Hours-of-Service rules can change	6 Following company policy	7 Space and speed	8 Pledge to not be distracted
9 Captain of the trip	10 Be a backup professional.	11 Do not let it get worse	12 Refusing a test	13 Being a mentor and a role model	14 Overhead storage and racks	15 Federal cell phone restrictions
16 Cell Phones Increase Risk  <i>Vispera de Año Nuevo</i>	17 Driver education and training	18 Counting is key	19 Lining up  <i>Juneteenth</i>	20 The right stuff	21 At fault	22 Sleep bank deposits
23 Driver inattention	24 Floods	25 Never pass school buses on the right	26 Click it or Ticket	27 Driving privilege	28 Health and fatigue	29 Do you have a working fire extinguisher in your home?
30 Changing Weather						



# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Refueling	2 Smoke and carbon monoxide detectors save lives.	3 Wash Hands	4 Fire extinguisher basics.  <i>Independence Day</i>	5 Hours-of-Service	6 Planning your route
7 Report missing or damaged fire equipment.	8 Practice a fire safety plan at home with your family.	9 Fatigue	10 Hand washing basics.	11 Heart disease	12 Exercise	13 Bend at your knees; save your back.
14 Random testing	15 Top health risks	16 Passenger pickups	17 Communicate the company policy	18 Handrails and other supports	19 Rear-end collisions	20 Improving your odds
21 Changing weather	22 Stay informed	23 What is the proper way to lift a carton/object?	24 Reducing risks	25 Exit and entrance locations	26 Use good judgment and take action to eliminate unsafe acts!	27 Vehicle security
28 Slow down for school buses	29 Conduct pre trip inspections	30 Storms	31 Healthy habits			

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The new school year is coming, watch for buses!</p>				<p>1 Relaxing</p>	<p>2 Is your paperwork in order?</p>	<p>3 Inability to provide a specimen</p>
<p>4 Before backing up, take a walk.</p>	<p>5 Company policy on drinking</p>	<p>6 Housekeeping and maintenance</p>	<p>7 Inspect entrance/exit point</p>	<p>8 Nutrition</p>	<p>9 Secure parking</p>	<p>10 Rear-end collisions</p>
<p>11 My hands hurt when I go home. What could be causing it?</p>	<p>12 Why do my shoulders ache after a hard day at work?</p>	<p>13 Why use seconds?</p>	<p>14 Crash statistics</p>	<p>15 Get help to back up</p>	<p>16 Police and emergency services</p>	<p>17 The seat belt pledge</p>
<p>18 Oh, my aching back!</p>	<p>19 Polling results</p>	<p>20 Stopping distance</p>	<p>21 Fatigue warning signs</p>	<p>22 Communicate defects</p>	<p>23 Check and Inspect</p>	<p>24 Severe weather</p>
<p>25 How IS my driving?</p>	<p>26 Rejuvenating</p>	<p>27 Tornadoes</p>	<p>28 Moving violations</p>	<p>29 Company Seat Belt Policy</p>	<p>30 Arrive Safely</p>	<p>31 Seat belts vs. airbags</p>

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Visually inspect the scene	2 CDL on board  <i>Labor Day</i>	3 Medical card	4 Consuming alcohol	5 Watch for school buses	6 Do you know the consequences?	7 A visit to Real Ville
8 Driving physically impaired	9 Hours of Service	10 Top ten driver distractions	11 Calculating your following distance	12 Interventions	13 Electronic Logging Devices (ELD)	14 Be aware near schools
15 Driving privilege	16 Self-assess	17 What are the risks of speeding?	18 Fire extinguisher basics: use the <i>PASS</i> system to put out the fire.	19 Always wash your hands after using the restroom.	20 When you work with chemicals, you have a right to know...	21 Healthy choices
22 Passenger and luggage loading	23 Passenger behavior	24 What does <i>building a bridge</i> mean regarding back safety?	25 Counter measures	26 Four-point wheelchair securement	27 Remember the ABC's	28 Sleeper Berth Provisions
29 Adjusting following distance	30 Follow the doctor's orders					

# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Avoid hard turns	2 Check your headlights.	3 Maintain a safe cushion	4 Prescription and over the counter medicine	5 Hours-of-Service rules can change
6 Following company policy	7 Space and speed	8 Pledge to not be distracted	9 Captain of the trip	10 Be a backup professional.	11 Do not let it get worse	12 Refusing a test  <i>Yom Kippur</i>
13 Being a mentor and a role model	14 Overhead storage and racks  <i>Columbus Day</i>	15 Federal cell phone restrictions	16 Cell Phones Increase Risk	17 Driver education and training	18 Counting is key	19 Lining up
20 The right stuff	21 At fault	22 Sleep bank deposits  <i>Rosh Hashanah</i>	23 Driver inattention	24 Floods	25 Never pass school buses on the right	26 Click it or Ticket
27 Driving privilege	28 Health and fatigue	29 Do you have a working fire extinguisher in your home?	30 Changing Weather	31 Footwear  <i>Halloween</i>		

# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Savings Ends: Check the batteries in your smoke and carbon monoxide detectors and replace if necessary.</p>					<p>1 Refueling</p>	<p>2 Smoke and carbon monoxide detectors save lives.</p>
<p>3 Wash Hands</p>	<p>4 Fire extinguisher basics.</p>	<p>5 Hours-of-Service</p>	<p>6 Planning your route</p>	<p>7 Report missing or damaged fire equipment.</p>	<p>8 Practice a fire safety plan at home with your family.</p>	<p>9 Fatigue</p>
<p>10 Hand washing basics.</p>	<p>11 Heart disease</p> <p><i>Veterans Day</i></p>	<p>12 Exercise</p>	<p>13 Bend at your knees; save your back.</p>	<p>14 Random testing</p>	<p>15 Top health risks</p>	<p>16 Passenger pickups</p>
<p>17 Communicate the company policy</p>	<p>18 Handrails and other supports</p>	<p>19 Rear-end collisions</p>	<p>20 Improving your odds</p>	<p>21 Changing weather</p>	<p>22 Stay informed</p>	<p>23 What is the proper way to lift a carton/object?</p>
<p>24 Reducing risks</p>	<p>25 Exit and entrance locations</p>	<p>26 Use good judgment and take action to eliminate unsafe acts!</p>	<p>27 Vehicle security</p>	<p>28 Slow down for school buses</p> <p><i>Thanksgiving</i></p>	<p>29 Conduct pre trip inspections</p>	<p>30 Storms</p>

# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Relaxing</p> <p><i>Advent Starts</i></p>	<p>2 Is your paperwork in order?</p>	<p>3 Inability to provide a specimen</p>	<p>4 Before backing up, take a walk.</p>	<p>5 Company policy on drinking</p>	<p>6 Housekeeping and maintenance</p>	<p>7 Inspect entrance/exit point</p>
<p>8 Nutrition</p>	<p>9 Secure parking</p>	<p>10 Rear-end collisions</p>	<p>11 My hands hurt when I go home. What could be causing it?</p>	<p>12 Why do my shoulders ache after a hard day at work?</p>	<p>13 Why use seconds?</p>	<p>14 Crash statistics</p>
<p>15 Get help to back up</p>	<p>16 Police and emergency services</p>	<p>17 The seat belt pledge</p>	<p>18 Oh, my aching back!</p>	<p>19 Polling results</p>	<p>20 Stopping distance</p>	<p>21 Fatigue warning signs</p>
<p>22 Communicate defects</p>	<p>23 Check and Inspect</p>	<p>24 Severe weather</p>	<p>25 How IS my driving?</p> <p><i>Christmas</i></p>	<p>26 Rejuvenating</p> <p><i>Hanukkah Starts</i></p>	<p>27 Tornadoes</p>	<p>28 Moving violations</p>
<p>29 Company Seat Belt Policy</p>	<p>30 Arrive Safely</p>	<p>31 Seat belts vs. airbags</p> <p><i>New Year's Eve</i></p>				

# Responses

The purpose of this calendar is to provide management with a daily safety topic that can be discussed at morning or shift change meetings. The idea behind the calendar is repetitive training. However, some of the topics may be new and of great value to management and associates. Management may help verify the correct response to daily conditions by regularly training workers on these topics.

Not every possible scenario is listed on the calendar. The situations that are listed are those we know may commonly occur that might affect the safety and security of associates and the general public. These topics repeat every few months.

January | May | September

Day	Statement	Response
1	Visually inspect the scene	If you are involved in a crash, visually inspect the scene, and take photos that show contributing factors such as road conditions, traffic signals, lane markers, and skid marks. Take pictures from different angles, and, if possible, begin at 20 steps from the scene and then again at 30, 50, and 100 steps.
2	CDL on board	<p>Make it a habit to ensure your medical card is with you when driving as required by the Federal Motor Carriers Safety Regulations. Not having a medical card during a roadside inspection will result in a violation, and the points can affect the US DOT CSA rating for you and the motor carrier.</p> <ul style="list-style-type: none"> <li>* Do you always check your CDL before you leave home or your vehicle each day? Driving without a CDL in your possession can result in a violation of eight points charged to you and the motor carrier.</li> <li>* Do you know your CDL expiration date; do you have endorsements needed to perform your duties? Driving without the proper endorsements results in an 8-point severity rating for each missing endorsement.</li> </ul>
3	Medical card	<p>After each US DOT physical examination, be sure your card has all the required entries, the entries are accurate, and the information is legible. To protect the card, consider sealing it in a plastic cover.</p> <p>CDL drivers must now certify their type of driving (e.g., interstate, intrastate, etc.) and submit a current medical examiner's certificate (card) to the state in which they are licensed. Failure to do so can result in cancellation of commercial driving privileges by the state.</p>
4	Consuming alcohol	<p>No driver shall perform safety-sensitive functions within four hours after using alcohol (FMCSA Section 382.207: Pre-duty use).</p> <p>Using alcohol means even one drink. No driver required to take a post-accident alcohol test shall use alcohol for eight hours following the accident or until after he/she is tested.</p>
5	Watch for school buses	Obey all posted highway signs including changing speed limit zones and school zone area information signs. Anticipate that children may be present at other times as well, for example, attending after school activities.
6	Do you know the consequences?	Driving decisions are often affected by outside influences that cause a shift of focus away from the driving task. Glancing down at a cell phone or other device for even a few seconds can be the equivalent of driving the length of a football field blindfolded. Remember, the consequences could be permanent.

January | May | September

Day	Statement	Response
7	A visit to Real Ville	Is the risk of a crash worth answering a text, answering a call, adjusting the radio, or eating a meal while driving? Here is one of many faces of victims of a distracted driving crash; In May of 2008, a young woman and her parents attended her college graduation ceremony. On the way home, a young driver talking on his cell phone ran a red light, causing a tractor-trailer to swerve and crash into that vehicle. The young woman was critically injured, and both of her parents were killed instantly.
8	Driving physically impaired	Being awake for 17 hours is equal to a blood alcohol concentration (BAC) of 0.05%, (the level some countries use for drunk driving violations) leaves you at an increased risk of a crash. Source: <a href="https://www.cdc.gov/niosh/emres/longhourstraining/impaired.html">https://www.cdc.gov/niosh/emres/longhourstraining/impaired.html</a>
9	Hours of Service	<p><b>10-Hour Driving Limit:</b> May drive a maximum of 10 hours after 8 consecutive hours off duty.</p> <p><b>15-Hour Limit:</b> May not drive after having been on duty for 15 hours, following 8 consecutive hours off duty. Off-duty time is not included in the 15-hour period.</p> <p><b>60/70-Hour Limit:</b> May not drive after 60/70 hours on duty in 7/8 consecutive days.</p> <p><b>Sleeper Berth Provision:</b> Drivers using a sleeper berth must take at least 8 hours in the sleeper berth, and may split the sleeper berth time into two periods provided neither is less than 2 hours.</p> <p><i>Please periodically check the FMCSA website for any HOS changes throughout the year.</i></p>
10	Top ten driver distractions	<p>The National Highway Transportation Safety Association (NHTSA) has published a list of the top ten driving distractions. Do any of them apply to you?</p> <ol style="list-style-type: none"> <li>1. Using built-in car devices (touch screen, GPS, etc.)</li> <li>2. Adjusting vehicle controls (climate, audio, mirrors, etc.)</li> <li>3. Eating or drinking</li> <li>4. Using or reaching for a device brought into the vehicle</li> <li>5. Occupants — infants, children, teenagers, adults</li> <li>6. Looking at surroundings (rubbernecking)</li> <li>7. Operating a cell phone (dialing/texting)</li> <li>8. Smoking</li> <li>9. Reading</li> <li>10. Applying makeup</li> </ol>
11	Calculating your following distance	To calculate a six-second following distance, watch the vehicle in front of you pass a non-moving object (e.g., overhead bridge, streetlight, billboard, tree, etc.) and begin counting (one thousand one, one thousand two, etc.). By the time you get to that same fixed object, you should have counted at least six seconds. Recommended practice for commercial motor vehicles is considered six to eight seconds following distance.
12	Interventions	As a driver, you have probably noticed another driver's attitude regarding safe driving is questionable or high risk in nature. As a fellow employee or friend, do not ignore the problem or avoid talking to them. You could be helping them keep their job, their life and/or save the lives of others.



January | May | September

Day	Statement	Response
13	Electronic Logging Devices (ELD)	<p>Who must comply with the electronic logging device (ELD) rule?            The ELD applies to most motor carriers and drivers required to maintain records of duty status (RODS) per Part 395, 49 CFR 395.8(a). The rule applies to commercial buses as well as trucks, and to Canada- and Mexico-domiciled drivers.            The ELD rule allows limited exceptions to the ELD mandate, including:</p> <ul style="list-style-type: none"> <li>* Drivers who operate under the short-haul exceptions may continue using timecards; they are not required to keep RODS and will not be required to use ELDs.</li> <li>* Drivers who use paper RODS for not more than 8 days out of every 30-day period.</li> <li>* Drivers who conduct drive-away-tow-away operations, in which the vehicle being driven is the commodity being delivered.</li> <li>* Drivers of vehicles manufactured before 2000.</li> </ul> <p>Source: <a href="https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/regulations/hours-service/elds/74541/eld-rule-faqs-september-2018.pdf">https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/regulations/hours-service/elds/74541/eld-rule-faqs-september-2018.pdf</a></p>
14	Be aware near schools	Be aware of the likelihood of inexperienced and reckless drivers in and near schools. Youthful drivers may make mistakes in judgment so be sure you are looking out for yourself by looking out for the mistakes of other drivers. Drive defensively.
15	Driving privilege	Avoid losing driving privileges due to administrative cancellation resulting from a failure to pay tickets, non-driving-related reasons, or not reporting a change of address.
16	Self-assess	<p>Bad driving habits often develop slowly over time as good habits deteriorate. If you want to find out if you are as good a driver as you used to be, try this, count how many times during a single day or week you:</p> <ul style="list-style-type: none"> <li>* Follow too close.</li> <li>* Slam on the brakes.</li> <li>* Fail to signal.</li> <li>* Cut someone off at an entry/exit ramp.</li> </ul> <p>No matter what the total, the goal should be ZERO.</p>
17	What are the risks of speeding?	Traveling 65 mph in a 55-mph zone increases your odds of being in a collision by 31%. (ATRI) Speeding can increase liability in a crash situation. Observe reduced speeds in school, construction, and hospital zones. Remember, as a professional driver the expectations are high, but you are the person who may suffer unfortunate consequences.
18	Fire extinguisher basics: use the <i>PASS</i> system to put out the fire.	<p>Pull the pin.</p> <p>Aim the extinguisher nozzle at the base of the fire.</p> <p>Squeeze or press the handle.</p> <p>Sweep from side to side slowly at the base of the fire until it goes out.</p> <p>Remember to never endanger yourself. If the fire is too large to put out, sound the alarm immediately, and follow evacuation protocols.</p>
19	Always wash your hands after using the restroom.	This is the easiest way to prevent foodborne illness.

January | May | September

Day	Statement	Response
20	When you work with chemicals, you have a right to know...	<p>For each hazardous chemical you work with, you need to understand the safety and health hazards, as well as know proper precautions to take to keep yourself and others safe.</p> <p>If you have any questions about a product you work with, you should review the Safety Data Sheet (SDS).</p>
21	Healthy choices	<p>You are what you eat when it comes to good health, so the more you understand how to make good dietary choices, the better for your health. The same applies to understanding the benefits of counter measures to ward off fatigue. Fatigue countermeasures include:</p> <ul style="list-style-type: none"> <li>* Obtaining a minimum number of hours of restful sleep.</li> <li>* Employing napping strategies.</li> <li>* Taking sufficient rest breaks from driving.</li> <li>* Paying attention to variations in mood, motivation, and performance.</li> </ul> <p>With increased awareness, it is more likely you can act on the telltale warning signs of the onset of fatigue and waning alertness while driving.</p>
22	Passenger and luggage loading	Load passengers and luggage as evenly as possible to avoid placing too much weight in the rear of the van or in topside luggage racks.
23	Passenger behavior	If a passenger's behavior becomes uncontrollable or is under the influence of drugs/ alcohol, call a company dispatcher. If necessary, ask the passenger to take another form of transportation.
24	What does <i>building a bridge</i> mean regarding back safety?	<p>You may occasionally bend over to pick up a piece of paper or other debris or items on the floor or ground. When you do, be sure to <i>build a bridge</i>. This simply means to support your upper body (which weighs significantly more than your lower body). This can be accomplished by placing one hand on your knee or inner thigh or on a stable item, such as a table or counter. This support of your upper body will lower the risk of injuring your lower back.</p> <p>In many industries, strains and over exertion injuries remain one of the top workers' compensation causes of loss.</p>
25	Counter measures	Here are some tips to help reduce driving fatigue. Pull off in a safe area and take a brief nap (15 to 20 minutes). Longer naps may result in sleep inertia, leaving you groggy and disoriented, which can be detrimental to driving. Drinking a caffeinated beverage may promote short-term alertness, but it takes about 30 minutes for caffeine to enter the bloodstream. Keep in mind that caffeine will not have much of an effect on people who consume it regularly.
26	Four-point wheelchair securement	Use four-point wheelchair securement with tie downs, three-point seatbelt securement for passengers, and turn off powered wheelchairs and lock wheels.
27	Remember the ABC's	Remember the ABCs: Arms (make sure wheelchair passenger's arms are close to the body); Belts (all belts secured); Clicks (listen for the click).

January | May | September

Day	Statement	Response
28	Sleeper Berth Provisions	<p>Drivers using a sleeper berth must take at least 8 hours in the sleeper berth and may split the sleeper berth time into two periods provided neither is less than 2 hours.</p> <p><i>Please periodically check the FMCSA website for any HOS changes throughout the year.</i></p> <p>Sources:</p> <ul style="list-style-type: none"> <li>* <a href="https://www.fmcsa.dot.gov/regulations/hours-service/summary-hours-service-regulations">https://www.fmcsa.dot.gov/regulations/hours-service/summary-hours-service-regulations</a></li> <li>* <a href="https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/brochure-part-395-2006_508CLN.pdf">https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/brochure-part-395-2006_508CLN.pdf</a></li> </ul>
29	Adjusting following distance	When road and weather conditions deteriorate, or traffic volume increases, you should add more time between you and the vehicle ahead. Extreme conditions such as rain, ice, snow, and fog require adding space until you are sure you have time to suddenly stop without striking the vehicle ahead.
30	Follow the doctor's orders	If your physician requires you to take prescription medications, receive therapy, or follow special dietary guidelines, be sure that you follow the instructions for your personal health and safety while driving.
31	Eliminate distractions near schools	Eliminate distractions in your vehicle. Consider turning off or turning down the radio, do not use your cell phone, or adjust any other electronic devices, and increase your alertness in and around school zones. Anticipate the children will disobey posted crossing signs and be prepared to stop.

February | July | October

Day	Statement	Response
1	Avoid hard turns	Avoid hard turns, sudden stops, quick accelerations, and driving over curbs or through potholes. Most of all, avoid being involved in a collision.
2	Check your headlights.	<p>Before starting your trip, make sure all of your lights are clean and working. This includes:</p> <ul style="list-style-type: none"> <li>* Daylight running lights.</li> <li>* High-beams.</li> </ul>
3	Maintain a safe cushion	A safe following distance allows for a safety cushion if unexpected hazards appear, road conditions change or the vehicle ahead of you suddenly stops or changes direction. If someone cuts you off, reduce your speed to regain a safe distance.
4	Prescription and over the counter medicine	<p>If you use prescription or over the counter drugs, you need to be aware of the regulations governing their use as commercial vehicle driver. The medication must be prescribed to you by a licensed physician. The role of the prescribing physician is to make a 'good faith' judgment that the use of the substance prescribed or authorized dosage level is consistent with the safe performance of your duties.</p> <p>If one or more doctors are treating you, you must show that at least one of the treating doctors has been informed of all prescribed medications.</p>

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Day	Statement	Response
5	Hours-of-Service rules can change	Please be sure to review the Hours-of-Service rules periodically as they may change. Source: <a href="https://www.fmcsa.dot.gov/regulations/hours-service/summary-hours-service-regulations">https://www.fmcsa.dot.gov/regulations/hours-service/summary-hours-service-regulations</a>
6	Following company policy	Follow company policy concerning the handling of unruly passengers and alcohol.
7	Space and speed	Are you driving a safe distance from the vehicle ahead? If it suddenly and unexpectedly stops, can you stop in time? Drive at a speed that allows you time to see and react to a panic stop of the vehicle in front of you.
8	Pledge to not be distracted	Take the National Highway Traffic Safety Administration pledge. Encourage your family and friends to do so too. Download the NHTSA form at <a href="http://www.distraction.gov/take-action/take-the-pledge.html">http://www.distraction.gov/take-action/take-the-pledge.html</a>
9	Captain of the trip	As a driver, you are the <i>captain of the ship</i> . By tradition, sea captains are responsible for returning their ships, sailors, and cargo safely to port. You are the captain of the ship and your trip. You have many <i>crewmembers</i> , from dispatchers to mechanics and emergency personnel patrolling highways. By being prepared and equipped with the skills and knowledge to safely operate your vehicle, you will be ready to navigate your way safely home.
10	Be a backup professional.	One of the dangers of driving is letting good driving habits fade into bad habits. Basic safe backing precaution requires getting out of the vehicle to ensure the path is clear but is repeated multiple times a day or a week. This repetition often reveals no hazards to avoid. As a result, it becomes easier to assume it is unlikely that you will encounter another object. But a professional driver knows that collisions usually occur while backing up. Do not drive like an amateur; be a pro. Be prepared and alert and follow basic and company backing procedures.
11	Do not let it get worse	Stop immediately, remain calm and breathe. Secure the scene, move off the road if possible, and have passengers remain in a safe place. Set out warning devices, turn on 4-way flashers, and follow your company's procedures on aiding the injured.
12	Refusing a test	No employer shall permit a driver who refuses to submit to drug tests and medical evaluations to perform or continue to perform safety-sensitive functions (FMCSA Section 382.307: Reasonable Suspicion Testing). Some testing situations that drivers may not be aware of include: <ul style="list-style-type: none"> <li>* Failing to provide a urine specimen for any drug test, not including a pre-employment test.</li> <li>* Failing to provide a sufficient amount of urine when directed, and it has been determined, through a required medical evaluation, that there was no adequate medical explanation for the failure.</li> <li>* Failing to or declining to take a second test as directed by the employer or collector.</li> <li>* Failing to undergo a medical examination or evaluation as directed by the MRO as part of the verification process.</li> </ul>
13	Being a mentor and a role model	If you exhibit the qualities of a professional vehicle driver, other drivers value your advice and help. To be an effective <i>coach</i> , be sure to demonstrate these traits: expertise, enthusiasm, clarity, empathy, and respect. Remember to lead by example.

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Day	Statement	Response
14	Overhead storage and racks	Ensure all stored items in overhead storage and racks are properly secured to prevent falling.
15	Federal cell phone restrictions	All regulated commercial vehicle drivers must follow the requirements regarding distracted driving, e.g., using cell phones and other mobile communication devices. There are driver penalties up to \$2,750 for the first offense and for each offense thereafter. CDL privileges could be suspended, and employers could be fined up to \$11,000.
16	Cell Phones Increase Risk	Driving while talking on cell phones (handheld and hands-free) increases the risk of injury and property damage crashes four-fold.  Review your company cellphone/distracted driving policy.
17	Driver education and training	Employers are required to provide educational materials about alcohol and controlled substance regulations, along with the employer's policies and procedures regarding meeting the requirements of the regulations. Drivers must sign a form confirming receipt of this information.
18	Counting is key	How do I know if I am leaving enough space between myself and the vehicle ahead? At a minimum, there should be at least six seconds of separation between your vehicle and the vehicle ahead.
19	Lining up	Be sure that you begin the backing maneuver by avoiding blind side backing. If needed, you should go around and re-position your vehicle. Having your mirrors aligned and in good condition will increase your visible line of sight. Remember, it is the responsibility of the driver to always back up safely whether using an assistant or not.
20	The right stuff	Professional drivers know they have a responsibility for the safety of other drivers, co-workers, other motorists, company vehicles, and equipment.
21	At fault	If you strike a vehicle from the rear, you may be partially (if not solely) responsible, especially when visibility, weather conditions and vehicle controls are degraded.
22	Sleep bank deposits	Adequate sleep means getting at least seven to nine hours of sleep. Schedule breaks about every 100 miles or two hours during long trips. Avoid having any alcohol or sedating medications prior to your trip. Check your medicine labels or ask your doctor.
23	Driver inattention	Driver inattention (both physical and cognitive) and distractions are the leading cause of traffic crashes--responsible for about 80 percent of all collisions--according to the National Highway Traffic Safety Administration (NHTSA). The number one source of driver inattention is cell phones, according to a Virginia Tech/NHTSA 100-car study. How many times a day or week do you see others distracted while using cell phones? Name other distractions you notice.  Source: US DOT Driver Distraction in Commercial Vehicle Operations, Virginia Tech Transportation Institute, September 2009: DriverDistractionStudy.pdf
24	Floods	Streams and river conditions can change dramatically when the snow is melting or during high levels of sustained rainfall. The force of flood waters can lift people, buildings, cars, vans, buses, and trucks off of the ground. Remember to: <ul style="list-style-type: none"> <li>* Inspect any vehicle including trailers that may have been submerged while parked in a flooded area.</li> <li>* Check your cargo, wheels, seals, brakes, or other components for water infiltration.</li> </ul>

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Day	Statement	Response
25	Never pass school buses on the right	<p>Because state laws vary, it is best to review the laws of the state where you operate. However, a best practice is to never pass a school bus on the right side as this is the side that children exit the bus. In most State's when the bus's lights are flashing yellow and/or red it is illegal. Laws regarding divided highways also vary from State to State. Expect delays.</p> <p>The opening of schools means an extra half million school buses on the road, in addition to the extra millions of vehicles operated by teachers and students returning to school.</p>
26	Click it or Ticket	A driver cited for not wearing a seat belt during a roadside inspection may receive the maximum number of CSA points allowed, and both the driver and the motor carrier may be charged. Every year during holidays, law enforcement agencies join forces day and night, from coast-to-coast, for an enforcement blitz that delivers the message Click It or Ticket. The mobilization is supported by national and local paid advertising and earned media campaigns aimed at raising awareness before the blitz.
27	Driving privilege	Avoid losing driving privileges due to administrative cancellation resulting from a failure to pay tickets, non-driving-related reasons, or not reporting a change of address.
28	Health and fatigue	<p>Drivers who are generally more health conscious in their beliefs and behaviors, and who are more physically fit, are more likely to maintain continuously high levels of driving alertness and attention.</p> <p>Source: <a href="http://www.nhtsa.gov/people/injury/drowsy_driving1/listening/Sect3.htm">http://www.nhtsa.gov/people/injury/drowsy_driving1/listening/Sect3.htm</a></p>
29	Do you have a working fire extinguisher in your home?	<p>Include a working fire extinguisher in your disaster preparedness plans at home.</p> <p>Like all fire extinguishers, regularly inspect it to guarantee you have full charge when you need it.</p>
30	Changing Weather	From summer to fall or winter to spring, changing seasons will require being prepared to handle different weather and road conditions. One precautionary step includes ensuring you have supplies to handle winter weather. Check the condition of snow removal tools and equipment, stores of salt, windshield washer fluid and appropriate bad weather gear (including warm clothing, gloves, hats, and windshield scrapers).
31	Footwear	Wear sturdy footwear with slip-resistant soles. You should know the situations and climate you will face each day.

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Day	Statement	Response
1	Refueling	<p>Maintaining a healthy diet helps you to sustain the necessary energy and alertness needed to drive safely.</p> <p>Pack healthy snack options and water before setting out to drive. This will prevent the need to pick up unhealthy options from gas stations and fast-food restaurants.</p>

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Day	Statement	Response
2	Smoke and carbon monoxide detectors save lives.	<p>Replace household smoke and carbon monoxide detector batteries annually and test them regularly to ensure they work in the event of a fire or carbon monoxide exposure.</p> <p>Replace household:</p> <ul style="list-style-type: none"> <li>* Smoke detector units every eight to 10 years, or as recommended by the manufacturer.</li> <li>* Carbon monoxide detectors every five years, or as directed by the manufacturer.</li> </ul>
3	Wash Hands	<p>Frequent hand washing helps to prevent the spread of colds, flu, and other communicable diseases. The US Centers for Disease Control suggests following these five steps every time:</p> <ol style="list-style-type: none"> <li>1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.</li> <li>2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.</li> <li>3. Scrub your hands for at least 20 seconds. (Need a timer? Hum the <i>Happy Birthday</i> song from beginning to end twice.)</li> <li>4. Rinse your hands well under clean, running water.</li> <li>5. Dry your hands using a clean towel or air dry them.</li> </ol>
4	Fire extinguisher basics.	<p>Use a fire extinguisher only if it is completely safe to do so. Make sure you have a clear path to the exit in case the extinguisher is not effective.</p> <p>If there is any danger at all from fire, smoke, fumes, or extreme heat, leave the area immediately and follow emergency protocols for a fire.</p>
5	Hours-of-Service	<p>Hours-of-Service do not include any time resting in a parked vehicle (also applies to passenger-carrying drivers). In a moving property-carrying CMV, up to three hours riding in the passenger seat of the vehicle, either immediately before or after the sleeper berth time, can be used to in combination with seven consecutive hours in the Sleeper berth to accrue 10 consecutive hours off-duty.</p>
6	Planning your route	<p>Know if there are any travel restrictions on your route, be prepared to be stranded or delayed, check weather and road conditions from TV or radio stations, or internet websites such as the FHWA's national weather and road map, designated traffic hotlines, local police, emergency response personnel and state police.</p>
7	Report missing or damaged fire equipment.	<p>The safety of the guests and associates may depend upon the fire protection equipment being present and operational.</p>
8	Practice a fire safety plan at home with your family.	<p>Develop a fire safety plan with your family and other members of your household.</p> <p>Update your plan, if needed, as your household changes.</p> <p>Practice your plan:</p> <ul style="list-style-type: none"> <li>* At least twice a year</li> <li>* When anything changes in your household</li> </ul>

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Day	Statement	Response
9	Fatigue	<p>Fatigue is defined as mental or physical exhaustion and extreme tiredness or weariness resulting from physical or mental activity. Fatigue can be a symptom of a medical condition, but more commonly, it is a normal physiological reaction to exertion, lack of sleep (per the National Safety Council, 1 in 3 American workers is sleep deprived), boredom, changes of sleep-wake schedules or stress. How many of these do you think can affect your performance at work or ability to work or drive safely? Here are some fatigue warning signs related to driving:</p> <ul style="list-style-type: none"> <li>* Unable to stop yawning.</li> <li>* Trouble keeping your eyes open and focused, especially at stop lights.</li> <li>* Driving becomes sloppy and you weave between lanes, tailgate or miss traffic signals.</li> <li>* Finding yourself hitting the grooves or rumble strips on the side of the road.</li> <li>* Finding yourself opening a window or turning up the radio to stay alert.</li> <li>* Driving aggressively to get to your next destination faster.</li> </ul> <p>Fatigue counter measures include obtaining a minimum number of hours of restful sleep, employing napping strategies, taking sufficient rest breaks from driving, and paying attention to variations in mood, motivation, and performance. With increased awareness, it is more likely you can act on the telltale warning signs of the onset of fatigue and waning alertness while driving. Improving and maintaining your health will improve your chances of living longer, spending more quality time with your family, and enjoying your hobbies and other fun and important parts of life.</p>
10	Hand washing basics.	<p>When washing your hands:</p> <ul style="list-style-type: none"> <li>* Place hands together under water (preferably warm).</li> <li>* Apply soap (according to the manufacturer's directions) and rub your hands together for at least 20 seconds.</li> <li>* Wash all surfaces well, including wrists, palms, backs of hands, fingers, thumbs, and under the fingernails.</li> <li>* Clean dirt from under your fingernails.</li> <li>* Rinse the soap from your hands.</li> <li>* Use a towel to turn off the faucet.</li> <li>* Dry your hands completely with a clean towel, if possible. If towels are not available, it is okay to air dry your hands.</li> <li>* Pat your skin rather than rub to avoid chapping and cracking.</li> <li>* Avoid turning off the water with your clean hands. Use your paper towel or elbow. Then use your towel to open any doors before towel disposal.</li> </ul>
11	Heart disease	<p>Heart disease is the leading cause of death for both men and women. According to the Centers for Disease Control (CDC) approximately 697,000 people die of heart disease in the United States every year.</p> <p>That is, one in every five deaths is caused by heart disease. To help prevent heart disease:</p> <ul style="list-style-type: none"> <li>* Eat a healthy diet.</li> <li>* Maintain a healthy weight.</li> <li>* Exercise regularly.</li> <li>* Do not smoke.</li> <li>* Limit alcohol use.</li> </ul>



## March | July | November

Day	Statement	Response
12	Exercise	<p>Regular physical activity helps improve your overall health and fitness while reducing your risk for many chronic diseases. It may seem difficult at first to find the time or energy to exercise, but even a little exercise a few days a week can help improve your health. Whether on the road (at rest areas and truck stops) or at home, try and go for short walks, do some push-ups, jumping jacks, stretch and engage in other physical activity.</p> <p>Always check with your doctor first to ensure you can perform new physical activities. Source <a href="http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html">http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html</a></p>
13	Bend at your knees; save your back.	This old familiar message is still important.
14	Random testing	If you are required to submit a specimen for a random test, proceed immediately to the collection location. Immediately does not mean within two hours. Immediately means that after notification, all the employee's actions must lead to an immediate specimen collection.
15	Top health risks	<p>The top critical health risks to commercial vehicle drivers can include:</p> <ul style="list-style-type: none"> <li>* Smoking and tobacco use</li> <li>* Obesity (being overweight)</li> <li>* Hypertension (high blood pressure)</li> <li>* Poor eating habits, diet, and nutrition</li> <li>* Using alcohol, drugs, and other chemical substances</li> <li>* Lack of physical activity/physical fitness</li> <li>* Psychological stress and mental fitness</li> </ul>
16	Passenger pickups	If passenger pickups are scheduled along a route, review the same safety precautions with them as provided to other passengers at the beginning of the trip.
17	Communicate the company policy	Communicate company policy to all passengers during the reservation process or at ticketing.
18	Handrails and other supports	Point out handrails and other supports passengers can use when moving around inside the vehicle.
19	Rear-end collisions	Rear-end collisions are historically one of the most common, most expensive, and easily avoidable types of collisions. Maintaining a safe following distance and avoiding distractions are key practices to help prevent a rear-end collision. Do not tailgate, remain alert (no talking on the cell phone or texting), and leave yourself enough space to react.
20	Improving your odds	<p>During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are the best defense against impaired, aggressive, and distracted drivers.</p> <p>Source NHTSA <a href="https://www.nhtsa.gov/risky-driving/seat-belts">https://www.nhtsa.gov/risky-driving/seat-belts</a></p>
21	Changing weather	From summer to fall or winter to spring, changing seasons will require being prepared to handle different weather and road conditions. One precautionary step includes ensuring you have supplies to handle winter weather. Check the condition of snow removal tools and equipment, stores of salt, windshield washer fluid and appropriate bad weather gear (including warm clothing, gloves, hats, and windshield scrapers).

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Day	Statement	Response
22	Stay informed	Dispatchers and drivers should check for any special situations or conditions that could pose a safe driving hazard before a trip begins and for the duration of the trip, such as delays, traffic, and condition of vehicle or cargo.
23	What is the proper way to lift a carton/object?	When lifting cartons or objects: stand with your feet apart for good balance, with shoulders and hips aligned, bend at your knees, not your waist. Maintain the natural curve in your back. When lifting, let your leg muscles do the work. Keep the load you are lifting close to your body to ease the pressure on your spine. Turn with your feet; do not twist the trunk of your body. When you set the load down, squat down slowly by bending your knees.
24	Reducing risks	As a professional driver, you are expected to comply with the posted speed limits. For large vehicles, the stopping distances are greater than smaller vehicles, and highway speed limits are often set differently for trucks. Lowering speed gives you the time to see ahead and the ability to adjust to adverse conditions as they develop.
25	Exit and entrance locations	Be sure to review emergency exit and entrance locations with passengers prior to beginning a trip.
26	Use good judgment and take action to eliminate unsafe acts!	<p>Most injuries are the result of an unsafe act instead of an unsafe condition. Your actions can help to minimize unsafe acts, which can help prevent you from being injured.</p> <p>For example, use good judgment and if an item is too heavy to lift, use a mechanical assist or co-worker to help lift it.</p>
27	Vehicle security	<p>When parking your vehicle consider checking the following the following:</p> <ul style="list-style-type: none"> <li>* Is your engine off?</li> <li>* Are your doors locked?</li> <li>* Are your security measures in place?</li> <li>* Are your keys in hand?</li> </ul> <p>Drivers should be trained to not take chances, even if they are only away for a moment.</p>
28	Slow down for school buses	Slow down while approaching children that are awaiting school buses. Always stop for buses and wait patiently until all of the children have crossed the street safely. Pay attention to bus signals and wait until the bus has begun moving before you proceed.
29	Conduct pre trip inspections	Conduct pre-trip inspections of all securement equipment for seats and wheelchairs or other portable sitting equipment.
30	Storms	If you live in an area prone to violent weather, you can find advanced forecasts available through the local media or the National Weather Service, or you can obtain a weather alert device to provide notice of possible or imminent storms.
31	Healthy habits	By necessity, drivers have long hours of physical inactivity while driving. Seek help in developing an exercise and fitness program to help improve stamina and strength. If you are fit from exercising routinely, you can also reduce stress and improve your mental wellbeing.

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Day	Statement	Response
1	Relaxing	Learn to lower the stress associated with your driving duties by recognizing stress inducing situations. Identify situations or conditions that are common <i>stress triggers</i> at work and during off-duty hours. Think about what creates stress before work, during work and in your personal life. Running late, financial concerns, personal relationships, traffic, or weather are just a few many people experience often.  Worry only about those things over which you have control to relieve anxiety. Remember, you will be calmer in a fast-paced world both at home and at work, by learning to recognize, control and manage our own responses to stress.
2	Is your paperwork in order?	Know and understand the information. Replace any missing information or forms; if unsure, contact a supervisor or responsible party(s). Do not hesitate to ask questions.
3	Inability to provide a specimen	The collector will allow you to consume up to 40 ounces of fluid, distributed reasonably for up to three hours, or until a sufficient urine specimen can be produced, whichever comes first.
4	Before backing up, take a walk.	Follow the fundamental rule of safe backing; always follow through and meet your GOAL:  <i>Get Out And Look!</i>
5	Company policy on drinking	Announce and/or provide company policy on drinking alcohol and passenger behavior.
6	Housekeeping and maintenance	Check step treads, handrails, and all seats regularly and repair them when faulty; keep approved cleaning supplies, and trash bags readily available to ensure passenger comfort. Remove all food and beverage debris that could attract insects.
7	Inspect entrance/exit point	Routinely inspect entrance/exit points prior to beginning a trip. Steps should be in good condition and have appropriate anti-skid materials, and handrails or other supports should be available to help reduce slips and falls by passengers.
8	Nutrition	Did you know that half of your plate for each meal should be fruits and vegetables? Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling. Source: <a href="https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html">https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html</a>
9	Secure parking	Vehicles and their cargo obviously are most at risk of theft or vandalism when they are parked. Remember, freight at rest is freight at risk.
10	Rear-end collisions	Maintaining a safe following distance is vital to help reduce a rear-end collision. Rear-end collisions are historically one of the most common and easily avoidable types of collisions. Do not tailgate. Leave yourself enough space to react.
11	My hands hurt when I go home. What could be causing it?	Seek advice from your health nurse about possible causes for hand pain. Do you work all day in repetitive work, or perform activity that requires you to hold your hands still for long periods of time? Although you may not be able to vary your work duties, there may be ways to prevent injury, such as taking mini breaks to vary your routine, stretching, and ergonomic tools and equipment.
12	Why do my shoulders ache after a hard day at work?	Are you practicing good posture? Although there may be other reasons for your shoulder ache, lack of proper posture is often the root cause. Lack of good upper body strength to safely perform your job duties may also be a contributing factor.  Consider the value of daily stretching as a key component of injury prevention.

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Day	Statement	Response
13	Why use seconds?	Why should I use seconds instead of a vehicle count (e.g., a couple of car lengths) as a following distance measure? The following distance based on the number of vehicles can be too subjective. The length of vehicles varies. A compact car is a lot smaller than a large box truck or tractor-trailer.
14	Crash statistics	Use of, or reaching for, an electronic device made the risk of crash or near-crash event 6.7 times as high as non-distracted driving; and Text messaging made the risk of crash or near-crash event 23.2 times as high as non-distracted driving.
15	Get help to back up	When using someone to guide you while backing up, make sure that: <ul style="list-style-type: none"> <li>* They are in a safe but appropriate position to see hazards and be seen by the driver.</li> <li>* You and your guide have agreed on the hand signals to be used before backing up.</li> <li>* You and the guide should recall the path of travel is more than the ground. It is important to look up and around the trailer for sufficient clearance.</li> <li>* If you ever lose sight of your guide stop immediately.</li> </ul>
16	Police and emergency services	Call for help from police and emergency services and notify your company contact person.
17	The seat belt pledge	Take the pledge: <i>I will wear my safety belt because my wellbeing greatly affects my family and loved ones. It is my responsibility to maintain control of my vehicle. Using my safety belt is my best chance of remaining in control of my vehicle in a crash or emergency. I will always remember to buckle up.</i>
18	Oh, my aching back!	If you go home each night with a backache, it is up to you to ask what might be causing it. Are you lifting too much weight? Are you putting yourself in awkward positions? There are many possible causes of back pain, both work-related and non-work-related. It is important that you investigate possible causes and seek solutions before it becomes unbearable.
19	Polling results	For many years, government and research institutions have surveyed drivers across the nation to determine how they rate their driving compared to other drivers they observe. Driver responses indicate high ratings for themselves and significantly lower ratings for other drivers. Are you being honest with yourself about your driving?
20	Stopping distance	Speed limits posted on curve warning signs are intended for passenger vehicles, not large or heavy vehicles. Large or heavy vehicles should reduce their speed even further.  Studies have shown that large trucks entering a curve, even at the posted speed limit, have lost control and rolled over due to their high center of gravity.
21	Fatigue warning signs	Examples include: <ul style="list-style-type: none"> <li>* Unable to stop yawning.</li> <li>* Trouble keeping your eyes open and focused, especially at stop lights.</li> <li>* Driving becomes sloppy and you weave between lanes, tailgate or miss traffic signals.</li> <li>* Finding yourself hitting the grooves or rumble strips on the side of the road.</li> <li>* Finding yourself opening a window or turning up the radio to stay alert.</li> <li>* Driving aggressively to get to your next destination faster.</li> </ul>

## April | August | December

Day	Statement	Response
22	Communicate defects	Submit written vehicle condition reports after every trip to maintenance personnel to ensure all defects are repaired before becoming a danger to safe operation of vehicles.
23	Check and Inspect	Check for correct coolant level, inspect defrosting and heating equipment and check wipers and windshield washers to ensure that they are working. Carry spare wiper blades and extra washer fluid. Check tire chains to ensure they are free of broken or missing links and straps. Check exhaust systems for signs of soot marks indicating possible exhaust leakage.
24	Severe weather	<p>If you live in an area prone to violent weather, you can find advanced forecasts available through the local media or the National Weather Service, or you can obtain a weather alert device to provide notice of possible or imminent storms.</p> <p><b>Thunderstorms and Lightning:</b> Take shelter, stay indoors, and stay away from doors and windows; avoid using appliances and taking baths or showers.</p> <p><b>Tornadoes:</b> Listen for authorized tornado watches and warnings. Take cover in a basement or in a first-floor interior room without windows. If you are caught while walking or riding away from a safe shelter, consider taking cover in a ditch or depression.</p>
25	How IS my driving?	Feedback about driving behavior comes from a variety of sources including motor vehicle reports, accident reports and roadside violations to name a few. However, the driver should be the most influential monitor of their own driving. The driver has the most to lose if involved in a crash or for receiving multiple driving citations. Regulated drivers' roadside violations can be reviewed by prospective employers, who could determine a driver's employability in the future. Only you know how many chances you are willing to take.
26	Rejuvenating	You can improve your physical health by maintaining a regular exercise routine that includes activities like walking, biking, or other forms of exercise.
27	Tornadoes	Listen for authorized tornado watches and warnings. Take cover in a basement or in a first-floor interior room without windows. If you are caught while walking or riding away from a safe shelter, consider taking cover in a ditch or depression.
28	Moving violations	Speeding citations are reflected on your CDL, even those received when not driving a commercial motor vehicle. It could result in loss of driving privileges and job. The US DOT CSA safety measurement system scores drivers as well as motor carriers and employers can see all violations issued not just convictions.
29	Company Seat Belt Policy	The driver and all occupants are required to wear safety belts when operating the vehicle.
30	Arrive Safely	Once a trip begins, arriving at your destination depends on making safe driving decisions. As the driver, you must make safe driving decisions to arrive safely at your destination.
31	Seat belts vs. airbags	<p>Air bags are designed to work with seat belts, not replace them. In fact, if you do not wear your seat belt, you could be thrown into a rapidly opening frontal air bag; a movement of such force could injure or even kill you.</p> <p>See <a href="http://www.safercar.gov">http://www.safercar.gov</a> for more air bag safety information.</p> <p>Source: <a href="http://www.NHTSA.gov">http://www.NHTSA.gov</a></p>

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