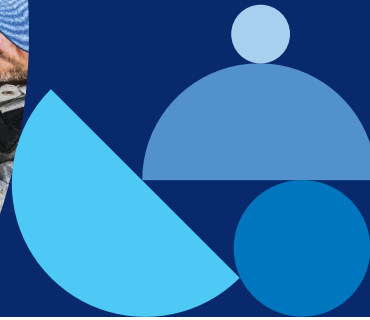


Daily Safety Tips for Towing Operators

Meet tomorrow prepared





How the Daily Safety Tips program works:

The Daily Safety Tips program is designed as a comprehensive checklist that provides management with daily safety topics to communicate effectively throughout the year. Each tip is accompanied by a corresponding message that safety managers can use to implement and incorporate as a talking point. These talking points are useful for safety huddles, shift change meetings, and helping employees understand the importance of safety measures. Additionally, the checklist can be repurposed to meet specific business needs.

Manager's Role:

Managers play a crucial role in the Daily Safety Tips program. They must ensure that the Daily Safety Tip Checklist and Talking Points are incorporated and utilized by lead safety personnel to help:

- Generate safety awareness
- Take control, and reduce claims and related expenses, adding significant value to operations

Benefits:

Daily Safety Topics & Tips with Talking Points:

Each day of the month is assigned a specific and essential safety topic, with corresponding messaging of a rotating schedule. Revisiting the safety topics throughout the year will help:

- Reinforce safety compliance and a safety mindset
- Promote and heighten safety awareness
- Help employees understand its importance keeping it top of mind
- Build a consistent and safer work environment year-round
- Empower safety accountability

Wide range of essential topics covered include:

- Slip, trip and fall
- Sprinkler system testing
- Fall prevention
- Industrial rack/module safety
- Manual material handling and Cutting safety
- And many other essential safety topics
- Fire extinguisher safety

Daily Safety Tips Checklist

The safety tips checklist offers daily safety topics with related Talking Points to enhance corresponding messaging for safety management to incorporate into morning or shift change meetings. The primary objective is to provide repetitive training and continue reinforcing safe practices and accountability among the workers, year-round.

Key Points

- **Repetitive Training:** Regularly revisit safety topics to help reinforce safe practices and accountability, fostering a culture of awareness and prevention
- **Familiar and New Topics:** The checklist includes a mix of well-known and new safety topics and insights to provide comprehensive safety education.
- **Scenarios Covered:** Although not exhaustive, the topics cover various scenarios that impact the safety and security of employees and the public, ensuring a broad understanding of potential hazards.

Safety is NO accident, and everyone’s responsibility all day, every day.

It’s essential for management to:

- Schedule safety meetings regularly (e.g., daily, weekly, bi-weekly, or monthly).
- Ensure all employees are informed about the schedule and encouraged to attend.
- Review recent incidents, near-misses, and lessons learned.
- Discuss potential hazards in the workplace and verify appropriate responses to daily conditions.
- Outline and reinforce appropriate safety measures.

By doing so, employees are kept well informed about potential hazards and the appropriate measures to take will contribute to a safer and more productive work environment.

Daily safety tips are grouped by month to help keep safety awareness ongoing throughout the year. Below is an example of the Daily Safety Tip Checklist with reference to how it can be used during safety discussions.

Tips designed to repeat for each grouping of months: (January / May / September)		
Day	Safety Tips	Response: Talking Points
	Tip of the Day (Start-up Conversation)	Response: Incorporate Talking Points: into a start-up conversation. Below is an example based on the topic of Fire Safety.
1	Do you know where the closest fire extinguisher is located and how to use it?	Fire extinguishers should be clearly visible to all personnel. Employees should understand how to operate an extinguisher effectively, unless the company dictates only designated personnel are authorized to use the extinguisher. What does your policy say?

January / May / September		
Day	Safety Tips	Response: Talking Points
1	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>
2	Federal cell phone restrictions	<p>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.</p>
3	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>
4	Remember the ABC's	<p>Remember the ABCs: Arms (make sure wheelchair passenger's arms are close to the body); Belts (all belts secured); Clicks (listen for the click).</p>
5	Police and emergency services	<p>Call for help from police and emergency services and notify your company contact person.</p>
6	The seat belt pledge	<p>Take the pledge:</p> <p>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.</p>
7	Floods	<p>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 the ground.</p> <p>Remember to:</p> <ul style="list-style-type: none"> • Inspect any vehicle including trailers that may have been submerged while parked in a flooded area. • Check your cargo, wheels, seals, brakes, or other components for water infiltration.
8	Adjusting following distance	<p>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.</p>
9	Calculating your following distance.	<p>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.</p>

January / May / September		
Day	Safety Tips	Response: Talking Points
10	What does distracted driving mean?	Not focusing on the road ahead and mirrors can lead to being caught unaware of changing conditions or situations in front of and around your vehicle. How many seconds or minutes a day have you driven blindly while distracted? Focusing on an object, person, task, or event not related to driving affects the driver's awareness, decision making and/or performance. Think of the number of things you do like, that add up the average amount of time you are not focused daily basis.
11	But I only closed my eyes for a second.!	<p>But I only closed my eyes for a second!</p> <p>At 60mph, a single second translates to speeding along for 88 feet. That is the length of two school buses.</p> <p>According to the NHTSA, drowsy driving causes approximately 80,000 + crashes a year. These accidents result in an estimated 3,000 injuries and 1,000 deaths. Those who sleep less than six hours are three times more likely to be involved in a crash.</p> <p>Get adequate sleep. Most adults need 7-9 hours to maintain proper alertness during the day.</p>
12	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.
13	Speed limit around curves and stopping distance.	Speed limits posted on curve warning signs are intended for passenger vehicles, not large truck. Large trucks 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.
14	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.
15	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.
16	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.
17	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.

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January / May / September		
Day	Safety Tips	Response: Talking Points
18	Relating	Improving and maintaining your health will improve your chances of living longer, spending more quality time with your family, enjoying your hobbies, and other fun and important parts of life. In addition, your ability to be effective at your job can be enhanced by staying healthy,
19	Steering wheel securement	Do not rely on anti-theft steering locks or safety belts to secure the steering wheel. Use a special steering wheel clamping device. Rope is commonly used to secure steering wheels, but rope is not as reliable as devices designed for this purpose.
20	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.
21	Pledge to no be distracted	Take the National Highway Traffic Safety Administration pledge. Encourage your family and friends to do so too. Download the NHTSA form at http://www.distraction.gov/take-action/take-the-pledge.html
22	Hook up	After you have hooked-up a vehicle for towing, do not start the tow until you have double-checked the hook-up, installed safety chains/straps (some products require straps and other products are designed to be strapless, however, all require safety chains), secured the steering wheel, release the parking brakes of the towed vehicle and installed tow lights.
23	Medical card	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. 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.
24	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).
25	Severe weather	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. Thunderstorms and Lightning: Take shelter, stay indoors, and stay away from doors and windows; avoid using appliances and taking baths or showers. 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.
26	Bend at your knees, save your back!	"This old familiar message is still important".

January / May / September		
Day	Safety Tips	Response: Talking Points
27	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.
28	Why can we not all just get along?	<p>Understanding how to safely manage stressful situations with peers, visitors, and customers is of particular importance in all industries. Understanding how to best read the body language of others and how to project the appropriate body language yourself can significantly impact stressful situations.</p> <p>Get help before a situation from a disgruntled, angry, confused, or aggressive person attacks you.</p> <p>Understanding how to de-escalate a situation using empathy and other learned skills are important for all employees, so do not hesitate to ask for training in this area.</p>
29	Refusing a test	<p>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).</p> <p>Some testing situations that drivers may not be aware of include:</p> <p>Failing to provide a urine specimen for any drug test, not including a preemployment test.</p> <ul style="list-style-type: none"> 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. Failing to or declining to take a second test as directed by the employer or collector. Failing to undergo a medical examination or evaluation as directed by the MRO as part of the verification process.
30	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.
31	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.

February / July / October		
Day	Safety Tips	Response: Talking Points
1	Hand washing basics.	<p>When washing your hands:</p> <ul style="list-style-type: none"> • Place hands together under water (preferably warm). • Apply soap (according to the manufacturer's directions) and rub your hands together for at least 20 seconds. • *Wash all surfaces well, including wrists, palms, backs of hands, fingers, thumbs, and under the fingernails. • Clean dirt from under your fingernails. • Rinse the soap from your hands. • Use a towel to turn off the faucet. • Dry your hands completely with a clean towel, if possible. If towels are not • available, it is okay to air dry your hands. • Pat your skin rather than rub to avoid chapping and cracking. • 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.
2	Stay calm	Be patient; do not let the behavior of others change your attitude about driving safely and making safe driving choices.
3	The right stuff	Professional drivers know they have a responsibility for the safety of other drivers, co-workers, other motorists, company vehicles, and equipment.
4	Oversize and length permits	Prior to beginning a trip with an oversize or overweight load you must verify that you have the proper permits for the states that you plan to travel through. Pre-planning of the route will help ensure all of the proper permits are in place.
5	Winning the game	Many successful and celebrated sports coaches often tell their players, Let the game come to you. In other words, do not push things just to get your way. Being relaxed and confident allows you to see the play developing and the time to be sure you make the right decisions.
6	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.

February / July / October		
Day	Safety Tips	Response: Talking Points
7	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.
8	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.
9	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"> • Eat a healthy diet. • Maintain a healthy weight. • Exercise regularly. • Do not smoke. • Limit alcohol use.
10	Statistically speaking	<p>Ejection from a vehicle generally causes the most severe injuries in a crash. NHTSA has estimated that lap/shoulder seat belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45 percent and the risk of moderate-to-critical injury by 50 percent. 57% of the 235 15-passenger van occupants killed in rollover crashes from 2010-2019 were ejected. An unrestrained 15-passenger-van occupant involved in a single-vehicle crash is approximately four times more likely to be killed than a restrained occupant. NHTSA also states that, of the 38,824 people killed in motor vehicle crashes in 2020, 48 percent were not wearing seat belts. In 2017 alone, seat belts saved an estimated 14, 995 lives and could have saved an additional 2,549 people if they had been wearing seat belts.</p> <p>The consequences of not wearing, or improperly wearing, a seat belt are clear:</p> <ul style="list-style-type: none"> • Buckling up helps keep you safe and secure inside your vehicle, whereas not buckling up can result in being totally ejected from the vehicle in a crash, which is almost always deadly. • Air bags are not enough to protect you; in fact, the force of an air bag can seriously injure or even kill you if you are not buckled up. • Improperly wearing a seat belt, such as putting the strap below your arm, puts you and your children at risk in a crash. <p>Source:</p> <p>http://www.nhtsa.gov/risky-driving/seat-belts</p>

February / July / October		
Day	Safety Tips	Response: Talking Points
11	Improving 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</p> <p>NFTSA https://www.nhtsa.gov/risky-driving/seat-belts</p>
12	Rear-end collisions	<p>Maintaining a safe following distance is vital to help reduce a rear-end collision. Rear-end collisions are one of the most common and easily avoidable types of collisions. Do not tailgate. Leave yourself enough space to react.</p>
13	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 http://www.safercar.gov for more air bag safety information.</p> <p>Source:</p> <p>http://www.NHTSA.gov</p>
14	Legs / Legs extension	<p>Do not unlock outboard legs or rear jack extension legs unless the area under them is clear. Keep your feet clear of this area!</p>
15	Being a mentor and a role model	<p>If you exhibit the qualities of a professional vehicle driver, other drivers value your advice and help. To be an effective coach, be sure to demonstrate these traits: expertise, enthusiasm, clarity, empathy, and respect. Remember to lead by example.</p>
16	Follow the doctor's orders	<p>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.</p>
17	Captain of the trip	<p>As a driver, you are the captain of the ship.</p> <p>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 crewmembers, 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.</p>

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February / July / October		
Day	Safety Tips	Response: Talking Points
18	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.
19	Cables	Do not completely unwind all cables from a winch while loaded. Keep AT LEAST three wraps on the drum.
20	Winch cable	Do not continue to wind in winch cable after the hook is against the boom end.
21	Making safe choices	Unfortunately, outside factors can have a negative impact on your decision making. Do not let missing a turn or running late for an appointment upset you and shift your attention from safety. Do not let the temptation to try to beat a traffic light win out over good judgment. Make the safer choice.
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	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.
24	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.
25	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.
26	Before backing up, take a walk.	Follow the fundamental rule of safe backing; always follow through and meet your GOAL: Get Out And Look!

February / July / October		
Day	Safety Tips	Response: Talking Points
27	Raised vehicle	Do not get under a raised vehicle or load unless it has adequate safety block in place.
28	Proper lights	Do not tow a vehicle at night without proper towing lights on the towed vehicle and the tow truck.
29	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"> • 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. • 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.
30	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"> • Obtaining a minimum number of hours of restful sleep. • Employing napping strategies. • Taking sufficient rest breaks from driving. • Paying attention to variations in mood, motivation, and performance. • With increased awareness, it is more likely you can act non the telltale warning signs of the onset of fatigue and waning alertness while driving.
31	Nutrition	<p>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 balances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.</p> <p>Source:</p> <p>https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html</p>

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March / June / November		
Day	Safety Tips	Response: Talking Points
1	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"> • Daylight running lights. • High beams.
2	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.
3	Footwear	Wear sturdy footwear with slip-resistant soles. You should know the situations and climate you will face each day.
4	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.
5	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.
6	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.
7	Tie down	Do not tie down the front end of your tow truck for recovery work or heavy lifts. The truck frame can be damaged.
8	Pinch points	Do not put your finger in the extension lock holes of outboard legs, rear jacks, booms, towing hitches, towing slings, etc. Make sure that locking pins are fully engaged when using extensions.
9	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. Always check with your doctor first to ensure you can perform new physical activities.</p> <p>Source</p> <p>http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html</p>

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March / June / November		
Day	Safety Tips	Response: Talking Points
10	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.
11	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.
12	Planning your route	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.
13	Cables	Do not use damaged cables on your tow truck. Become familiar with the various types of cable damage. Carefully inspect all cables being used in a recovery operation for damage before starting to pull.
14	Bystanders	Do not permit bystanders in the area while performing recovery work.
15	Rejuvenating	You can improve your physical health by maintaining a regular exercise routine that includes activities like walking, biking, or other forms of exercise.
16	Where and how falls occur	Falls occur on ramps, in parking lots, on walking surfaces and in garages, wash bays, and fuel areas. Changes in elevation such as steps leading into a warehouse or loading ramps leading into a trailer can be the cause of a fall. Uneven surfaces, poor lighting/ visibility, unfamiliar location, ice, snow, and rain are other causes, as well as spilled fuels and oils mixed with water and soapy wet floors in restrooms and showers.
17	Raising the boom	Be aware of and avoid electrical lines when raising your boom.
18	Boom rating	Do not exceed ratings of booms, cables, snatch blocks or winches. Stay within nameplate ratings: Note that boom ratings decrease significantly as a boom is extended.
19	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:</p> <p>http://www.nhtsa.gov/people/injury/drowsy_driving1/listening/Sect3.htm</p>

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Day	Safety Tips	Response: Talking Points
20	Information collection	Collect information at the scene including exchanging information with others including names and phone number. Make no statements, admission of fault, or otherwise volunteer information.
21	Quality Rest	Family members play an important role in how much sleep we get. Communicate to your family members what your needs are. Remind them how important it is for you to get adequate sleep so you can stay safe on the road. Sometimes it may mean occasionally missing family gathering, school functions, etc.: But it is better than not living through a crash and not being there at all for your family.
22	Top health risks	<p>The top critical health risks to commercial vehicle drivers can include:</p> <ul style="list-style-type: none"> • Smoking and tobacco use • Obesity (being overweight) • Hypertension (high blood pressure) • Poor eating habits, diet, and nutrition • Using alcohol, drugs, and other chemical substances • Lack of physical activity/physical fitness • Psychological stress and mental fitness
23	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"> • Follow too close. • Slam on the brakes. • Fail to signal. • Cut someone off at an entry/exit ramp. <p>No matter what the total, the goal should be ZERO.</p>
24	Driver inattention	<p>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.</p> <p>How many times a day or week do you see others distracted while using cell phones? Name other distractions you notice.</p> <p>Source: US DOT Driver Distraction in Commercial Vehicle Operations Virginia Tech Transportation Institute, September 2009: DriverDistractionStudy.pdf</p>
25	Is your paperwork in order?	Know and understand the information. Replace any missing information of forms, if unsure, contact a supervisor or responsible party(s). Do not hesitate to ask questions.

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March / June / November		
Day	Safety Tips	Response: Talking Points
26	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.
27	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.
28	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.
29	Prescription and over the counter medicines	If you use prescription or over the counter drugs, you need to be aware of the regulation 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.
30	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.
31	Why do my shoulders ache after a hard day at work?	<p>Are you practicing good posture? Although there may be other reasons your shoulder aches, 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.</p> <p>Consider the value of daily stretching as a key component of injury prevention.</p>

April / August / December		
Day	Safety Tips	Response: Talking Points
1	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>
2	Slow down for school buses	Slow down while approaching children that are awaiting school buses. Always stop for buses and wait patiently until all the children have crossed the street safely. Pay attention to bus signals and wait until the bus has begun moving before you proceeds.
3	Working Limit	Do not exceed WORKING LIMIT ratings of cables. Use breaking strength ratings only for selecting replacement cables.
4	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.
5	Be a back-up professional	<p>One of the dangers of driving is letting good driving habits fade into bad habits.</p> <p>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.</p> <p>Do not drive like an amateur; be a pro. Be prepared and alert and follow basic and company backing procedures.</p>
6	Driving physically impaired	<p>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.</p> <p>Source:</p> <p>https://www.cdc.gov/niosh/emres/longhourstraining/impaired.html</p>
7	Eliminate distraction 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.
8	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.

April / August / December		
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9	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.
10	Get help to back up	When using someone to guide you while backing up, make sure that <ul style="list-style-type: none"> • They are in a safe but appropriate position to see hazards and be seen by the driver. • You and your guide have agreed on the hand signals to be used before backing up. • 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. • If you ever lose sight of your guide stop immediately.
11	If there is a spill, follow company policy	Be sure to have a copy of the company spill and emergency response procedures and emergency telephone numbers of those designated to help manage the consequences of a spill involving a load of hazardous materials.
12	Nutrition	Did you know that half of your plate for each meal should be fruit 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, 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 https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html
13	Exterior inspection	Check the tires and lights. The tread depth for steering tires must be 4/32-inch at minimum and all other wheel positions require a minimum tread depth of 2/32-inch. Be aware that tire pressures may vary considerably in cold or hot weather. Headlights, signal lights and brakes, and running lights must be operational and clearly visible. During rain and snow, it may be necessary to clean the various light lenses to ensure the vehicle is easily visible to other drivers. Remember the phrase see and be seen.
14	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.
15	Vehicle security	When parking your vehicle consider checking the following the following: <ul style="list-style-type: none"> • Is your engine off? • Are your doors locked? • Are your security measures in place? • Are your keys in hand? Drivers should be trained to not take chances, even if they are only away for a moment.

Zurich Resilience Solutions Daily Safety Tips for Towing Operators

April / August / December		
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16	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.
17	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 DOT CSA safety measurement system scores drivers as well as motor carriers and employers can see all violations issued not just convictions.
18	Company Seat Belt Policy	The driver and all occupants are required to wear safety belts when operating the vehicle.
19	Good shoes are essential.	Shoes should be slip-resistant and in good condition. Sports shoes are not all slip resistant. When you walk, your heel hits the ground first, so watch for wear and tear in the heel areas.
20	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.
21	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 the keep their job, their life and/or save the lives of others.
22	Top ten 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> <ul style="list-style-type: none"> • Using built-in car devices (touch screen, GPS, etc.) • Adjusting vehicle controls (climate, audio, mirrors, etc.) • Eating or drinking • Using or reaching for a device brought into the vehicle • Occupants — infants, children, teenagers, adults • Looking at surroundings (rubbernecking) • Operating a cell phone (dialing/texting) • Smoking • Reading • Applying makeup
23	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.
24	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.

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25	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.
26	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.
27	Making safe choices	Unfortunately, outside factors can have a negative impact on your decision making. Do not let missing a turn or running late for an appointment upset you and shift your attention from safety. Do not let the temptation to try to beat a traffic light win out over good judgment. Make the safer choice.
28	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.
29	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.
30	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</p> <p>https://www.nhtsa.gov/risky-driving/seat-belts</p>
31	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. One 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.



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A1-P0950621-A (02/25) P0950621

