

SAFETY GAZETTE

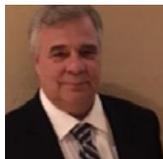
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Avoiding Fire Dangers: Precautions for Running the Regen Process

by Chris Parker, Loss Control Specialist

Diesel Particulate Filter (DPF) systems may trigger a fire during the regeneration process (regen) by compromising hydraulic or fuel lines and igniting combustible fluids. This could put workers, equipment and property in the vicinity at risk of injury or damage.

Most over-the-road trucks will typically burn off the soot captured in the DPF through the heat produced naturally from high engine loads over hours of regular operation. Unfortunately, some trucks involved in short-haul, extended idling time, and similar operations may not get the exhaust hot enough to support this same solution efficiently. This may result in the need to run a manual regeneration to prevent soot buildup.

The regen can require temperature exceeding 1100 degrees Fahrenheit. If there are other components near the DPF system that are improperly shielded, the high temperature may cause damage, potentially causing them to fail or catch fire. Release of additional fluids pumped by the running engine may further feed a fire that can quickly become out of control.

Workers should take appropriate precautions when running the regen process on a truck. These include but are not limited to:

- Read, understand and follow the manufacture's guidance on running the regen process
- Inspect the engine compartment prior to running the regen process to ensure hoses, wires, and other equipment located near the DPF systems are in good condition and not showing signs of heat damage
- Inspect components near the DPF system to confirm they are properly shielded and that shielding is free of residues and/or debris that may ignite
- Move the truck outside and away from other equipment or structures to which a fire might spread. Unhook and move away from the trailer if possible. Don't park close to another vehicle
- Park the truck on a surface that will not spread a fire. Concrete is better than asphalt, asphalt is better than grass.
- Remain engaged in the operation of the vehicle during the regen process to identify any problems quickly.
- Ready your fire extinguisher. If a fire does develop, consider the best use of it. A small 5 lb. extinguisher is unlikely to stop a hydraulic oil fed fire, but may prevent its spread. Have a large fire extinguisher ready if available.

- Have your phone available to call for help if needed. Don't wait to call if a fire starts. Minutes lost can result in a spread of a fire.

While it is highly unlikely that running the regen process in a well maintained truck will result in a fire, there is ample evidence to warrant taking appropriate precautions when doing so.





Avoiding Rollovers

by Nancy Ross-Anderson, Loss Control Specialist

Commercial vehicles don't roll over often – but when they do – they are often fatal. Most incidents of heavy vehicle instability are triggered either by braking or rapid steering movements.

Here are some statistics:

- Rollover crashes constitute about 1/5 of all fatal crashes
- Nearly 3/4 of the occupants killed in rollover crashes were not using restraints and slightly less than 2/3 of them were completely ejected from the vehicle.
- Light trucks, such as pick-ups, utility, and straight truck had the highest share of fatalities involving rollovers
 - Light Trucks 56%
 - Passenger Cars 36%
 - Large Trucks 6%
 - Buses 1%
 - Others 2%

For drivers, it is important to understand the factors that can contribute to these types of collisions. Road and weather conditions play a large part, as well as road construction, such as barrier design and shoulder drop-off. The truck design is also a factor. The height of the vehicle, the length of the wheelbase and the track width all effect the center of gravity. The taller a vehicle is in relation to the width and length of the wheel base, the higher the center of gravity will be, making it easier to roll over.

Cargo that is improperly loaded may shift during the trip causing the center of gravity to shift also.

There are four types of rollover collisions:

1. **Lateral Force Rollovers:** These usually occur when a driver attempts to make a turn while traveling too fast. They can also occur in high wind areas
2. **Sideways Skid (and Trip) Rollovers:** These occur when a driver loses control and begins sliding sideways. The tires hit a guardrail, curb, or other object, causing the center of gravity to shift suddenly and the vehicle rolls over
3. **Ramp Rollovers:** These occur when one side of the vehicle rides up onto an object (often a guardrail), while the other side remains on the ground
4. **Side Slope Rollovers:** A vehicle rolls due to the slope of the ground beneath a vehicle. This usually occurs if a vehicle runs off the road and up onto an embankment



HOW TO AVOID ROLLOVER COLLISIONS

- Maintain your vehicle: Regular inspections to identify any components that are broken or worn out, such as shocks, springs and strut mechanisms
- Check and maintain tire pressure
- Adverse weather conditions must be taken into account
- Road conditions: Are they poorly maintained? Narrow or winding? Adjust your speed to coincide with the conditions
- Buckle Up! Seatbelts reduce the likelihood of being thrown from a vehicle during a rollover

NITSA.org and Fleetsafe.org



The Triple Crown Race for Strains: Driving, Lifting, Fitness

by Dewayne Reeder, Loss Control Specialist

Strains, sprains, and soft tissue injuries, - all part of Musculoskeletal Disorders (MSDs) - win the race for on-the-job injuries for all workers. Unfortunately, the trucking and transportation segment leads the way. As a professional driver, you participate in three key races that promote the risk of an MSD injury: Driving, Lifting, and Fitness. Let's look at each one.

DRIVING

The sitting position while driving for up to 11 hours in a day brings a host of health issues that impact the risk of incurring a strain injury. Muscle tension from poor posture, vibration and no leg movement during long highway runs all combine to increase the strain risk. Try these simple solutions that help combat the fatigue of sitting. Posture: The best angle for the back of your seat is 100 degrees, just a slight tilt back. Changing the seat angle periodically, then back to 100 degrees, also reduces muscle tension.

Head Rest: Adjust your headrest so that it touches the middle part of the back of your head.

Lumbar Support: Use lumbar support to fill the space at your lower back. Many seats have adjustable lumbar support included as well as various types of pillows, ridged supports, and back braces. However, one type does not fit all. Choose what is comfortable and supportive for you.

Vision: Avoiding continual eye strain promotes relaxed muscles in the neck and shoulders. Prescription glasses, sun glasses, clean windows, adjusted mirrors, and a

good headrest are all part of driving relaxed.

Cruise: Cruise control allows you to rest your feet on the floor and take some pressure off your back.

Breaks: Regular breaks - say 30 minutes for every 8 hours of driving - can greatly reduce muscle tensions if used correctly. Stretch out, take a short walk or even use the time for a short work out.

LIFTING, LOADING, AND MATERIAL HANDLING

Going from sitting or waiting for physical work without preparation will make you the "winner" in the race toward a strain injury. The risk involves more than loading/unloading. Coupling trailers, cranking landing gear, pulling a stuck pin, tarping loads, fueling and even the simple strain of getting in or out of the cab or trailer can all contribute strains and sprains. Go into these tasks with a plan.

Equipment: Material handling has countless situations in the industry and no simple suggestion works for everyone. Well engineered equipment used correctly every time is a must. Know your physical limits and get help when needed.

Stretch it out: Warming up for physical activity is also a must. Any sports activity requires warming up, stretching out, and being ready for exertions. Work should be treated the same. Several free and low cost online exercise sites and phone apps that provide stretching routines are available. One site dedicated to the trucking industry is www.thehealthytrucker.net

FITNESS

Yes, the fitness craze is everywhere, except possibly the trucking industry, where it should be. Research has long supported the fact that good overall fitness reduces the risk of strains and sprains. Improving fitness is not a quick race, but a marathon. There is no lack of resources available and many are specific to life on the road. What's missing? **You.** Make a plan and get in the race today.

MSDs injuries - all those strains, sprains and related injuries - cost billions annually and impact millions of workers. No simple or single solution exists, but addressing the factors individually will decrease your risk and keep you from being a winner in a race you want to lose.





Avoiding Employee Theft

by Orlando Gutierrez, Senior Loss Control Representative

Not all crooks roam the streets at night. A large majority of thefts at dealerships are from their very own employees. Employee theft is not just limited to vehicle theft, it can include stealing money or checks, forging or altering checks, stealing inventory & company supplies - and more importantly - they may be stealing intellectual property such as confidential documents or trade secrets. There are several ways to minimize theft within your employees at your dealership. It is important to keep them off guard and implement a tight system of internal controls. Below is list of some ways to minimize employee theft at your dealership.

1. Talk openly with your employees about theft and dishonesty. Set an example for ethical behavior.
2. Be suspicious of any employee with a sudden financial change (for example, someone who starts buying expensive clothes, gifts, or cars).
3. Prosecute offenders. It helps deter further crime. Articulate a zero tolerance policy in your employee handbook.
4. Have the bank send all canceled checks and bank correspondence to a different address (for example, a post office box or your home).
5. Require employees to sign out equipment. When a staff member leaves the company, make sure laptop computers, cell phones and other equipment are promptly returned.
6. Periodically change locks on doors and file cabinets. And change computer passwords regularly, particularly after someone leaves the company on bad terms.
7. Keep a close eye on petty cash. Be skeptical about excessive voids, credits or damage claims. Investigate all missing documents. Don't let employees think no one notices when something is missing.
8. Make frequent unannounced visits to your warehouse or storage areas. Look for suspicious patterns. For example, do certain employees always park near the door?
9. Conduct unscheduled audits. Pull purchase records from the company files and ask the person in charge if they compared prices. If not, why?
10. Require full documentation. Ask for receipts, delivery times and notes on the condition of goods when they arrived.
11. Establish an anonymous tip program that allows employees to report questionable behavior.



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