



SAFETY NEWSLETTER

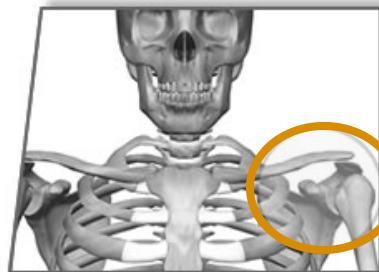
Preventing Shoulder Injuries

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General Prevention Tips

1. Stay in good overall physical shape. Strengthen your wrist, arm shoulder, neck and back muscles to help protect and decrease stress on your shoulder. Do stretching and range-of-motion exercises for your arms and shoulders.
2. Maintain good posture. Stand straight and Relaxed, without slumping.
3. Avoid catching falling objects.
4. Use the correct body movements or positions during activities, such as lifting, so that you do not strain your shoulder. Do not lift objects that are too heavy for you.
5. Avoid overusing your arm doing repeated movements that can injure your tendons. In daily routines, think about the activities in which you make repeated arm movements. Try alternating hands during activities.
6. Avoid keeping your arms out to the side or raised



What most people call the shoulder is really several joints that combine with tendons and muscles to allow a wide range of motion to the arm, from scratching your back to

throwing the perfect pitch. Mobility has its price however. It may lead to increasing problems with instability or impingement of soft tissue resulting in pain. The pain may be temporary and disappear in a short time, or it may continue and require medical diagnosis and treatment.

BACKING SAFETY

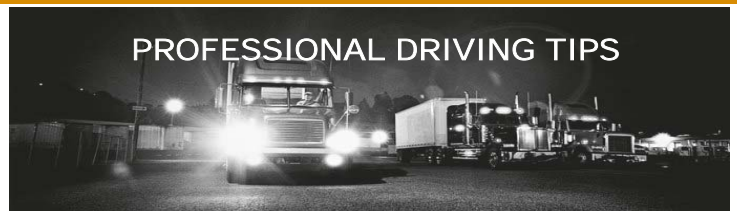
There are four things you should do when you must back your truck:

1. Check the path you are going to take.
2. Get someone to help you.
3. Back and turn toward the driver side, if possible.
4. Use 4-way flashers and your horn, if necessary.

BACK SLOWLY AND BE PATIENT.



PROFESSIONAL DRIVING TIPS



To Be Seen Is Your Responsibility

The ability to see where you are driving is one of the most important factors in driver safety. Outside fog can be really dangerous and calls for the utmost caution. The first patch of fog you encounter can be a warning which tells you to slow down. You never know when light fog can suddenly turn into dense fog, the kind that blinds every driver on the road and often results in multiple crashes and long pile-ups caused by inattentive drivers. If fog becomes dense, the safe driver slows to a crawl or pulls onto the shoulder as far off the road as possible and stops altogether—turning on the flashing warning lights to warn other drivers.

Many drivers seem to need reminders about the deceptive illumination at dusk. At this period, daylight is fading, yet it may not seem dark enough for headlights. After driving for some time in normal daylight, hazards along the way are no longer clearly defined. This is the time to turn on headlights - low beam - to help you see clearly and to help oncoming drivers see you.

Headlights should be turned on whenever weather reduces visibility.

**ALWAYS
REMEMBER
TO:**



**Buckle Up
For Safety**

You're Signal is the BEST way To Communicate!

There are all different kinds of drivers out on the road. You have to communicate with them as you drive. You have to let them know what you intend to do! Don't assume they know! Don't wait too long before you signal your intentions! And don't forget that even though your truck is **BIG**, some drivers may not see you.



It is your responsibility to let them know that you are there!

Safety IS JOB ONE

ON THE JOB INJURIES:

CALL
1-800-762-9430



Sleep Apnea

Sleep Apnea is a serious sleep disorder in which breathing stops or gets very shallow while a person is sleeping. These pauses can occur 20–30 times or more per hour.

The most common type of Sleep Apnea is **Obstructive Sleep Apnea (OSA)** During sleep, enough air cannot flow into the lungs through the mouth and nose. When this happens, the amount of oxygen in the blood may drop. Normal breaths start again with a loud snort or choking sign.

Sleep Apnea can affect anyone at any age, even children. However, risk factors for this sleep disorder include:

- ° Being Male
- ° Neck size 17 in. or larger (male) 16 in. or larger female
- ° Being overweight
- ° Having large tonsils
- ° Being over 40
- ° Having a family history of sleep apnea

If left untreated, sleep apnea can result in a growing number of health problems including:

High Blood Pressure	Heart Attack
Stroke	Diabetes
Work related accident	Driving accidents

Common Symptoms include: Loud snoring, choking or gasping during sleep, not being able to concentrate, morning headaches, dry throat in the morning, forgetfulness, mood swings and personality changes



Eye Safety Checklist

- Be alert to eye hazards present at your workplace
- Wear the appropriate protective eyewear-glasses, goggles, and/or hoods, face shields and welding helmets - provided by your employer for the specific hazards you face.
- Remember that regular eyeglasses or contact lenses **will not** protect you from eye hazards. If you must wear corrective lenses, you'll need to wear protective eyewear over them.
- Check to see that your protective eyewear meets ANSI standard.
- Make sure that your protective eyewear fits properly and is clean and in good condition **before and after** each use.
- Replace faulty eyewear immediately
- Know where all eyewash stations and emergency equipment are located.



Health Tip: Stress Reduction

It is possible for you to reduce your stress in *most* situations. When you are stressed, think about how this situation will affect your entire life. Take your "emotional temperature". On a scale of 1-10, how stressed are you? Are you stressed over something that really won't matter in the long run? When you put the situation in perspective, it often lowers your stress level.



Live in the present, not the past or the future. A lot of our stress comes from worrying about something that hasn't happened yet or something that has *already* happened. When you live in the present moment, not allowing the past or the future to overpower you, you automatically release stress. It takes practice and concentration.

Many, if not most, of our worries about the future never come to pass.

Worrying about the past is fruitless. We cannot change what has already occurred. We can only move forward.