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Stay Sun Safe



Hopefully, you use sunscreen to protect your skin. Nearly 5 million Americans are treated for skin cancer every year. When used correctly, sunscreen can help prevent skin cancer and protect your complexion.



In the U.S. only a small percentage of men and women use sunscreen regularly when outside for more than an hour. And many people who do use it aren't using it right.

Last year, the CDC reported that sunscreen users often get burned, likely because they apply too little sunscreen to protect against skin cancer — or apply or reapply it too late during sun exposure.



The best defense is to use a lot of sunscreen. Follow the CDC guidelines:

- 1 Use an ounce (a full shot glass) of sunscreen to cover your entire exposed body, including neck, ears, top of feet and head. (Check expiration dates before using.)
- 2 Choose sunscreen labeled broad spectrum and water resistant with a sun protection factor (SPF) of at least 30. This protects you from UV rays 30 times longer than without sunscreen.
- 3 Choose 30 to 50 SPF for fair or sensitive complexions.
- 4 Apply sunscreen at least 15 minutes before you go outside. Reapply it at least every 2 hours: more often when sweating or in or around water.
- 5 Wear a hat, choose shade and schedule activities to avoid times when the sun is most intense (10 a.m. to 4 p.m.).
- 6 6 Wear sunscreen year-round and even when it's cloudy.

>>Learn more at [cdc.gov/cancer/skin/basic_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm).

Safety Belts: An Essential – and Easy – Boost for Commercial Driver Safety



Safety belt use remains one of the cheapest, easiest, and most important means to **protect commercial motor vehicle (CMV) drivers**.

Safety belts also help **prevent serious damage and injury to others**, because buckled drivers are better able to control their vehicles in emergencies.

The majority of CMV drivers – have gotten the word (a record 86% of drivers now use safety belts) – thanks in part to the CMV Safety Belt Partnership.

The partnership continues to sponsor outreach and educational initiatives to break down dangerous myths about safety belt use...and encourage use by all drivers.

A safety belt, often referred to as a seat belt, is a harness designed to secure occupants inside the vehicle, and you have to buckle up to use it. Without question, a safety belt is the most important in-cab safety device that will protect an occupant in the event of a sudden stop or crash. The National Highway Traffic Safety Administration (NHTSA) notes that in 2001, safety belts saved over 12,000 American lives.

Safety belts are not just for light-vehicle drivers and occupants, but must also be worn by Commercial Motor Vehicle (CMV) drivers. Though some drivers may have excuses for not buckling up, such as thinking the belt is uncomfortable, the data is clear that wearing your safety belt can save your life. The Large Truck Crash Causation Study (LTCCS) reported that 23 percent of combination truck, single-vehicle crashes involved the driver not wearing a safety belt. A Virginia Tech Transportation Institute (VTTI) naturalistic study of truck driver safety belt use found that in baseline events (i.e., non-crash), 39.6 percent of drivers were unbelted. However, in incidents, that number jumped to 66.5 percent indicating that not wearing a safety belt may be indicative of other risky driving behaviors.

Below are some tips on the benefits of wearing safety belts.

TIP #1: Always Wear Your Safety Belt

It is critical that when you are driving, either short distances or on long trips, you should always wear your safety belt. It is also critical that if you have a passenger, he/she should buckle up as well. In case of a sudden stop or crash, a safety belt will keep you secured to the seat, helping prevent injury or death that may occur from you being thrown from your seat into the steering wheel, dash, or windshield. From 2001 data, NHTSA reported that 60 percent of all passengers killed in traffic crashes were unrestrained.

Did You Know? Wearing your safety belt is the law, and violations are subject to monetary fines? Section 392.16 of the Federal Motor Carrier Safety Association (FMCSA) Regulations indicates that a CMV which has a seat belt assembly installed at the driver's seat shall not be driven unless the driver has properly restrained himself/herself with the seat belt assembly.

An example of a driver not wearing his safety belt is shown in the video clip below. This video clip is from DriveCam. Training exercise questions follow the video clip.

VIDEO DESCRIPTION: The driver, who is not wearing his safety belt, is driving on a divided highway. He is drowsy and loses control of this vehicle. He crashes into the guard rail on the right shoulder and then spins out of control back across the highway. He rolls and crashes against the median guard rail. During this sequence, the driver, because he is not wearing his safety belt, is tossed around the cab and ends up in the back seat, smashing his head on the rear-side window.

TRAINING EXERCISE: After viewing the video, try to answer the following questions:

- What poor driving habits with regard to steering control did you notice?
- What does the driver do just before losing control of the vehicle?
- Are you surprised at how the unbelted driver was tossed around in the cab?
- Based on the integrity of the seats and cab at the end of the clip, do you think a safety belt would have prevented injury for this driver?



TIP #2: Safety Belts Prevent Ejection from a Vehicle in a Crash

Many people mistakenly believe it's better to be thrown clear of the wreckage in the event of a crash, but this could not be further from the truth. The fact is an occupant is four times as likely to be fatally injured when thrown from the vehicle. In 2006, 217 truck occupants and drivers died when they were ejected from their cabs during a crash.

Did You Know? When you are not wearing a safety belt, your chances of being killed are almost 25 times higher if you are thrown from a vehicle in a crash. Safety belts can keep you from being thrown through the windshield, from being dragged and scraped along the ground, or from being crushed by your own truck or another vehicle.

Did You Know? Danny Cloud, a 51-year-old McAlester man, was killed on January 22, 2008, when his pickup collided with a tractor-trailer rig in Hughes County, OK. Cloud's pickup went left of center, hit the semi and became lodged under it. Cloud was pinned for two hours and was pronounced dead at the scene of the crash. The semi was driven by 59-year-old Anthony Wayne Green of McAlester who was also pinned for 1.5 hours. He was taken to McAlester Regional Hospital with arm and back injuries. Neither Green nor Cloud wore a safety belt nor had any passengers.

Did You Know? Michael Berggren, a 55-year old truck driver, was fatally wounded in a crash while not wearing a safety belt. Involved in a single-vehicle rollover on December 26, 2006, Berggren was ejected from the truck cab, which resulted in the truck rolling over him and crushing his chest. Berggren's employer and spouse indicated that he habitually wore his safety belt. This tragic story highlights that drivers must buckle up each and every time, with no exceptions.

TIP #3: Even the Best Drivers Need to Wear Safety Belts at All Times

While good drivers do not usually cause accidents, it is possible that during your driving career you will be involved in a crash caused by a bad driver, bad weather, mechanical failure, or tire blowout. Wearing a safety belt prevents injuries and fatalities by preventing ejection and by protecting your head and spinal cord.

Did you know? On March 17th, 2008, Joseph Karichu of Colony, Texas, was involved in a crash after his truck cab fell nearly 40 feet. Karichu was traveling north on I-380 near Cedar Rapids when he swerved to avoid a car, hit the guardrail, and went up and over the railing, falling 40 feet below. Police noted that because he was wearing his lap and shoulder safety belt, Karichu walked away from the crash.

**Clay Cormier
DOT Safety Manager**



Summer Hydration Tips

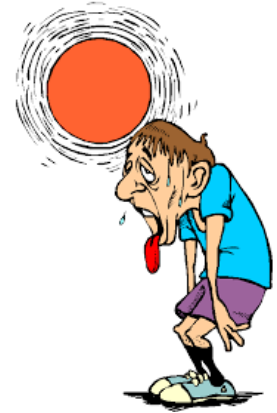
The key to staying safe this summer? **Staying hydrated.** The key to staying hydrated? That's where the following tips will come in handy:

1. DRINK WATER – AND LOTS OF IT

Drinking plenty of water remains the #1 way to stay hydrated in the summer. Be sure to drink more water than usual and schedule regular “water breaks” during the day.

2. BE AWARE OF HOW MUCH YOU SWEAT

Sweat is the way your body cools itself (remember that it is not sweating that cools the body, but the evaporation of sweat.) The more you sweat, the more fluids you'll need to replenish. It is not unusual for athletes running football drills to lose 5 pounds or more of sweat during practice.



3. KNOW HOW MUCH WATER YOU NEED

The elderly and those who have diabetes or heart disease may need more water to remain hydrated than others. If you have certain health conditions, be sure to speak with your doctor about any special precautions you should take to avoid dehydration.

4. CHECK YOUR URINE

The color of your urine is a key indicator of how much water you need, and it can be a warning sign of dehydration. Urine should be pale yellow and clear. If it's darker, you could be dehydrated.

5. AVOID ALCOHOL

While a cold beer is tempting on a hot, summer afternoon, alcohol can actually cause you to become more dehydrated. If you are drinking during a heat wave, do so in moderation, and be sure to drink extra water to compensate.

6. CAFFEINE?

We added the question mark for a reason. For years, people were warned about the dehydrating effects of caffeine. Caffeine is a diuretic (meaning it causes you to go to the bathroom more often), and the concern was that drinking sodas, coffee, and other caffeine-filled treats would have a detrimental effect. According to studies by the University of Connecticut, that's not necessarily the case. Research has shown that the body does retain some of the hydrating fluid in caffeinated drinks. So, why did we include the question mark? While caffeine is not taboo, it still doesn't have the hydrating benefits of water.



7. ADJUST YOUR EXERCISE

Exercise is an important component of your physical health, and you shouldn't abandon it when the temperature rises. However, there are some precautions you can take that will help you avoid dehydration: Exercise during cooler times of day, or exercise indoors. Ease into your exercise program and pace yourself, particularly if there is a heat wave. Speak to your doctor if you plan on doing extensive exercise outdoors.

Staying hydrated and following the ten tips outlined above can help you avoid heat-related illnesses that are common during the summer. Information on symptoms of common heat-related illnesses and useful information on extreme heat can be found on the Centers for Disease Control webpage.

8. TAKE COOL SHOWERS OR BATHS TO COOL DOWN

Although sitting in a cool bath doesn't hydrate you, it does keep you from sweating as much, which in turn keeps you from losing fluid.

9. EAT FOODS THAT HAVE A HIGH WATER CONTENT

Certain fruits are ideal for this, and eating them helps you avoid some of the additives that are frequently found in juice drinks. On average, an apple is 84 percent water, whilst cantaloupes and peaches both contain 89 percent water. This does not apply to dried fruit.

10. SPORTS DRINKS

Yes, there are times when sports drinks can help you replace nutrients and fluids that you have lost during exercise. While they do help with hydration, water remains the best choice. If you do use sport drinks, check the label to be sure you're not getting excessive amounts of sugar or additives. Your doctor or a certified exercise specialist may be able to help you.

BEAT THE HEAT~~STAY COOL AND HYDRATED ~~

**Lauren Vincent
Industrial Safety Manager**



Birthdays



July Birthdays

Ahmed Khan- 7/1

Chris Bellard- 7/9

Lester Logray- 7/16

Chuck Guintard- 7/17

Kesler Fretty- 7/26

Lauren Vincent- 7/27

Work Anniversaries

July Work Anniversaries

Tim Leach- 1 year

Cody Thompson- 2 years

David Hardy- 2 years

Anthony "Doc" Owczynsky- 3 years

Nathan Fritzenschaft- 4 years

Chris "Train" Miller- 5 years

Lester Logray- 6 years

Cathy Hogan- 7 years

Charles Trussell- 9 years

Clean DOT Inspections

A special thank you to **Kenneth Racca** out of the Sulphur Terminal!! He received the 1st Clean DOT Inspection for A & B Transport since January of this year.

Kenneth received a \$100 bonus on his check for this Clean DOT Inspection.



What did you learn?

Name: _____

Date: _____

1. The best way to prevent a sunburn is to:
 - a. Wear a lot of sunscreen
 - b. Never leave the house
 - c. Only go outside when it is dark

2. Without question, a _____ is the most important in-cab safety device that will protect an occupant in the event of a sudden stop or crash.
 - a. Steering Wheel
 - b. Safety Belt
 - c. Windshield
 - d. Back Seat

3. List 3 ways to stay hydrated.
 1. _____
 2. _____
 3. _____

If you return this portion completed to the Safety Department by July 31st, you will be entered into a drawing for 2- \$25.00 gift cards. Good Luck!