

# THE GREEN LIGHT

The official newsletter of ATA Comp Fund



## WHAT'S INSIDE

- Safe Lifting Habits: 2
- Safety Spotlight: 3-4
- Safety Blitz is Coming: 5
- What's Happening: 6
- Program News: 7

## PARTICIPATION MATTERS

The American Transportation Research Institute (ATRI) released a **study** earlier this month that confirms motor carriers "*who are active in state and national membership associations are safer than former association members and motor carriers who have never been association members.*"

The safety resources and open dialogue that associations provide is invaluable. Members are able to attend meetings with industry associates, stay informed on the latest regulations, and have access to data and tools more frequently than non-members.

The ATA Comp Fund is proud to partner with the Alabama Trucking Association to help further its mission and voice in the trucking industry.

# SAFE LIFTING HABITS AND INJURY REDUCTION

**Jason Brown** July 24, 2023

*Everyone knows that lifting can be hazardous to the body. Several personal and lifestyle factors can increase the probability that lifting will cause injury. Be aware of your limitations and think of the following tips the next time you are faced with heavy lifting.*

Are there hazards with lifting materials incorrectly? Yes, yes there are. Completing tasks that require heavy lifting, repetitive stress, bending and twisting, and pushing or pulling increase the risk of developing back and shoulder pain.

Poor posture, age, medical conditions, body weight, and exercise habits can also play a role in lifting-related back and shoulder injuries. Knowing one's limitations and potential risk for injury goes a long way in preventing injuries from occurring.

## **Follow these tips for heavy lifting:**

- Take breaks to interrupt repetitive lifting and movements. Mix in non-lifting tasks and take breaks to stretch.
- Use a step stool or ladder to reach loads above your shoulders.
- When lifting a heavy object, get as close to the load as possible before picking it up.
- Work with your arms and legs – not your back.
- Take extra care with loads under racks or cabinets. Pull the load towards you, and use your legs to power lift.
- If possible, slide objects instead of lifting and carrying them.
- Push heavy objects instead of pulling them.
- Plan tasks ahead of time to limit lifting and moving.
- Use hand trucks and push carts to assist with moving heavy objects.
- For extremely heavy loads, call on an authorized forklift operator for assistance.

Our Risk Management team is exploring options to help limit potential injuries while performing certain job duties. During our most recent Risk Management Advisory Committee (RMAC), wearable technology was a topic of conversation. With this technology (specifically [Longitude6 Technology](#)), specific job duties are entered in the programming and the subject is recorded performing duties while wearing the tech. Once complete, the program evaluates the risk involved in the subject's movements. Results would then be used to provide additional training on posture, lifting habits, and technique.



**Visit our [Educational Resources](#) page for more information on how the ATA Comp Fund Risk Managers can provide resources and help with on-site trainings.**

# SAFETY SPOTLIGHT

**Abby Greer** August 10, 2023

*Our newest feature to The Green Light shines the spotlight on safety professionals throughout our programs to gain insight into not only their background, but also their thoughts and ideas on safety in our industry.*

Meet Liz St. Clare, a transportation professional who has been in the industry since 2008. She is the Safety Director for Deep South Freight/Commercial Hauling Co, a Birmingham, Alabama-based company, and has been with them since 2014. She is also a member of the ATA Comp Fund Risk Management Advisory Committee (RMAC), a panel of representatives from all over the industry that meet to discuss trends and changes in safety.



## **How did you get started in Safety?**

I started my career in transportation in 2008, initially onboarding and recruiting, and quickly moved to safety and regulatory compliance.

## **What do you view as the main duties of a Safety Director?**

I view the main duties of a Transportation Safety Director as being responsible for oversight, ongoing evaluation, and compliance of a wide range of health and safety programs and applicable state and federal laws/regulations. An effective Safety Director must have the personality and ability to convey information to all the members of our team in an understandable format.

## **Why is safety important to you?**

My primary goal each day is to ensure that our greatest asset, our driver, returns home safely, and that they deliver the load to our customer without negative incident or accident.

## **What has been the most challenging task in your role/career as Safety Director?**

Without hesitation the most challenging task has been getting driver's to "buy-in" to the features and benefits and additional protection for them of an on-board camera/recording device. Implementation of ELD's was easier because the majority of drivers in this day and age have been brought up with technology.

# SAFETY SPOTLIGHT

Continued

## **How do you promote your company's safety culture? How do you get employees to get involved?**

To promote the safety initiatives and a culture of safety, each department needs to be included in the safety management cycle. This includes representation from each team of the organization in safety meetings and encouraging their input. We have a variety of safety awards and bonuses for our driver team members that encourages being "Safe by choice, not by chance."

## **What advice do you wish you had received early in your Safety career? What advice would you give to someone who is starting out in their Safety role?**

I wish I had been advised early on that despite everyone's best efforts, accidents and critical events will happen. It's important not to personalize the event. The best advice I could give someone entering the safety discipline is be prepared to "wear many hats" simultaneously and be able to think, act and analyze a situation quickly and objectively.

## **What is your "One Big Thing" you focus on in your Safety role?**

Establishing relationships and trust. Our drivers are not a number. They are talented individuals with a specific skill set that not everyone can do.

## **What would be your safety quote or message?**

Don't forget the importance of the H.A.L.T. System: Don't let yourself get too **H**ungry, **A**ngry, **L**onely or **T**ired. Feeling any one of these leads to increased stress which can contribute to less reaction time and complacency.

# SAFETY BLITZ 2023 IS COMING!

*Abby Greer & Jason Brown August 11, 2023*



## Let's focus on LIVING.

Everyone WANTS to be healthy. A daily life free of illness, pains, ill-fitting clothing, zapped energy and stress is a goal for most. While it is never guaranteed, there are ways you can achieve at least some of those goals. We're going to dive into what healthy living means and how it can be applied in every day life... especially for truckers.

## Healthy Minds.

"Mental Health" consists of emotional, psychological, and social well-being and is a critical component of your overall health. Looking at factors that lead to mental health conditions, we will examine the effects they can have on both your mental and physical well-being. Tips and practices for good mental health will also be explored.

## Healthy Bodies.

There is no "one-size-fits-all" approach to good nutrition and health. We are all unique, with different body types, goals, backgrounds, practices, and preferences. We will take a look at what it takes to achieve a healthy lifestyle (even while on the road), with tips for simple diet and exercise changes that can you get on track to healthier living!

## Let's have a little FUN while we're at it!

It wouldn't be a Safety Blitz without a little fun, would it? Be on the lookout for our custom videos, an exciting partnership, ways to get involved, and (of course) ways to win. Follow us on Facebook and remember the #SafetyBlitz2023 and #ILovesSafety. Those are going to come in handy!

## WHAT'S HAPPENING



### ALABAMA TRUCKING ANNUAL GOLF CLASSIC

Mark your calendars! Don't miss the Alabama Trucking Golf Classic on September 25th and 26th at the RTJ at Capitol Hill course in Prattville, Alabama

This event is a fantastic opportunity to network, enjoy thrilling golf action, and support Alabama's trucking industry. By participating, you'll be backing the Alabama Trucking Association's political action committee, TRUK PAC, and hearing firsthand stories from the people who make this industry essential to our lives. Let's make a difference together! [CLICK HERE](#) to register now and be part of shaping Alabama's future.

### NATIONAL TRUCK DRIVER APPRECIATION WEEK

National Truck Driver Appreciation Week (NTDAW) 2023 will be September 10th - 16th. This is an important time in our country to pay respect and #ThankATrucker for their dedication to our industry, and for keeping America rolling.

Visit the American Trucking Associations website to learn more about the week and for ideas on how to show your drivers your appreciation!



### **OSHA** OSHA ANNOUNCES NATIONAL EMPHASIS PROGRAM: WAREHOUSE SAFETY

OSHA has launched a National Emphasis Program (NEP) that will focus on hazards in warehouses, distribution centers, and "high-risk" retail establishments and will include mail/postal processing facilities and parcel delivery/courier services.

Read more about the NEP from our friends at National Safety Council by clicking [HERE](#). You can also see the OSHA Directive [HERE](#).

# PROGRAM NEWS

## WELCOME TO OUR NEW MEMBERS

The ATA Comp Fund program is proud to welcome the following new members:

- **Big G Express, Inc.** *Shelbyville, Tennessee*
- **Phat Daddy Transport, Inc.** *Webb, Alabama*



# \$22,895,234

will be distributed with 2024 renewals.

The ATA Comp Fund, along with the Alliance Interstate Risk program, has returned a 10-year average annual historical dividend of **32%** to participating companies, with over **\$270 million** distributed since 1993.

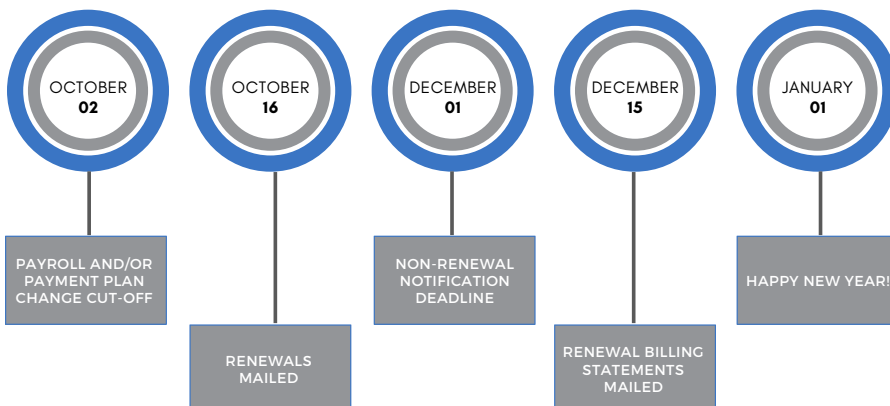
We look forward to continuing our current partnerships in 2024, as well as making new ones. Join us and we will work together to make your company one of the safest and most successful in the industry.

## ATA COMP FUND ANNOUNCES PROMOTION OF KATIE COAKER

We are pleased to announce the promotion of Katie Coaker to Senior Underwriter. Katie has been with the ATA Comp Fund/AIR team since 2013. In her new position, she will continue to underwrite and service her existing accounts, while expanding her role in underwriting new business and supporting the growth of both programs.



## 2024 Renewal Timeline



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A copy of our most recent Financials can be found on our website.