



alliance

An OSHA Cooperative Program

A Newsletter For Our Members Where Safety Is Our Primary Concern!

**January
2016**

STAFF

KIMBLE E. COAKER, CPA
CEO/Administrator

DON BOATRIGHT
Chief Operating Officer
dboatright@atacompfund.org

TODD HAGER
Director of Claims
thager@atacompfund.org

DEBRA L. CALHOUN
Office Manager
dcalhoun@atacompfund.org

DON ANCHORS, CDS, CBES
Director of Loss Control
and Safety
danchors@atacompfund.org

DUANE CALHOUN, CDS
Loss Control Engineer
tdcalhoun@atacompfund.org

MICHAEL SMITH, CDS
Loss Control Engineer
msmith@atacompfund.org

VICTOR WHATLEY
Loss Control Engineer
vwhatley@atacompfund.org

KIMBERLY K. BEST
Payroll/Audit Coordinator
kbest@atacompfund.org

KIM CAMPBELL
Underwriting Coordinator
kcampbell@atacompfund.org

KATIE EDWARDS
Accounting Specialist
kedwards@atacompfund.org

Driver Drowsiness

"I had not been drinking and I was not speeding; I was just tired." That was the quote from one of our Fund Member drivers who was involved in a recent motor vehicle accident. The driver ended up sustaining severe injuries along with damage to the truck/trailer and cargo.

HIS LIFE WAS CHANGED FOREVER!!!!

Fatigue-related crashes can occur on any trip no matter how long or short or what time of day.

Studies suggest that three out of every four CMV drivers report having experienced at least one type of driving error as a result of drowsiness. Sometimes it is easy to forget how dangerous it is to drive while drowsy. Sleep deprivation and fatigue make lapses of attention more likely to occur and play a role in behavior that can lead to crashes. Take a look at the below facts that explain the impact of drowsiness on your safety and compares drunk driving to drowsy driving.



Driving Drowsy can be more dangerous than drunk driving. A recent study found that driver impairment from sleep deprivation is comparable to impairment from blood alcohol content (BAC).

- 17 hours without sleep has a similar effect on performance as a blood alcohol content of **0.05%**
- 24 hours without sleep equaled blood alcohol content of **0.10%**

The legal limit for driving a CMV is a BAC of **0.04%**.

Welcome New Fund Members

Viking Transportation, LLC ★ S & D, LLC ★ Bay Area Food Bank

Hot Mix Transports, Inc. ★ B & D Logistics, Inc. dba Jo-Mar Delivery

KWS Trucking & Construction, LLC ★ Vernon Milling Company, LLC/Terra First, LLC

Allstate Beverage Co., Inc. ★ Cox Containers ★ Plantation Patterns



Alabama Trucking Association
Workers Compensation Fund

WORK SAFE
WORK SMART

WINTER DRIVING TIPS - STAY ALERT!!

We know that driver impairment increases as sleep deprivation increases. Combine that with severe weather patterns from El Niño and you have a recipe for disaster! Since temperature and precipitation impacts associated with El Niño are favored, cold-air outbreaks and snow storms will likely occur at times this winter. We don't know when or where it could get ugly. It is important to remember and apply safe driving behaviors while navigating through severe winter road conditions.

- ✱ **SAFETY FIRST:** Winter road conditions can change driver's plans and routes that affect timely delivery. Particularly when snow and ice are present, it's a good thought to keep the speed constant but slow enough to be able to respond effectively to hazards. Also, remember the "white line fever," which is where drivers slip into a dreaminess state and drive for minutes or hours without recalling one thing they saw. Make sure you keep your eyes moving (checking mirrors) and scanning the road. Safety and alertness should always be the first consideration when driving in winter road conditions.

- ✱ **SLOW DOWN:** *Speed is deadly!!!*

High winds and low visibility due to blowing snow can severely impact the stability of the load or vehicle and prevent the driver from seeing obstacles



and hazards. Remember to watch out for the so-called "black ice," which creates a nearly frictionless surface on the road that can cause even the biggest tires to slip. We have had numerous workers' compensation claims attributed to black ice, not to mention the potential damage to the vehicle itself, and fragile cargoes.

- ✱ **COMMUNICATE WITH YOUR DRIVER MANAGER:** Stay in regular contact with your driver manager. Don't rely on listening to satellite radio to update you on severe weather. Your driver manager can provide you with crucial early warnings about such things as road closures, hazardous conditions and traffic accidents. They can give you vital advance warning of unsafe conditions so that you can alter your travel plans according to weather and related problems.