



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

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STAFF

KIMBLE E. COAKER
CEO/Administrator

DON BOATRIGHT
Chief Operating Officer
dboatright@atacompfund.org

TODD HAGER, ARM
Director of Claims
thager@atacompfund.org

DOUG MOSELEY, CPA
Director of Finance
dmoseley@atacompfund.org

MIKE ZUCCO, CIC
Director of Business Development
mzucco@atacompfund.org

DEBRA L. CALHOUN
Office Manager
dealhoun@atacompfund.org

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

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

VICTOR WHATLEY, CDS, TRS
Loss Control Engineer
vwhatley@atacompfund.org

CANDY WOODRUFF, CDS, TRS
Loss Control Engineer
cwoodruff@atacompfund.org

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

KIM CAMPBELL, AINS, AIS
Underwriting Coordinator
kcampbell@atacompfund.org

KATIE EDWARDS
Accounting Specialist
kedwards@atacompfund.org

ABBY GREER
Marketing Representative
agreer@atacompfund.org

Alabama Trucking Association Workers' Compensation Fund 2017 Loss Control/Claims Seminars Update

The 2017 Loss Control/Claims Seminars were a huge success; thank you to all of our Fund Members, guest speakers and staff who took the time to help plan, promote and attend these meetings! With your help, we were able to provide valuable information and reference material directed at keeping drivers/employees safe at the workplace. If you would like a copy of any presentation, please contact your local Loss Control Consultant or contact the ATAWCF office.

Another special thank you to the attendees who took the time to complete the post-seminar survey. We had an overwhelmingly positive response to the seminars, with over 97% of participants stating that they were extremely/very helpful and they would attend future sessions. We plan to continue offering various events throughout 2018 and welcome any suggestions for topics. If you have any requests or suggestions, please contact your local Loss Control Consultant or the ATAWCF office.

Loss Control Consultants:

Michael Smith, CDS, TRS (North Alabama)
msmith@atacompfund.org 334-301-0518

Candy Woodruff, CDS (Central Alabama)
cwoodruff@atacompfund.org 334-312-5098

Victor Whatley, CDS, TRS (South Alabama)
vwhatley@atacompfund.org 251-622-1898

Don Anchors, CDS, CBES
Director of Loss Control & Safety
danchors@atacompfund.org 334-301-1166

Loss Control Consultants elevate their expertise

All, please join me in congratulating our Loss Control Consultants (Michael Smith, Victor Whatley and Candy Woodruff) who have all now obtained their TRS (Transportation Risk Specialist) designation. This is in addition to their CDS (Certified Safety Director) designation that they already hold. Utilize their value-added expertise to develop a risk analysis plan and implement safety procedures and training that can immediately reduce the losses occurring within your company as we have done for many others in the ATA Fund. Congratulations Michael, Victor and Candy!

Fatigue in the Workplace

Sleep is something we all need, but a considerable number of us aren't getting enough of it. Being overworked, over-tired has become the norm for many. 43% of American don't get enough sleep, jeopardizing safety and impairing their ability to think clearly and be productive. That is why seven to nine hours of sleep is a necessity.

Sleep disorders and sleep deficiency are hidden workplace issues that can affect every employer. Sleep disorders can also increase employer costs. Sleep apnea costs about \$150 billion a year in higher healthcare costs, motor vehicle crashes and reduced productivity.

New research from NSC and the Brigham health Sleep Matters Initiative shows that a U.S. employer with 1,000 workers stand to lose about \$1.4 million each year in absenteeism, slowed productivity and healthcare costs related to fatigue. Check out the NSC Fatigue Cost Calculator at: <https://forms.nsc.org/real-costs-of-fatigue-calculator/>



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Fatigue in the Workplace, continued from side 1



Highly fatigued workers are 70% more likely to be involved in an incident resulting in injury. Workers with disrupted sleep are twice as likely to die in a work-related incident. Approximately 13% of all workplace injuries can be attributed to fatigue. Fatigue affects drivers in the same manner as alcohol: re-

duced attentiveness, slowed reaction time and impaired judgment. Drowsy driving is impaired driving and increases crash risk by nearly 300%. Crashes are the leading cause of workplace deaths.

Most at Risk

- * Keep in mind that fatigue can happen to anyone.
- * 15% of full-time employees work on shifts (nights, long shifts, irregular shifts) These work schedules can upset physical, mental and behavior changes.
- * Safety incidents are 30% higher during night shifts.
- * The longer the shift, the higher the risk.
- * Performing a specific task for extended periods, repeated task, parents of young children, people with sleep disorders, or taking certain medications.

What Employers Can Do

- * Avoid assigning night or long-shift schedules.
- * Provide frequent breaks.
- * Do not allow fatigued employees to drive or operate machinery.
- * Educate employees about the importance of sleep.
- * Adopt a culture that promotes sleep.
- * Offer sleep disorder screening programs.

In the end, every individual is responsible for the amount of sleep they get. Be sure to get enough sleep which will improve your home and work life, and your health as well.

Increase Training and Safety Awareness

Training is the key to your safety program. The Work Comp Fund helps to keep training websites at your fingertips. Safety posters are also the perfect addition to safety. Posters are simple, effective, and increase awareness. Contact your Loss Control Consultant for more information.



OSHA's Top 10 Listing of most-cited Violations for 2017

- * Fall Protection – General Requirements – Total Violations: 6,887
- * Hazard Communication – Total Violations: 6,652
- * Scaffolding – Total Violations: 3,697
- * Respiratory Protection – Total Violations: 3,381
- * Lockout/Tagout – Total Violations: 3,131
- * Ladders – Total Violations: 2,567
- * Powered Industrial Trucks – Total Violations: 2,349
- * Machine Guarding – Total Violations: 2,109
- * Fall Protection – Training Requirements – Total Violations: 1,724
- * Electrical Wiring Methods – Total Violations: 1,530



As Jim Cooley, OSHA Alliance, commented on during the LC/Claims Seminars, "the list of cited violations has really not changed that much in the last 3 years." The list comprises those violations stemming from a single incident or related incidents in which one or more companies have failed to adhere to safe work practices. This failure puts workers at risk – in some cases fatally. And remember, below are the penalty amounts adjusted for inflation as of January 13, 2017:

- * Serious, Other-Than-Serious violations - \$12,675 per violation (up from \$7,000)
- * Failure to Abate - \$12,675 per day beyond the abatement date (up from \$7,000)
- * Willful or Repeated - \$126,749 per violation (up from \$70,000)

Safety Tips To Live By – Working in Icy Conditions

- * Don't risk it – stop driving when conditions are unsafe to do so.
- * Wear work boots with good traction. Cowboy boots are not a good shoe on a slick surface.
- * Before exiting your tractor, and while still sitting in your seat, run your foot across the top step to check for ice.
- * ALWAYS use three points of contact and face your truck when entering or exiting the cab.
- * Watch for thin ice on tractor steps, dock steps, cat-walks, ICC bars and in parking lots.
- * When walking around icy spots use handrails and concentrate on foot placement.
- * Clean the windshields and all lights.
- * Keep your winter kit in your truck.
- * Refill your windshield washer fluid with a winterizing, antifreeze fluid.
- * Check the condition of your tires and make sure they are properly inflated.
- * Anticipate or notice changing road/weather conditions by checking weather forecasts and communicate with driver managers.
- * Increase the following distance, allow extra time.



WINTER DRIVING TIPS



Driving in winter conditions – such as freezing temperatures, rain, snow, black ice and reduced daylight hours – can present serious hazards for truck drivers. It's important that you and your vehicle are up to the challenge. Here are a few easy tips that could save you from problems when you are out on the road.

- Follow company safety policies and safe work procedures – Check ground conditions before exiting cab and always use three-points of contact while entering and exiting cabs. Remember to “shuffle” your feet if you have to walk on frozen ground and use hand-rails or other aids where provided. Do not get on top of a flatbed trailer if it has ice on it and check ladders to ensure there is no ice accumulation. Help out other drivers by reporting hazards such as poor weather, vehicle, or road conditions to your supervisor/driver manager.

- Wear your seat belt! – Even though wearing your seat belt should already be a no-brainer at all times, during the winter it is even more critical. An alarming number of road ice fatalities occur with minor accidents where the vehicle occupants were not wearing seat belts.

- Watch for black ice – Don't be fooled, black ice is invisible. Shaded areas, bridges and overpasses freeze sooner than other areas, even in the sunshine.

- Drop your speed – SLOW IT DOWN and



allow for more stopping distance. It takes longer to stop on a slippery road. Look ahead and keep plenty of distance between you and other vehicles (at least four seconds).

- Know how to handle a skid – Ease off the brake or accelerator, as the vehicle regains traction, steer smoothly in the direction you want to go.

- Avoid sudden moves – Start slowly and accelerate gradually to maintain traction and avoid spinning your wheels. Never brake suddenly and plan well in advance applying the brakes gently and slowly add pressure.

- Be visible – Snow impairs visibility; driver need to see and be seen in low light conditions, always drive with your headlights on.