



“Safety & Compliance are Never a Compromise”

Keep it moving!

Inside this issue:

- Back safety and proper lifting 1
- Safety focus: Questions & answers about daily vehicle inspections. 3
- How do you cope with anger? 4

**Call Today to Get Your
FREE
Transportation
Audit.**

520.398.4697

www.McCrarenCompliance.com



Back safety and proper lifting

Back problems are a common cause of lost work time for the professional driver. The nature of the job, including prolonged periods of sitting behind the wheel and lifting heavy objects, can contribute to back pain.

Many of these problems can be prevented by practicing proper lifting techniques, having good posture, and engaging in a healthy lifestyle.

Proper lifting techniques

Use of proper lifting techniques can help prevent back pain and injury. Before lifting an object:

- Wear proper footwear and ensure solid footing;
- Stretch;
- Look out for slippery or uneven surfaces;
- Make sure the path of travel is safe; and
- Size up the load by carefully lifting one of the corners to test weight.

When lifting an object:

- Feet should be apart and close to the object;
- The individual should be centered;
- Bend at the knees (never bend at the waist);
- Get a good handhold; and
- Lift straight up and smoothly.

Once the lift has been made, the object should be kept steady and close to the body. You should never twist or turn your body and you



should never carry an object above the head or at your side.

- Keep the back upright and head up;
- Tighten abdominal muscles; and
- Change foot position to make body turns.

Always push rather than pull an object. Pushing puts less strain on the back.

Sitting, standing, sleeping

Good posture when sitting and standing as well as good sleep habits can aid in preventing back pain and injury.

Sitting. Proper sitting posture places the knees higher than the hips. The hips should be at the rear of the chair or seat. The lower back should not be

(continued on page 2)

Back safety and proper lifting *(continued from page 1)*

overarched, and the shoulders and upper back should not be rounded.

Standing. When standing, the ears, hips, and shoulders should be in a straight line.

Sleeping. The best sleeping position for back health is on the side with knees bent. If you sleep on your back, you should place a pillow under your knees for support.



Change sleeping positions several times each night. Sleep on a mattress that supports the back and doesn't sag.

Causes of back pain

Poor posture. We all have bad habits when it comes to posture. We slouch or lean forward in our seats, stand with our shoulders curved, or lean to one side or the other. Any of these bad habits can place strain and tension on the back.

Overexertion. It's easy to ignore the signs our bodies send us. Even though we feel that little ache or twinge, we tend to continue with the action that is causing it, risking more serious injury.

Traumatic events. Vehicle accidents, sports injuries, and other traumatic events can lead to back pain.

Stress and tension. Stress and tension can cause muscles to contract. This, in turn, can cause muscle pain in the back.

Injuries

Back pain and injury are a frequent cause of lost work time. The following are some of the more common problems that lead to back pain:

- Sprains and strains are the most common types of back injury. They can result from injury to muscles and ligaments that support the back.
- A ruptured or slipped disk occurs when the disk presses on a nerve.
- Chronic tension or stress can result in muscle spasms and backache.

An individual who is sitting for long periods of time should make sure he or she gets out of his or her seat from time to time to stretch and walk around.

An individual who is standing for long periods should make sure he or she periodically changes foot position and avoids leaning to one side.

If pain continues, professional assistance should be sought. The pain could indicate a serious problem that requires medical attention.

Nutrition and exercise

Good nutrition and regular exercise can help maintain a healthy weight and keep muscles strong.

Extra weight, especially in the stomach, can put extra strain on the back. Every pound up front can put up to an extra ten pounds of strain on the back.

Good nutrition means consuming a variety of healthy foods including vegetables and fruits, whole grains, lean protein, and low-fat dairy. Also, try to drink at least eight glasses of water each day.

Exercise includes regular physical activity such as walking, jogging, lifting weights, and gentle stretching.

Safe lifting practices

When lifting

- Place your feet apart and close to the object.
- Center yourself.
- Bend your knees (never bend at the waist).
- Get a good handhold.
- Lift straight up and smoothly.

Once you have made the lift, keep the load steady and close to your body. Never twist or turn your body and never carry a load above your head or at your side.



When setting the load down

- Take your time.
- Bend your knees (let your legs do the work).
- Keep your back upright and head up.
- Tighten your abdominal muscles.
- Change foot position to make body turns (don't twist your body).

Safety focus: Questions & answers about daily vehicle inspections

Here are some common questions regarding daily vehicle inspections and answers to those questions.

Q: When should the driver vehicle inspection report (DVIR) be completed?

A: Per Sec. 396.11 of the Federal Motor Carrier Safety Regulations (FMCSRs), the driver must review the condition of his/her vehicle at the end of his/her day of work on the vehicle.

If during this post-trip inspection of the vehicle, the driver discovers any defects or deficiencies which could affect the safe operation of the vehicle or cause a mechanical breakdown, he/she must complete a DVIR.

Q: So, if the vehicle has no defect or deficiencies, a DVIR is not required?

A: The FMCSRs do not mandate the completion of a DVIR if the driver finds no defects or deficiencies.

Q: Could we still require that the DVIR be completed for all post-trip inspections?

A: Yes, you could continue this practice for all post-trip inspections. Though the FMCSRs do not require a driver to complete a DVIR when no defects or deficiencies are discovered during a post-trip inspection, many motor carriers require that their drivers complete DVIR at the end of each day's work on a vehicle.

Continuing this practice aids in making sure the driver conducts a full inspection of his/her vehicle at the conclusion of the day. It also helps the motor carrier minimize the risk of operating unsafe vehicles.

Q: Do the FMCSRs require a specific format for the DVIR?

A: No. However, the report must cover at least the eleven parts and accessories listed in Sec. 396.11:

1. Service brakes including trailer brake connections
2. Parking (hand) brake
3. Steering mechanism
4. Lighting devices and reflectors
5. Tires
6. Horn



7. Windshield Wipers
8. Rear vision mirrors
9. Coupling devices
10. Wheels and rims
11. Emergency equipment

In addition, provisions must be made for three signatures on the report:

- The signature of the driver who prepared the report;
- The motor carrier's, mechanic's, etc. signature certifying that the reported defects or deficiencies have been corrected or that no correction is necessary; and
- The reviewing driver's signature acknowledging the corrective action taken by the carrier.

The preparing driver must always sign the form, but the two additional signatures are only required when a defect has been reported.

Q: Do I need to keep a copy of the DVIR on my vehicle?

A: No. The requirement that a copy of the DVIR be kept on the vehicle was dropped from the FMCSRs in 1998.

Q: Do I have to show a minimum of 15 minutes on my record of duty status for post-trip inspections?

A: The time spent meeting the requirements of Sec. 396.11 is not specified in the FMCSRs.

With that said, keep in mind that the hours-of-service regulations in Part 395 of the FMCSRs require you to accurately complete your record of duty status. This would include recording the amount of time you spend conducting these inspections as on-duty (not driving) time on your record of duty status.

Q: How long is my motor carrier required to retain DVIRs?

A: Motor carriers must maintain the original of each vehicle inspection report, including the signatures and certifications noted above, for at least three months.





Saving Lives Reducing Injuries Protecting Our Clients

3980 E. Columbia St. Tucson, AZ 85714

520.398.4697

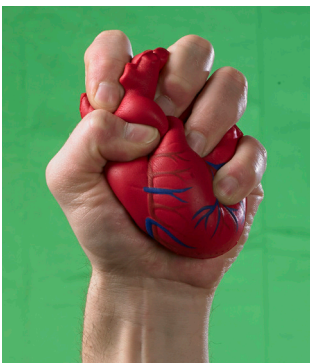
sales@mccrarencompliance.com

CHECK OUT OUR WEBSITE! www.McCrarenCompliance.com

How do you cope with anger?

"Anger is never without a reason, but seldom with a good one."

Benjamin Franklin
1706-1790



Failing to cope with anger can be detrimental to your overall health.

It's normal to feel angry from time to time. Anger has many causes. Another person (a careless driver) may make you angry or a situation (waiting in a line) may make you angry. You might also be angry because of your own personal problems that cause you to brood or grow anxious because of them.

Anger that builds up within you can be dangerous. You need to be able to manage and express anger in healthy ways. People deal with anger in several ways. They may express their anger, suppress it, or calm themselves.

Expressing your angry feelings in an assertive, non-aggressive manner is the healthiest way to express anger. The best way to do this is to understand what your needs are and how to get them met in a respectful and courteous manner. You don't have to be pushy or demanding. Patience and kindness can work more effectively.

Suppressing your anger means you hold it in. You ignore it or think of something else. The trouble with this type of response is that the anger remains within you and may be exhibited in health issues like high blood pressure or anxiety. You may also get back at people indirectly using passive-aggressive behavior, being highly critical of others, or being cynical.



Calming yourself is another way you may deal with anger. You control not only your external response, but your internal response as well. You do this by composing yourself and breathing deeply to lower your heart rate.

Dealing with anger effectively means reacting appropriately

before you communicate your frustrations and respond aggressively.

When you're upset, consider whether your anger has caused you to exaggerate or misinterpret a situation. Think about your role in a situation and any expectations you may have had that could have caused you to be upset. Even if you're still angry, you may be able to adjust your behavior and/or expectations in the future.

Other strategies for dealing with anger include:

- Trying to see a situation from another person's perspective;
- Talking about your anger with a supportive friend or mental health professional; or
- Finding humor in a tense situation.

Failing to cope with anger appropriately can lead to serious mental health issues like anxiety and depression.