



“Safety & Compliance are Never a Compromise”

Keep it moving!

Inside this issue:

- Backing: Procedures & techniques 1
- Safety focus: Preparing for flu season 3
- Five foods that fight colds and flu 4

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

520.398.4697

www.McCrarenCompliance.com



Backing: Procedures & techniques

Backing is a basic, yet difficult maneuver. Skill, patience, practice, and good judgement are all needed to successfully complete this maneuver.

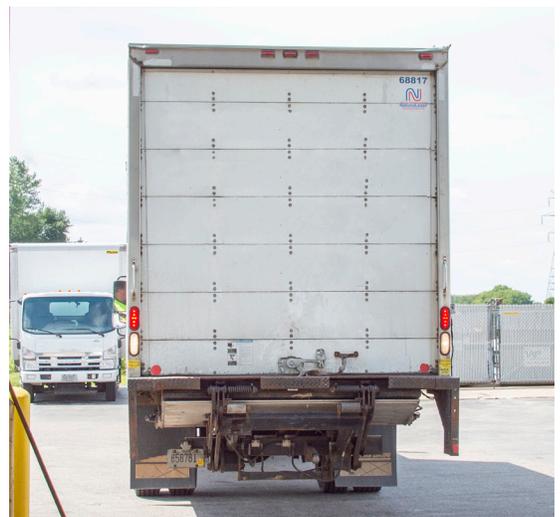
Before backing

All backing maneuvers have the potential to become dangerous. The following safety checks should be completed before starting any backing maneuver:

- Get out of the vehicle and check to the rear;
- Check above, under, and to the sides of the vehicle;
- Check for adequate swing clearance;
- Check in front of the vehicle; and
- Warn others that the vehicle is backing.

Once these safety checks have been completed, you shouldn't delay in moving the vehicle. Any delay could allow time for another potential hazard, including someone or something moving into the vehicle's path. If there is any delay, safety checks should be performed for a second time.

Proper position is essential to successful backing. The easiest and safest position to start this from is straight. Whenever possible, the vehicle should be positioned so the tractor and trailer are in a straight line with one another.



Use of a helper

Depending on company policy, you may have the option of using a helper to complete a backing maneuver. Do keep in mind that even if you are allowed to use a helper, you must continue to take full responsibility for your actions.

When using a helper:

- The helper and you must agree on signals, with the most important signal being stop;
- The helper should be in front of the tractor, walking from side-to-side so you can see the helper at all times;
- The helper should be wearing a reflective vest to help increase his/her visibility; and
- If you can't see the helper, he/she must stop immediately.

(continued on page 2)

Backing: Procedures & Techniques *(continued from page 1)*

Backing tips

The following are a few tips to use when backing:

- Be patient;
- Back as slowly as possible, using the lowest reverse gear;
- Don't accelerate;
- Don't ride the clutch;
- Don't oversteer;
- Back to the left side (sight side) whenever possible;
- Use the vehicle's mirrors;
- Use the vehicle's horn and flashers;
- Keep windows open and listen for noises;
- Watch for obstacles that can tilt the trailer (ramps, curbs, etc.); and
- Keep an eye out for overhead objects (wires, tree limbs, etc.).



Above all, if you are having difficulties, you should restart the backing maneuver instead of backing poorly.

Basic backing maneuvers

The following are basic backing maneuvers.

Straight line backing is the simplest of all backing techniques and is fundamental when it comes to learning all other backing maneuvers. Straight line backing should be mastered before attempting any other backing maneuvers.

Sight side backing means backing toward the left side of the vehicle. You can see along the intended path of the trailer. Sight side backing is preferred, as you have maximum visibility.

Blind side backing means backing toward the right side of the vehicle. Blind side backing is more difficult and dangerous, as visibility is limited and you have a higher chance of hitting something. Blind side backing should be avoided whenever possible.

Alley dock backing involves backing while turning into a space that is 90 degrees to the truck. It combines sight side backing and straight line backing. This type of

backing technique is most often used at loading docks when you must back from off the street or between two vehicles.

Parallel parking involves backing into a space along a curb or dock. While the principle is the same as parking a car, it is one of the more difficult maneuvers to learn. Practice, skill, and patience are required to successfully complete this maneuver.

Loading docks and parking lots

Loading docks and parking lots each present a different set of challenges for the professional driver. The following are a few tips for dealing with these situations.

Loading docks. Evaluate the receiving area before backing into position. Make note of:

- Parked vehicles and stationary objects;
- Alleyways or driveways where vehicles could enter or exit the path of travel; and
- Unusual clearances around the dock and any nearby barriers.

Parking lots. When driving through a parking lot, evaluate the:

- Direction of traffic flow through the lot;
- Location of parking stalls; and
- Positions of entrances and exits.

The vehicle should be carefully positioned so it does not strike a parked vehicle. This evaluation may include getting out of the vehicle and determining clearances before backing.



Safety focus: Preparing for flu season

A bad flu season can put the brakes on productivity, both your's and your employer's.

Have a plan

The Centers for Disease Control and Prevention (CDC) encourages employers to implement a strategy for preventing the flu.

One strategy is to host a flu vaccination clinic in the workplace. Offering onsite flu vaccinations at low or no cost can lower the risk of employee absenteeism. Pharmacies and community vaccinators can be contracted to provide seasonal flu vaccination services on-site at the start of flu season.



Another option is to promote flu vaccination in the community. With this strategy, find out what health care providers, pharmacies, and clinics provide seasonal flu vaccines. Then, make sure your employees know where they and their families can get seasonal flu vaccines. You can also partner with a pharmacy or provider to get your employees vaccinated for low or no cost.

Flu is serious

Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease, or diabetes. Any flu infection can carry a risk of serious complications, hospitalization, or death, even among otherwise healthy children and adults.

Get vaccinated

CDC and the Advisory Committee on Immunization Practices (ACIP) recommend that flu vaccinations begin by the end of October, if possible. However, as long as flu viruses are circulating, it's not too late to get vaccinated, even in January or later. Most of the time, flu activity peaks between December and February, although activity can last as late as May. It's best to be vaccinated in time to be protected before flu viruses begin spreading in your area because it takes about two weeks after vaccination for the body to develop the antibodies that protect against flu virus infection. Studies suggest that immunity lasts through a full flu season for most people.

Getting an annual flu vaccine is everyone's best strategy for staying healthy. The CDC recommends the vaccine for everyone six months and older. Flu vaccination can reduce

illnesses, visits to the doctor, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu.

You need a vaccine every year because there are many flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated to match circulating flu viruses. Flu vaccines protect against the three or four viruses that research suggests will be most common.

Side effects

A flu shot cannot give you the flu. The most common side effects from the influenza shot are soreness, redness, tenderness, or swelling where the shot was given. This usually lasts less than two days. Other reactions following the flu shot are usually mild and can include a low-grade fever and aches. If these reactions occur, they usually begin soon after the shot and last one or two days. The most common reactions people have to flu vaccine are considerably less severe than the symptoms caused by actual flu illness. Serious allergic reactions to flu vaccines are very rare.

If you get sick

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Symptoms such as vomiting, diarrhea, and being nauseous can sometimes be related to the flu (more commonly in children than adults), but these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease. A serious complication of flu illness is the development of pneumonia.

If you get the flu, CDC recommends that you stay home for at least 24 hours after your fever is gone without the use of a fever-reducing medicine. While you're sick, stay away from others as much as possible to keep from infecting them. Cover coughs and sneezes with a tissue, and wash your hands often to keep from spreading flu to others.





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

Five foods that fight colds and flu

*"He who
enjoys good
health is rich,
though he
knows it not."*

~ Italian Proverb

To stay healthy during cold and flu season it helps to bolster your defenses.

The immune system is complex, but proper nutrition is one key to keeping it strong. A diet high in fruits and vegetables provides support, and these five foods are great choices:

Oranges: Citrus fruits such as oranges, clementines, and grapefruit contain vitamin C, which can help you build up a supply of infection-fighting white blood cells.

Spinach: Leafy greens can also bring vitamin C into your diet. As a bonus, spinach boosts the immune system with vitamin E.

Strawberries: These juicy berries are another delicious option for adding vitamin C to your diet.

Elderberries: An Australian study showed that compounds from elderberries can help strengthen a person's response to the flu virus.

Sweet potatoes: The vitamin A in these tubers, as well as in other orange foods such as squash and carrots, helps keep your immune system healthy.

Three foods or drinks to have when you feel rotten

Despite our best efforts, sometimes a cold or flu bug gets the upper hand. When you're fighting to feel better, these foods can soothe some symptoms:



Chicken soup: A cup of chicken soup can ease a cold's stuffiness, helps with hydration, and is a source of healthy nutrients. Spice it up with some garlic, as this may help boost your immune system.

Hot tea: The steam can help with congestion, and the liquid keeps you hydrated. As a bonus, green tea contains antioxidants that can help fight disease and ginger tea can soothe your throat.

Bananas: Easy on the stomach, they're part of the BRAT quartet (bananas, rice, applesauce, and toast) that's a go-to if your flu symptoms include nausea, vomiting, and diarrhea.

Stay healthy during flu season by:

- Getting plenty of sleep – a minimum of 7 to 8 hours is best
- Reducing stress through exercise or meditation
- Getting a flu shot for protection against the most common flu viruses
- Washing your hands often with soap and water



Support your immune system by eating healthy during flu season.