"Safety & Compliance are Never a Compromise"

Keep it moving!

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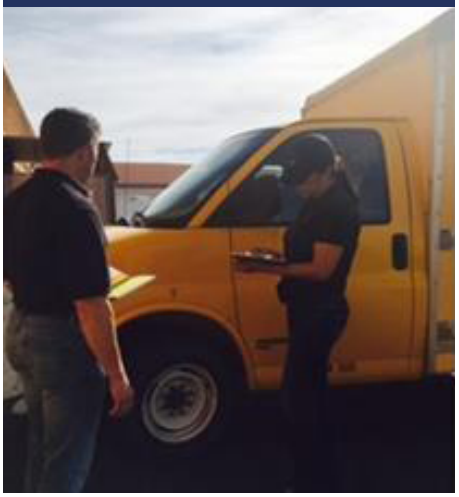

Fire safety: Keys to prevention

A vehicle fire can be a dangerous and frightening experience. Common sense, good driving habits, and careful housekeeping can prevent many vehicle fires, but unfortunately, not all fires can be prevented. As a professional driver, you need to be prepared to face this potentially dangerous situation.

All fires need fuel, air, and heat to ignite and spread. Fire prevention revolves around keeping these elements from coming together. Most vehicle fires occur in one of the following three areas:

- Cab/engine
- Tires/brakes
- Cargo

Cab/engine

Good housekeeping is important. The cab should be clean and free of debris at all times.

The engine compartment should be checked regularly. The engine should always be clean. If oils or fluids are spilled on the engine they should be wiped up immediately. After work is finished on the engine, all rags should be removed from the area and all fluid caps put back where they belong.

Regular checks should be made of the wiring and electrical system, fuses, battery, and exhaust system.

When refueling, the engine should be turned off and smoking materials should be extinguished. Also, the fuel tank should be checked for leakage.

Tires/brakes

Overheated tires are another way vehicle fires ignite. An underinflated tire can overheat, increasing the risk of a tire fire. A soft or flat tire should be changed as soon as possible.

If a hot tire is changed, it shouldn't be placed in the spare tire rack until it cools.

Brakes should be checked regularly. Worn brakes can overheat causing a fire.

All brakes should be fully released before a vehicle is moved. Never ride the brakes. The brake linings will not burn initially, but when they generate enough heat, it can cause other items in the hub to catch on fire, such as oil, grease, tires, and the wiring of the anti-lock braking system. The fire will spread from there.

Cargo

Periodically check the vehicle's mirrors, looking for smoke.

Smoking materials should never be used around a vehicle hauling hazardous materials or in the cargo area as freight is being loaded or unloaded.

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Know what commodities are being hauled. This information is important so emergency crews can respond properly.

Extinguisher requirements

The Federal Motor Carrier Safety Regulations (FMCSRs) requires one or two (depending on the rating) properly filled and readily accessible fire extinguishers on all trucks, truck-tractors, and buses.

Each fire extinguisher must be securely mounted on the vehicle and must be designed and maintained to visually show whether the extinguisher is fully charged.

A vehicle hauling hazardous materials must be equipped with one fire extinguisher having an Underwriters' Laboratories (UL) rating of 10 B:C or more.

A vehicle that is not hauling hazardous materials must be equipped with either one fire extinguisher having a UL rating of 5 B:C or more or two fire extinguishers, each with a UL rating of 4 B:C or more.

Putting out a fire

The first consideration when a vehicle fire occurs is your safety and the safety of others. If possible to do safely, the vehicle should be moved to a location away from other vehicles, people, and buildings.

Getting the fire under control is the next step, but you should never take unnecessary risks. If a fire is too large to handle, you should leave it to the professionals.

Cab/engine fires

The following are basic steps that should be followed when dealing with a cab/engine fire.

- Turn off the vehicle's engine. If it can be done safely, also look for fuel leaks.
- If the fire is electrical (and it can be done safely) disconnect the battery cables from the terminals.
- Don't open the hood more than necessary when fighting an engine fire. Remember, air is one of the ingredients that will help fuel a fire.
- Never use water on a petroleum-based fire. The use of water will cause a petroleum-based fire to spread.
- Follow the directions on the fire extinguisher. To avoid smoke and fumes, stand at a safe distance from the fire with the wind at your back. Extinguishers usually have a range of 8 to 12 feet.
- Never assume a fire is completely out. Fires often smolder, spark, and can reignite.

Tire fires

Tire fires are hard to extinguish, and are dangerous. Tires are made of highly combustible material and a tire fire can generate an intense amount of heat. There are several things that should be kept in mind when fighting a tire fire.

- Remove the hot tire (if it can be done safely) from the vehicle.
- Use water to fight a tire fire. Water helps cool a tire as well as extinguish flames. Fire extinguishers are good at suppressing flames, but may not be able to put out a tire fire. If it is caught early enough there is a chance, however.

Cargo fires

In many cases, cargo fires are discovered by the sight or smell of smoke around cargo doors. There are several things to keep in mind when fighting a cargo fire.

- Do not open the doors until the vehicle is in a safe place and help has arrived.
- Disconnect the tractor from the trailer (if possible) and move the tractor to a safe place away from the fire.
- Always know what type of cargo is in the trailer. This will help firefighters determine the safest way to extinguish the flames.

General classes of fires

The National Fire Protection Association (NFPA) has classified five general types of fires, based on the combustible materials involved and the kind of extinguisher needed to put them out. Each classification has a special symbol and color identification

Class A. This type of fire is the most common. The combustible materials are wood, cloth, paper, rubber, and plastics. The common extinguisher agent is water, but dry chemicals are also effective.

Class B. Flammable liquids, gases, and greases create Class B fires. The extinguishers to use are foam, carbon dioxide, and dry chemical.

Class C. Class C fires are electrical fires. Carbon dioxide and dry chemical extinguishers are to be used. Never use foam or water-type extinguishers on these fires.

Class D. Combustible metals, such as magnesium, titanium, zirconium, and sodium fires are Class D. These fires require specialized techniques to extinguish. None of the common extinguishers should be used.

Always use the extinguisher for the type of fire. Using the wrong agent on a fire may increase the intensity of the fire. Check the label on the fire extinguisher; it should list the fire class(es) it is meant to put out.

Safety focus: Driver Vehicle Inspection Reports Q & A

Parts 392 and 396 of the Federal Motor Carrier Safety Regulations (FMCSR) address the subject of vehicle inspection. All motor carriers and drivers who operate commercial motor vehicles fall under these regulations.

Part 396 of the FMCSRs includes a requirement for the driver vehicle inspection report (DVIR) to be prepared and signed by you when you are done operating a vehicle for the day. The idea behind the requirement is to put safer vehicles on the road as a way to help prevent accidents. A thorough inspection can also help you avoid mechanical breakdowns and unwanted "downtime."

Q: When is the DVIR completed?

A: The inspection requirements include a written DVIR. At minimum, drivers of property-carrying CMVs must prepare a DVIR whenever a defect is discovered. However, some companies require their drivers to submit a DVIR every day, even if no defects were discovered during the trip or found when conducting the post-trip inspection. The report must cover at least the following parts and accessories:

- Service brakes including trailer brake connections;
- Parking (hand) brake;
- Steering mechanism;
- Lighting devices and reflectors;
- Tires;
- Horn;
- Windshield Wipers;
- Rear vision mirrors;
- Coupling devices;
- Wheels and rims; and
- Emergency equipment.

Q: Is there a particular format required for the DVIR?

A: No specific format is required by the regulations, however, most companies have a preferred format. No matter what the format, provisions must be made for three signatures:

- The driver's signature preparing the report;
- The motor carrier's, mechanic's, etc. signature certifying 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.

Q: Are electronic forms allowed?

A: Yes. Whether your company chooses to use paper or electronic forms, your DVIR must contain a few important items.

- An identification of the vehicle, such as the truck or trailer vehicle number or license plate number
- A list of any defects or deficiencies which could affect vehicle safety or result in a breakdown
- Spaces for the three required signatures:
  1. The driver who prepared it;
  2. A mechanic or other company official (indicating the repairs were completed or were not necessary); and
  3. The next driver of the vehicle (even if the next driver is you).

Q: What if you operate more than one vehicle in a day?

A: Each driver who operates the commercial motor vehicle must complete the DVIR at the end of his/her day's work on the vehicle.

Q: What if we have team drivers?

A: On two-driver operations, only one driver needs to sign the DVIR, provided both drivers agree to the information on the report.

Q: Is a copy of the last DVIR required to be kept on the vehicle?

A: No. This requirement was removed from the FMCSRs in 1998.

Q: Where should we keep DVIRs and how long should they be kept?

A: DVIRs may be kept at either the motor carrier's principal place of business or at the location where the vehicle is housed and maintained. The original DVIR, certification of repairs, and certification of driver's review must be kept by the motor carrier for three months from the date the DVIR was prepared.

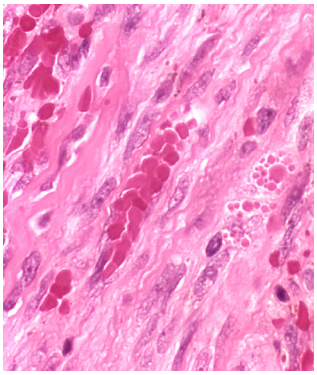
Q: Are there any exceptions?

A: The rules in this section do not apply to a private motor carrier of passengers (nonbusiness), a driveaway/tow-away operation, or any motor carrier operating only one commercial motor vehicle.

Out-of-control cells bring cancer

"Whilst we deliberate how to begin a thing, it grows too late to begin it."

Quintilian



Actions can help lower the risk of cancer.

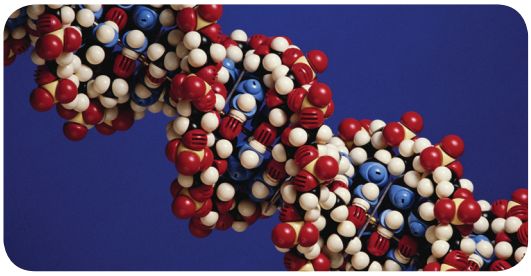
Cancer can occur almost anywhere in the body, but all types begin with a cell malfunction.

When damaged DNA inside a cell gives flawed instructions to the cell, cancer develops. A properly functioning cell knows when to stop growing and that it's time to die when it's old or damaged. New cells form as they're needed, allowing the body to have the right number of each cell type.

In cancerous cells, the off switch is broken. The damaged cells don't know when to quit growing and dividing. The cancerous cells don't perform a specific function, as healthy cells would.

As cells continue to grow uncontrollably, a tumor may form. A malignant tumor invades other tissues. The cancer may spread to other parts of the body as cancerous cells travel through the blood or lymph system. This allows cancer to form new tumors that are far from the original tumor.

Genetic flaws inside cells may mean a person is more likely to get a certain type of cancer. Cancer may also occur when the DNA inside a gene is damaged by something in the environment, such as chemicals in tobacco smoke or the ultraviolet rays from the sun.



Cancer may also result from a combination of genetic predisposition to the disease and environmental factors. A person who inherits a genetic mutation may have a higher risk of cancer when exposed to a substance that causes the disease.

Take action to lower your risk

While some cancer risk factors, such as age and genetics, can't be controlled, there are actions a person can take to help lower the risk of cancer.

Avoid tobacco. Tobacco smoke contains thousands of chemicals, 250 of which are known to be harmful. At least 69 of the chemicals can cause cancer.

Maintain a healthy weight. Obesity is associated with an increased risk of several types of cancer, including kidney, pancreas, and esophagus.

Limit alcohol consumption. The more you drink, the higher your risk of certain types of cancer, including cancer of the mouth, throat, esophagus, larynx, liver, and breast.

Protect your skin from the sun and avoid indoor tanning. Exposure to ultraviolet (UV) rays causes the skin to age prematurely and can cause damage that leads to skin cancer.

Stay physically active. Some studies have shown links between physical activity and a reduced risk of cancer of the colon, breast, prostate, lung, and lining of the uterus.