

THE GREEN LIGHT II

The official newsletter of Alliance Interstate Risk Service

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BEWARE OF... WEDNESDAY?

Did you know that Wednesday is the most active day of reported workplace injuries?

A workplace injury occurs every 7 seconds (*National Safety Council*), with over 2.6 million recorded cases per year (*Bureau of Labor Statistics*). And according to our telehealth partner, *MedCall*, 20.2% of workplace injuries occur on Wednesdays (with Tuesday coming in close 2nd place with 19.5%).

Knowing this information can help our team (and your company) understand when and why injuries occur. Contact our [Claim Management team](#) today to see how your company's claims can be analyzed to help mitigate and prevent further risk.

WORKPLACE VIOLENCE: IT CAN HAPPEN, SO BE PREPARED

Abby Greer May 10, 2023

While rare, workplace violence and active shooter situations do happen. It's difficult to think about, let alone talk about, but with the rise in violent incidents across the United States, why wait to make sure you and your company are prepared?

Grim statistics.

It's a heavy subject, but one that needs to be discussed. In the United States, there are approximately 1.3 million victims of nonfatal workplace violence each year, an average rate of 8 violent crimes per 1,000 workers age 16+. [Bureau of Justice Statistics, US Department of Justice](#)

There were 392 workplace homicides reported in 2020, with 51 of them (13%) being reported in the transportation and material moving occupational group. It was also reported that there were 1,560 nonfatal injuries in the workplace resulting from an intentional injury by another person in that same occupational group. [Bureau of Labor Statistics, US Department of Labor](#)

Stark reality.

According to research, there are four types of violence:

- Criminal Intent (Type I) - occurs when there is no relationship between the perpetrator and the business/business representative. This type of violence accounts for about 85% of workplace violence in the trucking industry.
- Customer or Client (Type II) - occurs when there is a relationship between the perpetrator and the business/business representative. Approximately 6% of workplace violence in our industry is customer/client related.
- Worker on Worker (Type III) - occurs when the perpetrator is an employee or previous employee and attacks/threatens another employee or previous employee. This accounts for roughly 7% of workplace violence in trucking.
- Personal Relationship (Type IV) - occurs when the perpetrator does not have any relationship with the business, but does have a personal relationship with the victim/employee. This type of violence rounds out our tally at 2%.

As the numbers indicate, the vast majority of workplace violence occurs not from relationships of any sort, but as random acts. These acts can include robbery, trespassing, harassment, and even physical harm. Employees and truck drivers must remain vigilant and aware of their surroundings at all times.



Visit our [Educational Resources](#) page for more information on how the Alliance Interstate Risk Service Risk Managers can provide resources and help with on-site trainings.

WORKPLACE VIOLENCE *continued*

Don't panic. Be prepared.

Workplace violence does not always include Active Shooter situations, but a company *should have an Action Plan* in the event one occurs. Company personnel should be trained to recognize the warning signs of a disgruntled employee (or person) and should know to whom they report their concerns. It is estimated that 55% of employees are unaware of their employer's workplace violence safety plan. Having a written (and often discussed) Emergency Action Plan (EAP) can prevent worry, panic, and confusion if an incident does occur.

Act early and often.

After developing an EAP for workplace violence and active shooter protocols, company representatives should train employees on what to do in the event of an incident. Formal training meetings, including safety training videos, and even drills are recommended so that every employee is aware of the EAP and knows what actions to take. Follow up training and discussion are also recommended to keep the information "fresh" and to account for employee turnover.

Anytime, Anywhere.

While most people associate workplace violence at an office or physical location, it can occur while truck drivers are on the road. Thieves (after either money, cargo, or both), aggressive and upset drivers, co-drivers, and many other types of people and surroundings can expose truck drivers to danger. Statistics reveal that a large percentage of violence and harassment against truck drivers unfortunately come from other truck drivers. Help your drivers by training and discussing situational awareness to keep them safe from all types of risk characteristics. Possible safety tips to discuss surround drivers having a daily work/travel plan and to update their driver managers frequently. Also, drivers should not enter locations where they feel unsafe and report issues immediately. Lastly, drivers should park in well lit areas, keep doors locked, pull blinds, invest in cameras, not discuss freight and become a target, read reviews and research truck stops prior to the trip, take note of high-crime areas and avoid them, if possible, and be cautious when approached.

Here to help.

Workplace violence affects all employees and we need to work together to provide a safe work environment. There are several links throughout the article to assist with developing a workplace violence Emergency Action Plan and keeping your employees safe. Should you have any questions or need assistance, contact your Alliance Interstate Risk Risk Manager today.

Additional Resources

- [Active Shooter - Pocket Card Information \(dhs.gov\)](#)
- [DOL Workplace Violence Program | U.S. Department of Labor](#)
- [Main Types of Workplace Violence](#)
- [Truck Driver Safety Tips for Truck Stops](#)
- [Truck Stop Safety Tips](#)
- [Crime Prevention for Truckers Study](#)
- [Workplace Violence in Long Haul Trucking](#)
- [Personal Safety & Security for CMV Drivers](#)

SUMMER SCARIES

Jason Brown May 10, 2023

Each year the frequency, duration, & magnitude of extreme heat waves increases. This hazard is not just in the workplace and can also affect our personal activities. However, it's not just the summer heat that can cause danger; other factors lie in wait, ready to strike.

Heat-Related Illness

When the human body cannot stay cool, core temperature rises and body systems begin to break down. This results in heat illness, which can range in severity from minor heat rash, sunburn & heat cramps, to heat exhaustion & heat stroke (this can be fatal). Heat can also be an underlying cause of other types of workplace & home injuries, such as falls & accidents involving equipment.

Most common during the summer months, people often experience heat illness at temperatures much lower than the current heat advisories because physical activity increases heat stress. While working or playing in hot weather conditions, the human body may not maintain its normal temperature just by sweating. Anyone, regardless of age or physical fitness, can experience heat illness, but some people are at higher risk, including those who are older, are overweight, have diabetes, heart disease and hypertension, or high blood pressure.

Heat Cramps

Signs & Symptoms

Muscle cramps caused by loss of body salts/fluids

First Aid

Replace fluid loss: drink water and/or carbohydrate electrolyte replacement liquids (e.g., sports drinks) every 15 to 20 minutes

Heat Exhaustion

Signs & Symptoms

Headache, nausea, dizziness, weakness, irritability, confusion, thirst, heavy perspiration, body temperature greater than 100.4°F.

First Aid

Move person to a cool, drink fluids, use cold compresses on the head, face, neck, & armpits. If signs & symptoms persist or get worse, seek medical attention.

Heat Stroke - can be **FATAL**

Signs & Symptoms

Body temperature increases above 104°F, confusion, loss of consciousness, lack of perspiration

First Aid

Call 911 - this is a medical emergency and must be treated immediately. Cool the person as much as possible with ice or cool water.

SUMMER SCARIES *continued*

Beware of Creepy Crawly Critters

As temperatures rise, another hazard we face are critters that bite & sting. Snakes & insects are looking for cooler places to hang out... that cool place could be your toolbox, garage, or even your vehicle. Double check all equipment before working on it to prevent bites or stings from snakes and biting insects. *Never reach blindly into dark (cool) equipment or storage areas.*

First Aid for Snake Bites

Call 911 if there is any chance the snake is venomous, if the victim has difficulty breathing or loses consciousness. While waiting for medical help:

- Protect the victim and yourself. Move beyond striking distance of the snake.
- Note the snake's appearance.
- Have the victim lie down with the wound below the heart.
- Keep the victim calm, remaining as still as possible to keep venom from spreading.
- Cover the wound with a loose, sterile bandage.
- Remove any jewelry, clothing, or accessories from the area that was bitten.

If the snake is known to be non-venomous, treat the bite as a puncture wound:

- Wash your hands. This helps prevent infection.
- Stop the bleeding. Apply gentle pressure with a clean bandage or cloth.
- Clean the wound. Rinse the wound with clean water.
- Apply an antibiotic.
- Cover the wound.
- Change the dressing regularly and watch for signs of infection.
- Contact a healthcare provider with any questions. The victim may need a tetanus shot.

First Aid for Insect Bites

Call 911 if the victim has a severe allergic reaction. While waiting for medical help:

- Ask the victim if they carry an epinephrine auto-injector. If they do, help them use it according to the label directions.
- Encourage the victim to remain calm, lie down with their legs elevated, and stay still.
- If the victim starts to vomit, turn them on their side to prevent choking.
- If the victim loses consciousness and stops breathing, perform CPR.
- **DO NOT** apply a tourniquet and **DO NOT** give them anything to eat or drink.

If there are no signs of an allergic reaction, treat the site of the bite or sting:

- If the stinger is still embedded, remove it by gently scraping with a flat-edged object. Avoid using tweezers.
- Wash the area with soap and water.
- Use a cold compress or ice pack to reduce pain and swelling.
- Apply antihistamine cream to relieve itching and pain.



Visit our [Educational Resources page](#) for web-based trainings and safety videos to help your team beat those Summer Scaries.

SAFETY SPOTLIGHT

Abby Greer May 8, 2023

Our newest feature to The Green Light II shines the spotlight on Safety Directors throughout our programs to gain insight into not only their background, but also their thoughts and ideas on safety in our industry.

Meet Scott Godbee, Safety/HR Director for Pitts & Sons, Inc., a Saraland, Alabama-based towing and recovery service that has been in business since 1948. Scott joined the Pitts & Sons team in 1996 and has been Safety Director for 15 years. He is also a member of the ATA Comp Fund/Alliance Interstate Risk Risk Management Advisory Committee (RMAC), a panel of representatives from all over the industry that meet to discuss trends and changes in safety.



How did you get started in Safety?

About 15 years ago, I was asked by the owner of our company if I would be willing to create and implement a safety program. I had no previous experience leading a safety department, but I had worked previously at other jobs where I participated in their safety programs, so I used that experience as a template to get started. Being a Towing and Recovery Service, I haven't known many towing companies with a dedicated safety program, so the challenge was indeed a tall order!

What do you view as the main duties of a Safety Director?

I think that most people believe that a Safety Director's job is to be a "Safety Cop", and with that mindset they are more apt to 'appear' safety minded when the "Cop" is around and let their guard down when no one is watching. I think a Safety Director should be a minister of the safety gospel. To instill a safety ideology that is practiced even when no one is watching.

Why is safety important to you?

Hence the name, *safety* is a guideline that we all follow daily, whether we realize it or not. We all learned the value of being safe when we were kids after touching that hot pot on the stove when mom had told us not to. I want my people to go home in BETTER shape than they were when they arrived. "Better" in that they have acquired valuable knowledge that they didn't previously have.

SAFETY SPOTLIGHT

Continued

What has been the most challenging task in your career as a Safety Director?

I work for a Towing and Recovery Service where opportunities for disaster are much greater than a normal transportation company. Driving is just a small part of a Towing Operator's day to day tasks. Their environment changes rapidly and without notice. They might be performing a textbook tow of a broken-down vehicle one minute, and the next minute they find themselves on the side of a busy roadway, working to upright a fully loaded tractor/trailer, which is rife with dangerous possibilities. I am constantly reminding my drivers that they must stay focused every second of the day. This is absolutely no place for complacency.

How do you promote your company's safety culture? How do you get employees to "buy in" or get involved?

I like to joke that I strive to have "Church" during my safety meetings. To preach the gospel of safety and to make my congregation believers. I also try and engage with each person on a personal level, to get into their heads when we discuss best safety practices. I have found that everyone has different characters and personalities, and that just broadcasting a message en mass doesn't always work for everyone. In short, some folks need special attention and one on one conversation is needed.

What advice do you wish you had received early in your Safety career? What advice would you give to someone who is starting out in their Safety role?

Some days this is the easiest job in the world, and others it can be the hardest. It is difficult to not take it personally when a safety incident occurs, and they will occur. You must remind yourself that even though you offer the training, tools, and knowledge to someone to be safe, that complacency is and always will be your biggest adversary. You must be willing and able to adapt to an ever-changing social climate that directly affects everyone at all times. What worked 10 years ago, doesn't necessarily work today and you've got to remain diligent.

What would be your "safety quote" or "safety message" that you want to share?

"Take 2 to think it through". Before taking on a task, be it preparing to leave on a trip or recovering a loaded tractor/trailer from a ditch, take 2 minutes to play out the scenario in your mind and make a plan on how to safely proceed. This job is like a chess game and it's best to think 2 moves ahead at all times.

WHAT'S HAPPENING

VIRGINIA TRUCK DRIVING CHAMPIONSHIPS

Join the [Virginia Trucking Association](#) for the 2023 Virginia Truck Driving Championships on June 2nd and 3rd at Richard Bland College in Petersburg, Virginia. Click [HERE](#) to learn more about the event and registration!



NORTH CAROLINA TRUCK DRIVING CHAMPIONSHIP (TDC)

[NCTA's](#) 2023 Truck Driving Championship and Top Tech Challenge is back and set for June 9th and 10th at the NC State Fairgrounds in Raleigh, North Carolina. Contact Mandy Hemsworth at MHemsworth@NCTrucking.com for more information!

SOUTH CAROLINA TRUCKING ASSOCIATION ANNUAL CONFERENCE

[SCTA's](#) 91st [Annual Conference](#) is being held June 11th - 14th at Wild Dunes on Isle of Palms, South Carolina. There is still time to register, so don't miss out on this jam-packed informational and networking event! If you have any questions, contact Taryn Shekitka at Taryne@SCTrucking.org.



GEORGIA MOTOR TRUCK ANNUAL CONFERENCE

[GMTA's](#) [Annual Convention](#) is being held June 18th - 21st at the Ritz-Carlton Amelia Island, Florida. You can register [HERE](#) for the opportunity to join Georgia's trucking leadership as they learn and connect with other members throughout the industry!

IOWA MOTOR TRUCK DRIVING CHAMPIONSHIPS (TDC)

Join the [IMTA](#) for their annual Truck Driving Championships on June 22nd and 23rd at Prairie Meadows in Altoona, Iowa. Learn more (and register) [HERE!](#)



JUNE IS NATIONAL SAFETY MONTH

Each year, the [National Safety Council](#) (NSC) observes **National Safety Month**, an initiative to highlight the leading causes of preventable injuries and deaths in the workplace and at home. Members of Alliance Interstate Risk are provided membership in the NSC free of charge. Contact your Risk Manager today to take advantage of this membership benefit!



PROGRAM NEWS

WELCOME TO OUR NEW MEMBERS

The Alliance Interstate Risk program is proud to welcome the following new member companies:

- **CTL of Arkansas** Lepanto, Arkansas
- **DIZ LLC** Leesburg, Georgia
- **Herk Transport, Inc.** Easley, South Carolina
- **Innovative Transportation LLC** LaFayette, Georgia
- **J & I Miller, Inc.** Olive Branch, Mississippi
- **Legendary Auto Logistics LLC** Readyville, Tennessee
- **Molly Anne LLC** Leesburg, Georgia
- **Nationwide Express** Ringgold, Georgia
- **Owner Operators... Gooch Trucking** Blairsville, Georgia
- **Owner Operators... Legendary Auto Logistics** Readyville, Tennessee
- **Southern Freight Services, Inc. of Morristown** Morristown, Tennessee
- **Steve Nash Trucking, Inc.** Bell Buckle, Tennessee

**we're
growing!**

ALLIANCE INTERSTATE RISK CONTINUES TO GROW!

Alliance Interstate Risk Service is pleased to announce the hiring of Jason Brown as Risk Manager in the Charlotte, North Carolina area effective

March 6, 2023. Jason is responsible for providing loss control and risk management services to our Alliance Interstate Risk members in North Carolina, South Carolina, and Virginia. Jason joins us with over 22 years of experience in safety, business, and technology. He also served as a full-time professional firefighter/EMT for agencies in Colorado for eight years.

We are also pleased to announce the hiring of Ashlee Youngblood as Underwriting Assistant to our team of Underwriters effective April 3, 2023. She is responsible for the review and pre-underwriting of all submissions for the Alliance Interstate Risk and ATA Comp Fund programs, as well as day-to-day servicing of the entire book of business. Prior to joining the AIR team, Ashlee worked in an administrative capacity at a couple local automotive groups, responsible for the processing of all paperwork, as well as assisting with payroll and accounting.



SAFETY BLITZ 2023: HEALTH & WELLNESS

During the Risk Management Advisory Committee (RMAC) meeting on April 4th, one of the recurring conversations was driver health and staying fit and active in a stationary role. Since it kept coming up, why not devote this year's Safety Blitz to it? We will be kicking off the 3rd annual Safety Blitz in October. Stay tuned for more information, including how you can get your company, drivers, and employees involved this time. And if you can't wait, reach out to your Risk Manager for more information.

“ A copy of our most recent [Financials](#) can be found on our website.