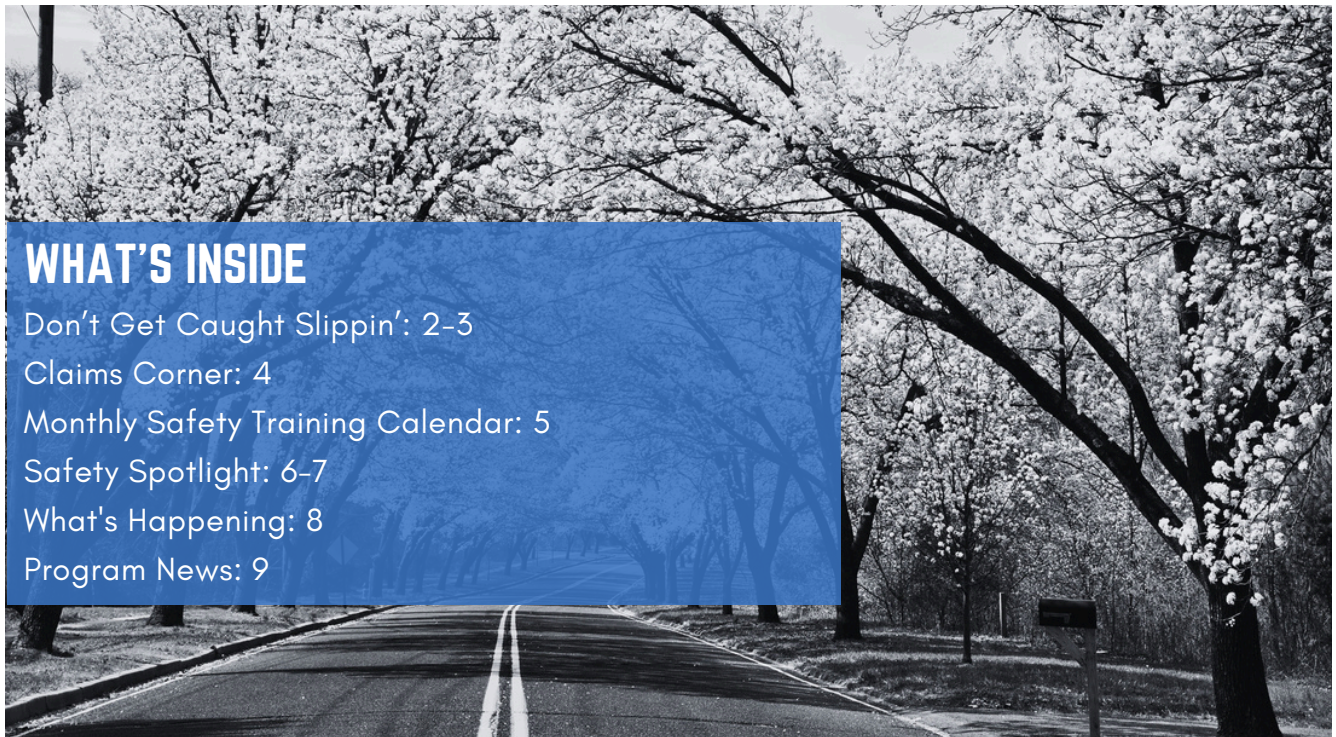


THE GREEN LIGHT II

The official newsletter of Alliance Interstate Risk Service



WHAT'S INSIDE

Don't Get Caught Slippin': 2-3
Claims Corner: 4
Monthly Safety Training Calendar: 5
Safety Spotlight: 6-7
What's Happening: 8
Program News: 9

3 POINTS ON 3 POINTS OF CONTACT

Almost 80% of truck driver fall injuries occur close to the cab, with more than half occurring when entering or exiting. Most of these injuries are preventable and caused by driver error... and by not following the 3-point contact rule.

- Maintain 3-points of contact while getting onto or off of the equipment until you reach the ground, cab, or stable platform. **One hand/two feet** OR **two hands/one foot** on the equipment AT ALL TIMES.
- ALWAYS face the equipment when mounting and dismounting.
- Do not climb down or up with something in your free hand.

DON'T GET CAUGHT SLIPPIN' (OR TRIPPIN'... OR FALLIN')

Abby Greer May 6, 2024

The inaugural [Safety Blitz 2021](#) may be just a blip in the rearview mirror, but the focus of that week remains a key safety issue. Slips, trips, and falls are a major factor in most work-related injuries. Let's keep this safety focus top-of-mind...

JUST THE STATISTICS

Slips, trips, and falls make up over 50% of all work-related injuries. In our industry, 80% of them occur while the vehicle is stopped. The majority of accidents/incidents are the result of slips or trips (roughly 70%). The remaining are from falls. Here's a few more statistics if those weren't enough:

- 3rd leading work-related injury
- 15% of accidental deaths per year
- Average 19 work days lost; 95 million lost work days per year
- 55+ age group is most at risk

SLIP TIPS

Slips occur when there is not enough friction between your feet and the surface they are on. They are more likely to occur when you do not have proper footwear, are in a hurry, and/or are not paying attention.

- Look for SLIP HAZARDS such as oil, coolant, or other fluids when walking on shipper yards, fuel islands, rest stops, warehouse floors, etc.
- Wear sturdy, non-slip footwear and make sure the soles are clean.
- Practice safe walking skills, such as smaller steps and focusing on the walk area. DO NOT use your phone while walking.



Check out the [Safety Blitz 2021 archive on the ATA Comp Fund website HERE](#). You can find all of the handouts and videos available from our inaugural Blitz!



WHY YOU TRIPPIN'?

Trips happen when your foot hits an object and you have enough momentum to fall off balance. These are most likely to occur when you are walking or are unaware of your surroundings.

- Avoid walking or working on uneven, rough ground surfaces. If unavoidable, don't hurry and plan your walking path.
- Make sure you can see where you are walking; sweep the area with your eyes and don't carry loads that hinder your line of sight.
- Walk (and work) in well-lit areas, especially at night. If not well-lit, use a flashlight.



DON'T GET CAUGHT SLIPPIN' (OR TRIPPIN'... OR FALLIN')

CONTINUED...



(NO MORE) FREE FALLING

Falls are the result of losing your balance and gravity takes over. They are more likely to occur from heights, but not always. 100% of falls are preventable.

- Use correct 3-points of contact to avoid falls when climbing up or down from height.
- Utilize fixed objects, such as grab bars, for assistance in climbing. If grab bars are not available, consider adding some in high-volume areas (back of trailers).
- Use fall protection equipment when working at height.
- Use a ladder to access the top of a load. Ladders should be fitted with slip-resistant bases and secured to prevent movement. Use fall protection, including harnesses, when guardrails are not available.

FLATBED SITUATIONAL AWARENESS

83% of total falls come from the back of the trailer, the truck step and the cargo being transported. Due to the nature of the flatbed driver's duties, they are exposed to a greater risk of falling... and a heightened need for situational awareness at all times.

- Use fall protection (when available).
- Contact your Driver Manager/Supervisor before getting on top of the load.
- SITUATIONAL AWARENESS! Watch your step when on or around the trailer. Stepping off an edge can happen to anyone.
- Pay attention to hazards such as ice, snow, and water.
- Use access ladder (if equipped).
- DO NOT JUMP from the trailer; climb down using the 3-point contact rule.
- Always stay to the center of empty flatbed trailers.
- Watch for straps, chains, loose tarps, bungees, etc. on loaded flatbed trailers.
- Watch for shifting or falling freight.
- Wear appropriate shoes.
- Use caution while tarping in windy conditions.
- Never stand on the load or tarp.
- Be mindful when working on the tractor's cat walk due to numerous trip hazards, slip potential, and height.



Visit our [Educational Resources page](#) for access to many resources for training on Slips, Trips, and Falls. [Safety Source on-demand online training](#) as well as [Webnet Online Safety Training](#) are available FREE for our member companies.

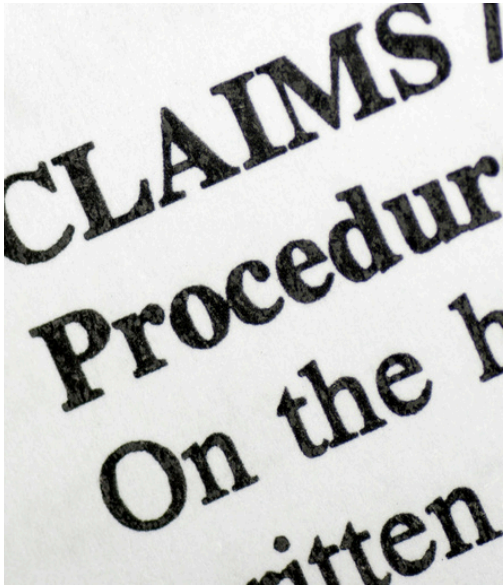


**ALLIANCE INTERSTATE RISK
SERVICE**

CLAIMS CORNER - ASK THE DIRECTOR

Candy Woodruff & Suzy Baker May 1, 2024

Introducing our latest feature, where we will highlight some of our most Frequently Asked Questions regarding the claim process. These will be answered by none other than Alliance Interstate Risk Service Director of Claims, Suzy Baker (with some help from her Risk Management and Underwriting friends)! If you have any questions, please submit them via email [HERE](#).



IF I AM IN A MOTOR VEHICLE ACCIDENT, SHOULD I TAKE PICTURES AT THE SCENE?

Truckstop and private party accidents happen often. Photos at the scene can provide valuable proof and details about the accident for insurance claim purposes. Even if the details are in a police report, words cannot capture what images can show.

Photographs are one of the best forms of evidence in a claim. While pictures of dents and damage are necessary and very helpful; photographs of the other party's vehicle showing a company name and DOT number can greatly help our adjusters track down the other party.

Photos of the truck and trailer tag number can also prove helpful in a claim investigation. Pictures are important and can help minimize the length of investigation and determine fault and liability.

OUR CLAIM TEAM IS GROWING!

Alliance Interstate Risk Service is pleased to announce the hiring of David Balades as Claim Specialist effective April 25, 2024! David will be responsible for providing assistance to the Director of Claims, as well as assisting the dedicated/designated CCMSI claim teams. He joins us with over 25 years of experience in handling workers' compensation claims, most recently in the state of Florida as a licensed senior adjuster for an insurance carrier. He also has experience in claim handling for self-insured groups, municipalities, and first responders.

**we're
growing!**

David has recently relocated to Hoover, Alabama with his wife, Jennifer, and puppy, Ozzy. They enjoy exploring new restaurants, fishing, and attending concerts. They also just recently welcomed their first grandbaby to the family. Please join us in welcoming David to the team!

NEED SOME SAFETY TRAINING IDEAS? WE'VE GOT YOU.

Abby Greer May 1, 2024

Coming up with fresh, new content for monthly safety trainings can be tough. Our Risk Managers have been working hard to provide an easy tool that can assist in safety training for our members... and helps to alleviate some of the stress that comes with scheduling these very important meetings. The **MONTHLY SAFETY TRAINING CALENDAR** provides topics for each month and includes a one-page handout, relevant videos from our archives, and a quick game that can be incorporated for prizes!

APRIL

Distracted Driving is one of the leading causes of accidents/incidents on the roads. Texting is one of the most dangerous forms of distraction. Check out our [Texting and Driving! Driver Distractions](#) video from Safety Blitz 2022!



DISTRACTED
DRIVING

APRIL 2024

MAY

Following Distance is another major cause of MVAs. Being behind a vehicle that's not moving fast enough is frustrating, but don't let it cause you to end up in their backseat. Check out our [Tailgating](#) video from Safety Blitz 2022!



FOLLOWING
DISTANCE

MAY 2024

JUNE

Safe Work Methods are essential for preventing injuries while lifting heavy objects. Check out [Safe Work Methods: The Power Zone](#), one of our many safety training videos from the archives.



SAFE
WORK
METHODS

JUNE 2024

This resource is available exclusively to participants of the Alliance Interstate Risk program and is also available in our [Online Portal](#) under the Resources tab. Contact your Risk Manager today to learn more about how you can incorporate this useful tool in your safety trainings!

SAFETY SPOTLIGHT

Abby Greer May 1, 2024

The "Safety Spotlight" feature of The Green Light II shines the spotlight on safety professionals to gain insight into their background, and their thoughts and ideas on safety in our industry.

Meet Debbie Henderson, Safety Director for Eagle Motor Freight in Montgomery, Alabama. She began her career in safety over 30 years ago and has a passion for it that inspires everyone around her...

How did you get started in Safety?

In 1986, I went to work for Interstate National Lease as the office manager assigned to a dedicated account, Whatley Transportation. Sometime in 1989, Whatley decided to take over the operation of the leased equipment. At that point I was out of a job.



During the transition, Joe Whatley approached me with a job offer. He needed a safety director for his company, and I could start immediately. I didn't have a clue what the job included but he assured me the outgoing safety director would train me. I agreed but told myself "I'll do this until I find another job." I absolutely fell in love with my job and never wanted to make a change.

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

Safety, Compliance, Training, Communication and Prayer throughout the company. With these in place we feel good about getting drivers home safe and sound. When the unthinkable happens, prayer is the only way to get you through the hard times.

Why is safety important to you?

Safety has always been important to me. My Father and Grandfather both worked for the railroad. I still have some of his safety manuals. The railroad had more advanced safety training than trucking in the 70's and 80's. My father was all about following procedures even at home and he instilled those values in me. I also know how it feels to lose someone you love in a car accident. I don't want anyone to go through what my family and I have been through.

What has been the most challenging task in your role/career as a Safety professional?

The most challenging task would be the implementation of CDL's in 1992. Yes, I have been doing this for a long time. At the time, I had a lot of older drivers who were excellent, safe and had more knowledge of truck driving than I would ever have. But they lacked reading and comprehension skills. Some just stopped driving, others needed a lot of study classes to pass the written test. It was challenging for many drivers.

SAFETY SPOTLIGHT

Continued

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

Number one is communication and training. We promote safety in various ways. Online training, messages sent through our elog system, weekly newsletters, text messages, ability to login to our camera system to view their safety score and face to face if necessary. I always keep drivers up to date on our CSA scores, so they know how we are doing. I stay on top of any issues and communicate them to drivers, dispatch, shop, the boss, everyone in the company. I also keep everyone informed and up to date on the good and the bad. My goal is to act quickly to address positive and negative behavior. Safety has an open-door policy for drivers to discuss their concerns, questions or they may have an idea that would help us improve in a certain area. I'm always willing to listen and open to new ideas or suggestions from others within the company. Eagle is a small company, and this seems to work for us.

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?

Always respect your drivers, ask and never demand, never talk down and always stay calm. This will be difficult at times but you're only as successful as your drivers. Drivers need to know you are there to support them.

Attend webinars to continue learning, have a good mentor, get involved with ATA. Do not be afraid to call the state Federal Motor Carriers if you need clarification on a regulation. When I started out, Judy Van Luchene was State Director, her crew Alan Brooks, Dave Griffin, Dave LeMaster, and Karen Owens Brooks were very helpful.

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

Control what you can control: speed, following distance, distracted driving etc. because there's so many things you cannot control, people cutting you off, road rage from others, tailgating etc.

At Eagle we invest a lot of time getting to know our drivers and their families. We celebrate, pray, and grieve with them. They are all part of our family and Eagle is always willing to help.

WHAT'S HAPPENING

TIS THE TDC SEASON!

Our Association partners have been hard at work, gearing up for their state Truck Driving Championships! While GMTA, SCTA, and TTA have already crowned their winners (who will be moving on to the American TDC), our other state partners are preparing for action of their own! Check out the [EVENTS](#) section on our website for lists of each association's upcoming events... including the TDCs!



ALABAMA
TRUCKING
ASSOCIATION



JUNE IS NATIONAL SAFETY MONTH

Each year, the [National Safety Council](#) dedicates the month of June as [National Safety Month](#). Join the NSC as they highlight the leading causes of preventable injury and death. Members of the Alliance Interstate Risk program are provided membership in the NSC at no additional cost. Take advantage of your membership - contact your Risk Manager today!

SCTA ANNUAL CONVENTION

Join us June 9th - June 12th at the Westin Hilton Head Island Resort & Spa on Hilton Head Island, South Carolina, during the SCTA 2024 Annual Conference! Click [HERE](#) for more details.



GMTA ANNUAL CONVENTION

Join us June 18th - June 20th at the Westin Hilton Head Island Resort & Spa on Hilton Head Island, South Carolina, during the GMTA 2024 Annual Convention! Click [HERE](#) for more details.

NCTA ANNUAL CONVENTION

Join us July 21st - July 23rd at the Omni Grove Park Inn in Asheville, North Carolina, during the NCTA 2024 Annual Management Conference! Click [HERE](#) for more details.



PROGRAM NEWS

WELCOME TO OUR NEW MEMBERS

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

- **American Carbonics LLC** Jackson, Mississippi
- **American Ramp Transit, Inc.** Newnan, Georgia
- **Assured Delivery, Inc.** Laingsburg, Michigan
- **Anchor South Transport LLC** Albertville, Alabama
- **BIOP LLC** Fayetteville, North Carolina
- **Believer's Trucking LLC** Wake Forest, North Carolina
- **Blues City Carriers, Inc.** McDonald, Tennessee
- **Bull Run Transportation, Inc.** Durham, North Carolina
- **Dobbs Trucking, Inc.** New Albany, Mississippi
- **Douglas, Inc.** Jackson, Mississippi
- **Gray Transportation, Inc.** Waterloo, Iowa
- **Hampton Trucking LLC** Jasper, Tennessee
- **Ideal Transport, Inc.** Hickory, North Carolina
- **J Rayl Transport, Inc.** Akron, Ohio
- **Liberty Land Carriers LLC** East Ridge, Tennessee
- **MM&K Trucking, Inc.** Greenville, Mississippi
- **NBF Charlotte LLC** Greenville, South Carolina
- **Peterson Transportation, Inc.** Manson, Iowa
- **Preferred Transport & Distribution** Austell, Georgia
- **Southern Moving and Storage LLC** Wilmington, North Carolina
- **Southern Star of Charlotte, Inc.** Charlotte, North Carolina
- **Tri Star Freight System, Inc.** Houston, Texas
- **Turnage & Sons LLC** Tylertown, Mississippi



AIR PARTNERS WITH TENNESSEE TRUCKING ASSOCIATION!

Alliance Interstate Risk Service is pleased to announce its latest state trucking association partnership with the [Tennessee Trucking Association](#) (TTA)! Tennessee joins the [Georgia](#), [Iowa](#), [North Carolina](#), [South Carolina](#), [Virginia](#), and [Alabama](#) state associations in partnering with Alliance Interstate Risk Service to provide their members with an affordable, comprehensive workers' compensation program.



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



2024 RMAC MEETING

The Risk Management Advisory Committee held its fourth meeting on March 19th at the ATA offices in Montgomery, Alabama. We are pleased to present the following main topics that were discussed as well as the takeaways from the meeting to our Members and Insureds.

- [The Aging Workforce](#)
- [Corporate Culture = Safety Culture](#)
- [Accident/Incident Investigation](#)
- [Safety Blitz 2023](#)



TAKE THE QUIZ!

We have created a short, fun game about this quarter's topics. Scan or click the code to play along!