

AIR RISK MANGEMENT RESOURCES

Dedicated Risk Manager

Sample Polices & Procedures

Mock OSHA Walk Through

Forms-Sample Policies

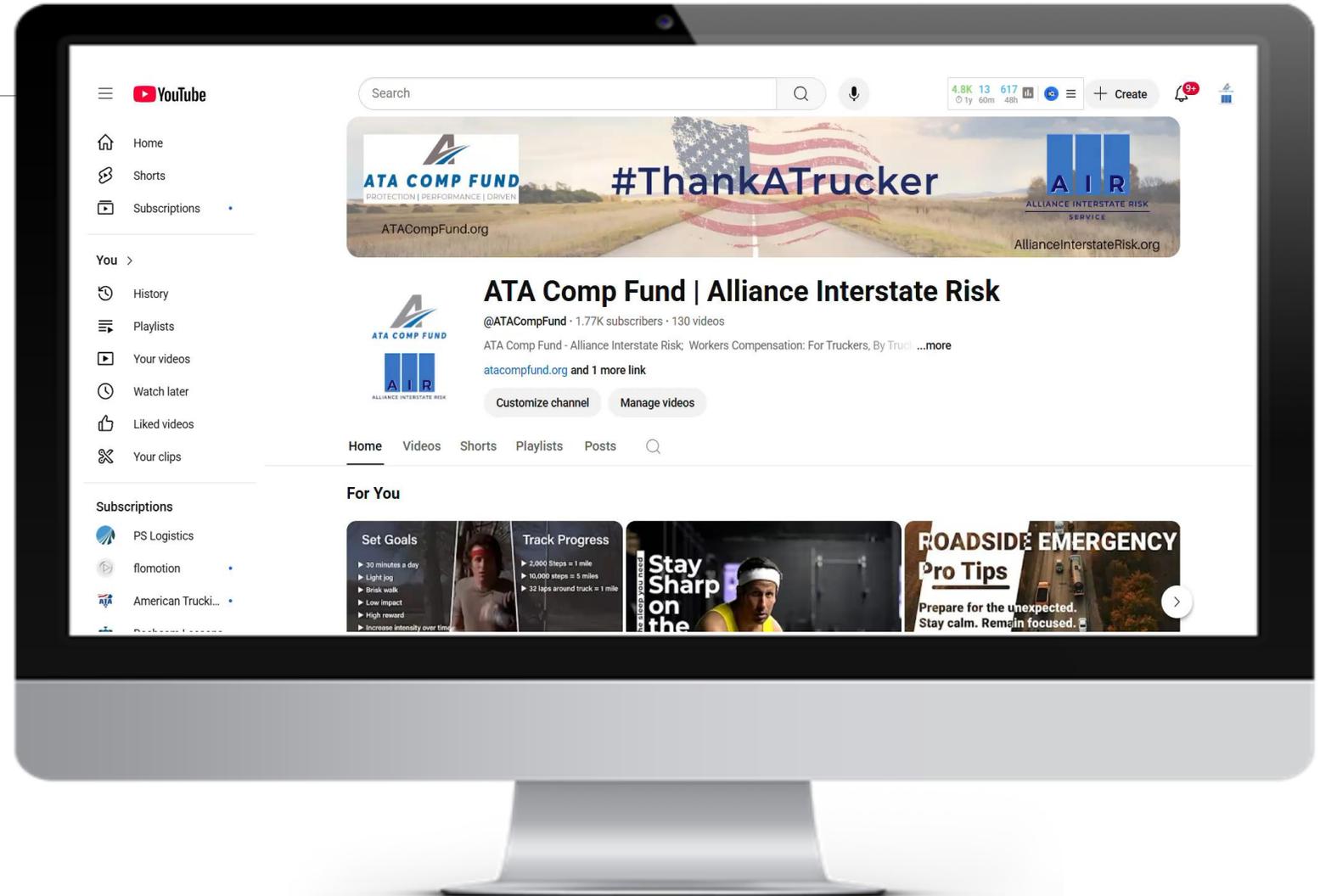
Videos

Supplement your Training

Complement your Messaging

Serious-Funny-Ridiculous

Engaging-Relevant



Trucking Safety Playlist: <https://bit.ly/4cy7NRz>



- 3-Point Contact/Entering Exiting Cab (2)
- Safety Policy
- Stretching (3)
- 5th Wheel Pin Puller
- Glad Hand Safety
- Top 10 Risks for Truck Drivers
- Heat Related Illness
- Adverse Winter Weather
- Arriving at Terminal
- Safe Work Practices
- Roadside Emergency

Flatbed Safety Playlist: <https://bit.ly/3EWkS8M>



- Tarping In High Winds
- Loading Near A Lift Truck
- Down Pressure-Load Securement
- Flatbed Ladder Safety
- Throwing Straps
- Cheater Bar / Ergo Bar
- Flatbed Deck Safety
- Lifting Tarp Technique
- Folding Tarp
- Flatbed Driver Call (w/ DM form)
- Landing Gear
- Flatbed Equip Inspection

Shop Safety Playlist: <https://bit.ly/3GELXOA>



- PPE & Mechanic Tools
- Chock it Up
- Tool Box Talk
- Heat Related Illness,
Mechanic Experience
- Slip, truck pit (Barkley)

Safety Blitz 2024: Safety MythBusters “Buckled or Busted”



Playlist: <https://bit.ly/3TD4MVM>

Safety Blitz 2023: Driver Health & Wellness w/ Rocky Balboa

- Healthy Foods
- Healthy Meals
- Healthy Snacks
- Hydration
- Stretching
- Fitness: Cardio
- Strength Training
- Mental Wellness



Playlist: <https://bit.ly/3RKWdrl>

Safety Blitz 2022: MVA Chaos (Mayhem Parody)

33 Videos

Average time: 1 Minute

- Distracted Driving
- Fatigue
- Speed
- Following Too Close
- Aggressive Driving
- Weather
- Seat Belts
- Safety Policies



Playlist: <https://bit.ly/3xkVjYg>

Safety Blitz 2021:

Slips, Trips, Falls

Nick Saban & Charles
Barkley

- Driver Appreciation
- Slips
- Trips
- Falls
- Entering & Exiting the Cab
- Loading Dock Dangers
- Tarping
- The Godfather



Playlist: <https://bit.ly/3FGPrPX>

FALL HAZARD



DON'T JUMP!

FACE THE EQUIPMENT

STEP ON BALLS OF FEET

WATCH FOR SLIP HAZARDS

KEEP HANDS FREE OF ITEMS

SCAN HERE FOR SAFETY VIDEOS



KEEP 3 POINTS OF CONTACT

2025 Focused Safety Initiative Falls from Heights

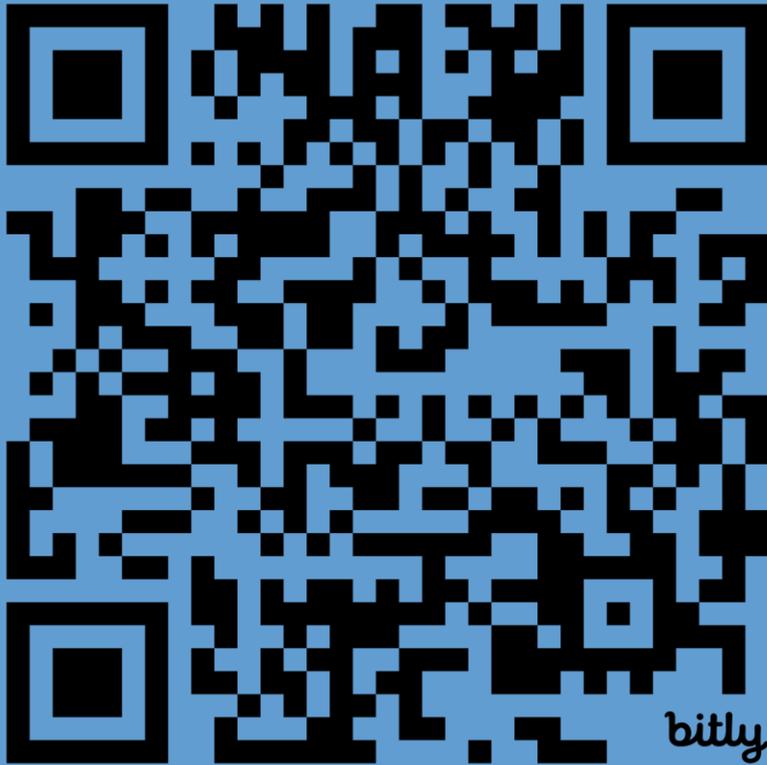
- Enter/Exiting Cab
- Catwalk Risk
- Falls from Trailers
- Footwear



SAFETY FROM THE GROUND UP.



AIR Newsletter: The Green Light



1ST QUARTER 2026 | ISSUE 21

THE GREEN LIGHT II

The official newsletter of Alliance Interstate Risk Service



WHAT'S INSIDE

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NEW YEAR, SAFE START

The beginning of a new year gives us a chance to start fresh with our safety initiatives. Take some time to refresh your team on general safety, hazard awareness, and safety goals for the coming year. Implement training tools such as the Alliance Interstate Risk Service Monthly Safety Training Calendar and take advantage of the resources our team has put together to take the headache out of planning company trainings.

1ST QUARTER 2026 | ISSUE 21

THE REAL RETENTION STRATEGY? A CULTURE DRIVERS

1ST QUARTER 2026 | ISSUE 21

PROGRAM NEWS

WELCOME TO OUR NEW MEMBERS!

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

- **Concrete Supply Co** Fayetteville, Georgia
- **Continental Express Inc** Sidney, Ohio
- **H & H Express Co** Elk Park, North Carolina
- **King Bros Inc** North Liberty, Iowa
- **Morris Motor Service Inc** Wanatah, Indiana
- **Mountain View Services of NC** Spindale, North Carolina
- **Papa's Truck Trailer Repair** Cedar Rapids, Iowa



2025 0% LOSS RATIO CERTIFICATES ARE COMING!

Each year, our team awards certificates to our Members who achieve a 0% loss ratio for the prior year. Safety is always a big deal, so achieving a 0% loss ratio deserves some recognition. We are hard at work prepping and sorting the 2025 0% Loss Ratio certificates. We have almost 65% of all eligible AIR companies receiving certificates this year. Be on the lookout for your Risk Manager in the coming weeks to deliver yours... and don't forget to let them snap a photo for social media bragging rights!

FAMILIAR FACES, NEW ROLES

The Alliance Interstate Risk Service & ATA Comp Fund are pleased to announce the following internal promotions:

Barbara Evans: Audit & Compliance Manager

Barbara will lead our newly-established Audit & Compliance department, focusing on process oversight, software optimization, and supporting a smooth audit season for members, insureds, and staff.

Katie Coaker: Underwriting Manager

Katie has been instrumental in keeping the underwriting department running effectively through a year of considerable growth and enhancements. Her deep operational knowledge and strong leadership make her well suited for this new role.

Rachel Bigley: Underwriting Supervisor

Rachel has been an integral part of our underwriting growth, agent relationships, and process development. She will now utilize her significant amount of knowledge and experience to oversee and develop our underwriting support team.

Joan Bean: Underwriter

Joan has excelled as an Account Manager and will now advance to the next phase of her career in our underwriting department. In her new role, she will assume the management of an existing book of business, underwrite new business submissions, and support training within the department.



AIR
ALLIANCE INTERSTATE RISK
SERVICE

Safety Training Calendar



2024



<p>January</p> <p>WINTER WEATHER DRIVING</p>	<p>February</p> <p>FATIGUE</p>	<p>March</p> <p>3-POINTS OF CONTACT</p>
<p>April</p> <p>DISTRACTED DRIVING</p>	<p>May</p> <p>PRE-TRIP INSPECTIONS</p>	<p>June</p> <p>SAFE WORK METHODS</p>
<p>July</p> <p>HEAT STRESS</p>	<p>August</p> <p>IMPAIRED DRIVING</p>	<p>September</p> <p>SPEEDING</p>
<p>October</p> <p>SAFETY BLITZ 2024</p>	<p>November</p> <p>SEATBELTS</p>	<p>December</p> <p>SAFE LIFTING</p>

WINTER WEATHER DRIVING

JANUARY 2024



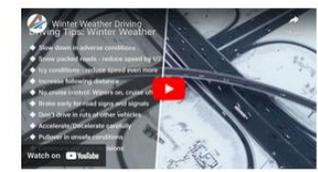
REDUCE YOUR SPEED.
Reducing speed increases traction and the ability to react to conditions around you.

AVOID THOSE RUTS.
Do not drive in the ruts of other vehicles. These areas of packed snow and ice have less traction than fresh snow.

DON'T USE CRUISE CONTROL.
If the vehicle's wheels lose traction on icy or wet roads and start to spin, cruise control can keep accelerating. Snow, ice, and road salt can interfere with sensors that manage adaptive cruise control.

WATCH THAT DISTANCE.
Keep a safe distance from the vehicle in front of you during hazardous weather. A rule of thumb for following distance for a truck is 7-14 seconds. Trucks need 40% more stopping time.

WINTER WEATHER CHAOS SAFETY BLITZ 2022



AVOID UNSAFE CONDITIONS.
Make the decision to shut it down during unsafe weather conditions. Communicate this with your dispatch team.



TAKE THE QUIZ!
We have created short, fun games for each monthly safety training topic. Scan the code to play along!

Monthly Safety Training

Secure and Streamlined Telehealth Triage Services for your clients

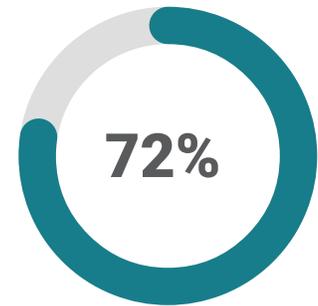
MedCall Telehealth

Telehealth triage, which is the use of technology to provide remote medical care, can be a very useful tool for injured workers. Here are the top five telehealth benefits:

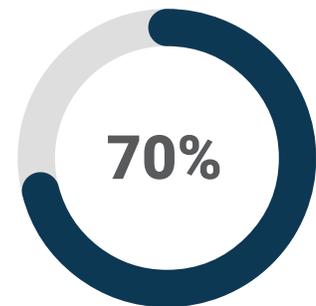
- 1. Access to medical care:** Telehealth provides injured workers quick access to medical care, regardless of their location. This is particularly helpful for workers on job sites or who have difficulty traveling to a doctor's office due to their injury.
- 2. Convenience:** Telehealth triage appointments can happen at a time that is convenient for the injured worker, so there's no need need to leave the worksite. This keeps organizations more efficient.
- 3. Reduced wait times:** With telehealth triage, injured workers can see a doctor more quickly than they would with traditional in-person appointments. This can help them get the care they need sooner, which leads to better outcomes.
- 4. Improved communication:** Telehealth allows injured workers to communicate with their doctors more easily and frequently than they would with in-person appointments. This helps doctors monitor the injured worker's progress more closely and make adjustments to their treatment plan as needed.
- 5. Cost savings:** Telehealth is less expensive than traditional in-person appointments, particularly if the injured worker doesn't have to travel to see a doctor. This can help organizations save money on healthcare and worker comp costs.

Overall, telehealth can greatly impact positive outcomes for injured workers. It provides them with convenient and timely access to medical care, help them communicate more effectively with their doctors, and save their employers money on healthcare.

Check out this [short video](#) to see how simple it is to use MedCalls' telehealth triage services.



of visits resolved without being seen in person



of employees returned to work after visit



average direct medical cost savings per MedCall telemedicine triage call