

TEAM SAFE TRUCKING UPDATE

By Miranda Gowell
March 2020

WORKING TO - TRAIN NEW DRIVERS

ELDT UPDATE

The 34 courses have been completed and are available for states to begin utilizing. If your state contributes \$3,400 annually to the TEAM Safe Trucking ELDT program the state will have unlimited access to the courses to train new drivers for the industry.

Mississippi and Michigan are the first states to support the ELDT program through the financial contributions supplied through the Mississippi Logger Association and their membership base and Forest Insurance Center, Loggers Insurance Agency and Mauck Insurance Agency. There are colleges, technical school and CDL driving school's that David Livingston, Mississippi Logger Association's Executive Driver and Tom Buckingham are working with to make training new drivers for the Forestry Transportation Industry all possible. Miranda Gowell, TEAM Safe Trucking's Special Project Manager will be working with David, Tom and their teams to ensure the program is made available to all the organizations he is working with to train new drivers in Mississippi and Michigan.

TEAM Safe Trucking would like to see more states using the program during the next two years prior to the ELDT regulation becoming effective to ensure the program is meeting the communities needs and that any changes that should be made to the program be made prior to the regulation becoming effective.

Special thanks needs to go out to several key people who were involved in the ELDT theory training project that has made the program become developed.

Miranda Gowell and Wendy Farrand worked on the development of 34 course scripts for the ELDT training program.

Kenneth Morgan, from Midstream Timber was the log truck driver trainer who reviewed the scripts to ensure the content was applicable for the Forestry Transportation sector.

Jordan Hanson from Longleaf Insurance completed final touches on the courses and oversaw the development of voice-overs for the training courses.

Thanks need to go out to the TEAM Safe Trucking Executive Committee and Board who supported and led the commitment to developing an Entry Level Driver Training Program. The Executive Committee includes: Jeremiah O'Donovan, Specialty Market Managers; Richard Schwab, MA Rigoni; Danny Dructor, American Logger Council; Sherry Halstead, Weyerhaeuser; Joanne Reese, J & J Logging; Keith Biggs, Forestry Mutual Insurance Company Agency, Tom Buckingham, Forest Insurance Center; Jean-Pierre Fontenot; Mike Macedo, International Paper; Eric Smith, Westrock; Ryan Pavlik, Stoutamire-Pavlik & Associates; Rick Meyer, Forest Resources Association and Scott Barrett, VA Sharp Logger Program. It has been through the financial support of many ELDT sponsors that has made the development of the ELDT program possible.

TEAM Safe Trucking would like everyone to give thanks to these organizations that provided financial support of \$119,500. \$102,000 was needed for the development of the courses, as well as, \$41,000 needing to be repaid to the US Endowment by mid-2020. TEAM Safe Trucking still needs to raise \$23,500 for the program prior to June 2020.

Thank you for your financial support towards The TEAM Safe Trucking Entry Level Driver Training Program:

- THAT'S FOUNDATION
- Gaines and Critzer
- Huber Engineered Woods LLC
- Mississippi SFISCI
- Forest Insurance Center
- Weyerhaeuser - Giving Grant
- US Endowment Loan
- SC SFI Grant
- NC SFI Grant
- Northern Logger
- Carolina Logger Association
- Mississippi Logger Association

2020 DRIVER REFRESHER TRAINING GOAL:

TEAM Safe Trucking is happy to announce there are 3,351 people using the training platform. TEAM Safe Trucking is aiming to have 20,200 people using the platform by years end. Each quarter of the year there needs to be roughly 5,050 new users. We need to have 1,649 new users added for the first quarter. Please be sure to spread the word.

YOU CAN HELP!

TST EDUCATIONAL SPONSORS

Alabama Logger Council, All-state Land and Timber, American Logger Council, Anderson Logging, Arkansas Timber Producers Association, Bates Hewett Floyd Insurance, BB Forest Products, Beasley Forest Products, Beech Island Timber and Construction, BITCO, Carolina Loggers Association, Coastal Pines, Columbia Forest Products, Everest, FMIC Insurance Agency, Forest Insurance Center Agency, Forest Resource Consultants, Forest Resources Association, Forestry Industry Safety Training Alliance, Gaines and Critzer Ltd Insurance Agency, Greenbay Packaging, Guffin and Eleam Inc, Hancock Forest Management, Huber Engineered Woods, Idaho Forest Group, International Paper, L.D. Long Inc, Ledkins Insurance Agency, Longleaf Forestry Insurance, Louisiana Logger Council, Louisiana Pacific, Maple Hardwoods, M.A. Ragoni Inc, McGill Brothers, Midstream Timber Solutions, Mississippi Logger Association, MW Collins Inc, NATP, Norboard Nacogdoches Mill, Norbord Jefferson Mill, Parnell Inc, Rayonier, South Carolina Timber Producers Association, Southeastern Technical College, South Georgia Tech, Texas Forestry Association, Tri-State Timber Company, Trowel Insurance Agency, Texas Logging Council, Walsh Timber Company, Ward Timber, Weyerhaeuser and Woodson Incorporated

HOW YOU CAN BECOME INVOLVED?

ATTEND ONE OF TEAM SAFE TRUCKING'S SEMI ANNUAL MEETINGS

TEAM Safe Trucking is holding a Semi-Annual Meeting on May 20, 2020 at Omni Austin in Austin, Texas due to COVID-19 we are making this meeting available to attend by phone or computer through Zoom. You can register for this by going to <https://zoom.us/join/register/vp0vduirrjgi8pj3tzNwgRFIQcep2zsvlw> and another meeting on September 23rd, 2020 at the Branson Convention Center in Branson, MO. During these meetings there are presentations from various members of the supply chain on how they are implementing TEAM Safe Trucking training and working to improve safety in the Forestry Transportation Industry. Participants are provided a time to comment, add ideas and discuss safety challenges for the Forestry Transportation Industry.

JOIN IN FOR THE 9-24-20 TEAM SAFE TRUCKING DRIVER TRAINING DAY 8-5pm BRANSON, MO

SUPPORT THE DEVELOPMENT OF ENTRY LEVEL DRIVER TRAINING CLASSES

TEAM Safe Trucking is working to develop an Entry Level Driver Theory Training Project. This project will strengthen the Forestry Transportation Industry by educating new drivers using standardized forestry transportation industry training. The training will meet the training requirements established by FMCSA Regulations. There will be enormous savings afforded to the Forestry Transportation Industry as a result of this completed training development project. The average cost for a driver attending CDL training school in preparation for the CDL exam is anywhere between \$3000-\$7000, depending on location.

TEAM Safe Trucking needs to raise \$40,000 to repay the loan provided from the US Endowment to complete and manage the ELDT Theory Training Project for the industry. The Forestry Transportation industry needs states to become ELDT training program sponsors/providers (logger associations, a mill, insurance company or business).

TRAIN-THE -TRAINER

MODULE ONE & MODULE TWO
EVERY WEDNESDAY
10-1045 AM
EASTERN TIME

Each of these states would contribute \$3,400 to TEAM Safe Trucking annually. In exchange, these states would have unlimited access to TEAM Safe Trucking Entry Level Theory Training courses to train new drivers entering the forestry transportation industry prior to them sitting for their CDL exam.

HOLD A TST TRAINING DAY AND BECOME A TST TRAIN-THE-TRAINER

TEAM Safe Trucking holds weekly webinars for people who are interested in becoming a trainer. To register for the Wednesday 10-1045 AM EST webinar, email miranda.gowell@teamsafetrucking.com

ENCOURAGE DRIVER SAFETY ON SOCIAL MEDIA

Share posts from the TEAM Safe Trucking Facebook page. Share safety ideas on the TEAM Safe Trucking Facebook page.

BECOME A BUSINESS SPONSOR

We have created a Business Sponsor package where businesses are provided with many marketing opportunities through TEAM Safe Trucking events, social media and promotional products. Reach out to Miranda at 207-841-0250.

ENTERING AND EXITING

COMMUNICATION:

When drivers are entering mills or wood roads it is important that communication tools are utilized. Drivers need to use radios to communicate with equipment operators and other drivers when entering and exiting mills with roads and landing zones. In the south cell phones can be used to perform this task, where in the North CB radios are more frequently used for communication. Designated channels for communication are displayed on signs when entering mills and wood roads. It is important to check your radios prior to going into one of these areas to ensure you will be able to communicate when needed. On wet roads there are mile markers, when coming to a mile marker a driver needs to use the radio to communicate what mile marker they are at. Communication is also needed is when a driver is backing up to be loaded. The equipment operator of the loading machine either at the mill or in the woods will be communicating with the driver on the radio. Radio communication prevents hazards in the mill and in the woods. It is an important safety device that drivers need to use.

SIGNALS:

Drivers need to use their turn signals when entering and exiting wood roads and the mill. Depending on the speed you will need to use your turn signal at various distances. For instance, on the highway you would want to use your turn signal 500 feet prior to your turn. If you're in town or on a slower road you would want to use your turn signal 100 feet before your turn. It is important to leave your turn signals on while you are turning it is equally important to remember to turn off your turn signals once you have made your turn to avoid confusion. At times drivers will need to understand hand signals. Hand signals can be used at the Mill when unloading logs and when backing up trailers.

Hand signals that are used at various Mills will be included in their safety and qualification packages for wood suppliers. Often when CB radios and other devices are not working properly, equipment operators and drivers must resort to using hand signals. It is always important to keep the people giving the hand signals in sight. If a driver loses sight of a person providing him signals it is important to stop movement immediately.

SPEED:

Speeding on wood roads and at mills can cause fatal accidents. It is very important for the safety of yourself and those who are working around you to follow posted speed limits. As a driver you need to be prepared to stop at any time at the mill or on wood roads. There are multiple hazards when entering mills and wood roads. These include hills, curves, pedestrians, equipment, trains, and poor road conditions. As a driver you can prevent unnecessary accidents by following posted speeds, being prepared to stop, being prepared to pull over and being aware of the public.

CHECKING YOUR LOAD:

When entering or exiting a mill or wood road it is important to check your load. Before exiting you want to ensure your load is tight, properly loaded, inspect load securement devices, secure the load, check overhang, ensure lights are visible, and place flags at the end of the load. When entering a mill, it is important to stop at the gate to get a pass, stop at the scale house, and weigh your load. When you're exiting the mill, it is important to weigh out the truck and trailer.

CLEARING DEBRIS:

Before leaving unloaded or loaded it is important to ensure you are not going to create an accident from debris flying off your trailer, rig or load. Once you have been loaded, you will want to trim branches and limbs that are sticking out. You will want to take a good look at your overhang to see if it's within your limits and to check your lights to see if they are visible to a vehicle following you. If not, you will want to trim the length of your load. It is against the law to obscure rear trailer lights or to have longer than legal loads. Prior to exiting a landing zone and entering a public roadway, a driver needs to remove and clean debris from the rig's tires and light. Prior to exiting a mill, drivers want to clean debris prior to entering public roads. Mills have designated areas for clearing debris from your rig. Check with the scale house to see where this area is located.

STOWING YOUR GEAR:

Load securement devices are important tools used to secure your load. It is important when you have unbound your load that you ensure these tools are safely stored on your rig.

EXITING AND ENTERING SAFETY TIPS:

Here are some quick safety tips to remember when you are exiting and entering Mills Landing zones and wood roads. drivers need to use their turn signals prior to their turn, during their turn and just after their turn.

Drivers need to check traffic before pulling out into traffic and stay in their proper lane of travel. Drivers need to provide right of way when necessary. right away is necessary for pedestrians, train and equipment. Drivers need to remember to pull over to the right and slow down and stop when a vehicle is encroaching on their Lane. Drivers are pulling out into traffic it is important to not pull out if it is going to mean that another vehicle needs to change or speed or Direction. There are many other tips out there on how to prevent accidents from entering and exiting Mills Landing zones and Wood roads. Maybe you can share some of those now if you are taking a classroom training or maybe discuss them in your next safety meeting. Regardless, it is important to remember that there are ways to prevent accidents when entering and exiting Mills Landing zones and wood roads.

DRIVER FATIGUE

IDENTIFYING FATIGUE:

What do you know about sleep deprivation or sleep deficiency? What is sleep deprivation? Sleep deprivation is a condition that occurs when you don't get enough sleep. What is a sleep deficiency? Sleep deficiency is a broader concept. It occurs if you have one or more of the following: you don't get enough sleep; you sleep during the wrong time of the day; you don't sleep well or get the different types of sleep that your body requires, or you have a sleep disorder that prevents you from getting enough sleep or causes poor quality sleep.

SLEEP:

To understand sleep deficiency, it helps to understand how sleep works and why it's important. The two basic types of sleep are rapid eye movement which is REM and non-rem. Non-rem sleep is commonly known as deep sleep or slow wave sleep. Dreaming typically occurs during REM sleep. Generally, non-rem and REM sleep occur in a regular pattern of three to five cycles each night. Your ability to function and feel well while you're awake depends on whether you're getting enough total sleep and enough of

each type of sleep. It also depends on whether you are going to sleep when your body is prepared and ready to sleep. You have an internal clock that controls when you're awake when your body is ready for sleep. This clock typically follows a 24-hour repeating rhythm called The Circadian Rhythm. This Rhythm affects every cell, tissue and organ in your body and how they work. Not enough sleep, sleeping at the wrong times, or poor quality of sleep, will leave you exhausted during the day. You will not feel refreshed and alert- which can cause an accident.

Sleep is a way to heal the body. That's right- sleep plays an important role in your physical health. Sleep heals and repairs your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and even stroke. Here are 10 reasons why good sleep is important: poor sleep can make you fat, good sleepers tend to eat fewer calories, good sleep can improve concentration and productivity, good sleep can maximize athletic performance, poor sleepers have a greater risk of heart disease and stroke, sleep affects glucose metabolism and type 2 diabetes risk, poor sleep is linked to depression, sleep improves your immune function, poor sleep is linked to increased inflammation,

and sleep affects emotions and social interactions.

STATISTICS:

Fatigue stat number one: you are three times more likely to be in a car crash- if you are fatigued. Also, more than 5,000 people died in drowsy-driving related crashes in 2014. Stat number three-losing two hours of sleep has the effects of having three beers. Similarly, being awake for more than 20 hours is the equivalent of being legally drunk.

Fatigue is costing us our health! Did you know adults on average need 7 to 9 hours of sleep each night? However, 30% of people report averaging less than 6 hours of sleep each night. Sleep is a vital factor in our overall health. Chronic sleep deprivation causes depression, obesity, cardiovascular disease and other illnesses. Fatigue cost employers 136 billion dollars a year in health- related lost productivity. Over 70 million Americans suffer from a sleep disorder.

FMCSA REGULATIONS:

The Federal Motor Carrier Safety Administration has regulations found under 392.3 for driving while ill or fatigued. It is there that it states-no driver shall operate a commercial vehicle, and a motor carrier shall not require or permit a driver to operate a commercial motor vehicle, while the driver's ability or alertness is so impaired, or so likely to become impaired, through fatigue, illness, or any other cause, as to make it unsafe for him or her to begin or continue to operate a commercial motor vehicle. However, in a case of grave emergency where the hazard to occupants of the commercial motor vehicle or other users of the highway would be increased by compliance with this section, the driver may continue to operate the commercial motor vehicle to the nearest place at which that hazard is removed.



COVID-19 PRECAUTIONS

1

SYMPTOMS:

- Runny Nose
- Sore Throat
- Cough
- Fever
- Pneumonia
- Difficulty breathing (severe cases)

FOOD ON THE ROAD:

- Avoid self serve areas
 - Prepare meals from home if possible
 - Use drive-thru options
- Ask for a new cup for refills

2

PROTECTING YOURSELF:

- Practice 6' distancing while in public places
- If you have symptoms stay home
- Where disposable gloves when fueling, grocery shopping, going into public areas
- Remove disposable gloves prior to getting into vehicle
- Carry hand sanitizer in vehicle use prior to eating, drinking or smoking

3

WASHING HANDS:

- Run hot water
- Wet hands, apply enough soap to cover all surfaces of the hands
- Rub hands palm to palm to develop a good quantity of foam, then rub right palm over the left hand while placing right fingers interlaced with left fingers and rub, do the same with the left palm
- Scrub your finger tips by making to partially opened fists connecting the two hands so that your right fingertips are

4

- inside your left partial fist and rub right to left, repeat with your left fingertips
- Grasp your right thumb and scrub, repeat with your left thumb
- Rub your fingertips in the palm of the opposite hand going in a circular motion, then repeat for your other hand
- Rinse hands with running water, dry hands with a towel use towel to turn off water.