

## Your Safety and Health, Yet Again;

### Make it #1 in 2010

#### Something to Think About

"Admit your own mistakes openly and in good humor. Everybody will feel better!" -- Jim Howland

Happy Father's Day

## "Safety is Good Business" - - But What Does That Mean?

*Good Safety practices: saves lives, reduces injuries, and improves the bottom line of the Company.*

Vehicle crashes are devastating in terms of fatalities and injuries, financial costs, damaged reputations, the inability to attract and retain good drivers, and general good will in the industry and community. Looking at the trucking industry as a whole:

- In 2005, there were 5,212 fatalities and 91,993 injuries from large truck crashes, and 335 fatalities and 14,283 injuries from bus crashes.
- The average cost of a large truck crash involving a fatality is \$3.6 million per crash.
- A crash with injuries costs almost \$200,000 per crash.
- The average cost of all large truck crashes is about \$91,000 per crash.

The good news is that many crashes are preventable. For example:

- In 1997, 22% of large truck fatal crashes involving more than one vehicle were speeding-related.
- In 2003, about 2% of drivers with a CDL used controlled substances, and 0.2% used alcohol (0.04 or higher blood alcohol content) while performing their duties.
- 5.5% of fatal truck crashes are caused by driver fatigue.
- A 2006 study found that only 59% of commercial motor vehicle (CMV) drivers wear safety belts. In 2005, of the 696 CMV drivers who died in truck crashes, 344 were not wearing safety belts.
- Research has shown that there is a significant relationship between driver job change rate (turnover) and crash involvement.

#### Some Not-So-Common Tips for a Safe Operation - A Healthy Lifestyle

You hear a lot about living a healthy lifestyle, but what does that mean? What does that have to do with safety? In general, a healthy person; doesn't smoke, is at a healthy weight, eats healthy, avoids excessive use of alcohol, gets adequate rest, and exercises. That is a

lot to think about.

The trick to healthy living is making small changes... taking more steps, adding fruit to your cereal, having an extra glass of water...these are just a few ways you can start living healthy without drastic changes. Being healthy and well rested will make a difference in your ability to perform your job safely.

#### Exercise

One of the biggest problems in America today is lack of activity. We know it's good for us but avoid it like the plague either because we're used to being sedentary or afraid that exercise has to be vigorous to be worth our time. The truth is, movement is movement and the more you do, the healthier you'll be. Even moderate activities like chores, gardening and walking can make a difference. Just adding a little movement to your life can:

- Reduce the risk of heart disease, stroke and diabetes
- Improve joint stability
- Increase and improve range of movement
- Help maintain flexibility as you age
- Maintain bone mass
- Prevent osteoporosis and fractures
- Improve mood and reduce symptoms of anxiety and depression
- Enhance self esteem
- Improve memory in elderly people
- Reduce stress

So, even if you opt for small changes and a more modest weight loss, you can see the benefits are still pretty good. One study has found that just a 10% weight reduction helped obese patients reduce blood pressure, cholesterol and increase longevity.

#### Simple Ways to Move Your Body

You can start the process of weight loss now by adding a little more activity to your life. If you're not ready for a structured program, start small. Every little bit counts and it all adds up to burning more calories.

*Continued on back*

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Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skilled execution! It represents the wise choice of many alternatives!!

Location: \_\_\_\_\_

Supervisor: \_\_\_\_\_

please sign below, confirming the material was reviewed:

June 2010

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## Continued From Front

**Turn off the TV.** Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...almost anything will be more active than sitting on the couch.

**Walk more.** Look for small ways to walk more. When you get the mail, take a walk around the block, take the dog for an extra outing each day or walk on your treadmill for 5 minutes before getting ready for work.

**Do some chores.** Shoveling snow, working in the garden, raking leaves, sweeping the floor...these kinds of activities may not be 'vigorous' exercise, but they can keep you moving while getting your house in order.

**Pace while you talk.** When you're on the phone, pace around or even do some cleaning while gabbing. This is a great way to stay moving while doing something you enjoy.

**Be aware.** Make a list of all the physical activities you do on a typical day. If you find that the bulk of your time is spent sitting, make another list of all the ways you could move more--getting up each hour to stretch or walk, walk the stairs at work, etc.

Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards, so figure out what you can do to be healthy today.

In future issues of the newsletter more will be covered on healthy lifestyles. Topics like good nutrition, drug and alcohol use, getting adequate rest, and reducing stress all apply.

### Post Accident Drug & Alcohol Tests - When is a Post Accident D & A Test Required?

imi requires anyone in a company vehicle of any type involved in a moving accident with their vehicle to take a post accident drug test. This includes on job sites.

Non-CDL holders - will ALWAYS be sent with a NON-DOT KIT.

ALL CDL holders - must meet ONE of the following circumstances in order to require a DOT KIT.

1. There was a fatality as a result of the accident.

OR

2. The driver received a citation AND one of the parties involved in the accident had their vehicle towed away from the scene.

OR

3. The driver received a citation AND one of the parties involved in the accident received medical treatment away from the scene.

If ONE of the above three conditions has been met then the CDL holder must use a DOT drug test kit. For all other circumstances, send them with a non-DOT kit.

**\*\* If you have any questions on how to make this determination - contact the Human Resources Department \*\***