



# Safety Bulletin

## February 2017

### The Professional Trucker

Being a professional means more than just having your CDL. It's presenting the company in a positive manner and doing your job with pride making sure everything is executed correctly. Your stellar attitude, commitment to safety and professional presentation means more than you know. From the carrier, to the customers, to the motoring public you share the road with, your professionalism is paramount. ~ Drive Safe!

### Owner-Operator Quote of the Month

**"Accurate and a lot easier than paper. It's pretty self-explanatory. I use the Rand McNally and like the options I have with it. It makes things quick and simple when talking with a DOT officer."**

*~  
Ingace Jenkins  
Medallion Owner-Op  
Since April 2016*

### Here are 10 different ways ELDs benefit drivers:

1. ELDs help drivers focus on driving, instead of worrying about paper logs.
2. Drivers who use electronic logging devices have a lower preventable crash rate.
3. ELDs help drivers avoid HOS violations and save money in penalties.
4. Drivers who use ELDs can improve their CSA score, which makes them more desirable and qualifiable.
5. ELDs are also associated with insurance benefits. As mentioned earlier, vehicles with ELDs have lower crash rate, which makes them a safer option. Many insurance companies are now offering better insurance rates for vehicles that use ELDs.
6. IFTA reporting is a hassle for drivers and fleet managers. An ELD device can automatically calculate the distance your vehicles travel in each jurisdiction to reduce the administrative burden of collecting state-by-state mileage.
7. ELDs make it easier for drivers to quickly get through roadside inspections. It allows them to get back on the road fast, which is crucial in minimizing costs and maximizing profits.
8. ELDs automatically keep track of the number of hours driven. Whenever a possible HOS violation is looming, ELDs alert drivers prior so they can avoid violations and fines.
9. An ELD paired with a smartphone app can help drivers easily communicate with other drivers and fleet managers on the go.
10. GPS location tracking reduces the number of check calls drivers have to answer from dispatch. When a customer calls dispatch for a delivery status update, the dispatcher can quickly inform the customer without having to bother the driver.

#### FMCSR 396.3

"Every motor carrier must systematically inspect, repair, and maintain, or cause to be systematically inspected, repaired, and maintained, all motor vehicle equipment subject to its control." Company policy requires all equipment pieces be inspected every 6-months. We pick up the tab! Have Questions? Please call us.

#### Say What?

Involvement in an inspection with invalid violations? Don't ever get argumentative. Smile & wave and let us dispute via Data Q. We have a great success rate. Leave the challenge to us! We're here for you!

#### TWIC

#### Need to Enter a Federal Facility or Port?

Any driver who may need to enter a federal facility or port should have a TWIC, especially for DoD installation purposes. If you are a truck driver with a TWIC you can go anywhere, understanding that some guards at federal facilities may not understand yet that the TWIC reigns supreme regarding FIPS 201 compliant technology. For more information please visit:

<http://www.trucking.org/article/TWIC-Still-Valid-to-Access-DOD-Facilities>

#### Have Pics of Your Truck?

Send them to us so we can proudly share on the websites!

#### Driving and Hazardous Conditions

How crazy is this winter? One day it's 20 degrees, the next day 70. We still have a long way to go this season so if your travels lead you into a winter storm, use extra caution during and right after. The following are a few guidelines to follow when on the road during hazardous conditions:

1. Check on road conditions before you begin your trip.
2. Turn on the low beams to increase your visibility. (High beams will cause the light to disperse making it harder for you and other drivers to see.)
3. Reduce your speed! Speed limits are based on dry pavement and good weather, not adverse winter weather conditions.
4. Do not use cruise control. A short touch of your brakes to deactivate the cruise control feature can cause you to lose control of your vehicle.
5. If YOU believe it's too dangerous to continue pull off in a safe area!

## Food for Thought

**It's hard to break old habits. No doubt!**

**Think about it. You've been working all day and have worked up quite an appetite. Salad for dinner? Yeah right! Give me the burger!**

**Finding fulfilling alternatives to your daily meal routines will help yield a healthier you!**

**Check out page 2 for more info!**

# Food for Thought

Brought to you by Jesse Merrell

Last month we discussed the health threats that many of us are facing and discussed the statistics that plague our industry. Each month I would like to provide some basic information that might help staying healthy on the road just a little easier. This month I would like to discuss eating right in addition to the 20 minutes of walking a day that we should all be trying to achieve. We all know that life in a truck makes it extremely tough to find healthy options, many of the truck stops have removed the old mom and pop restaurants and we are forced to live on the sandwich shops and greasy burgers. I have compiled a short list of alternative foods that according to the American Heart Association might help us all stay healthy for just a little longer. Take a look at the list and if you have time check out the below websites, they provide a lot of great tips and information. Until next month, be safe and take care of yourself!

LOSE IT	CHOOSE IT
bacon, sausage & other fatty, salty meats	skinless chicken, fish, lean meat
white bread, rice and pasta	whole-grain versions
cream-based or cheese soups	broth-based soup with lots of veggies
deep-fried, pan-fried, extra crispy, creamed, stuffed fries	grilled, sautéed, roasted, steamed, baked, poached baked potato or side salad
refried beans	pintos or black beans
sour cream, queso	guacamole, pico de gallo
salty sauces like soy, teriyaki, cocktail, au jus	light sauces flavored with herbs, spices, vinegar, wine
all-you-can-eat, supersize, buffet	a la carte, light menu, salad bar
traditional desserts, cookies, ice cream	fresh fruit and fruit-based desserts
regular soda, sweet tea, sugary cocktails	water, 100% juice, diet soda, seltzer, spritzers

Be prepared when you go out to eat. Healthy choices can be found if you know what to look for and how to ask. *Bon appetit!*

<http://www.heart.org/HEARTORG/>

<http://www.diabetes.org/>