



Safety Bulletin

March 2017

Trucking

Trucking is one of the most crucial and, unfortunately, riskiest jobs in the U.S. Whether you are relatively new to the industry or a savvy pro, remember the basics:

1. Watch your blind spots – it's up to you to exercise caution before turning or changing lanes.
2. Reduce speed in work zones – take your time going through interstate construction.
3. Maintain your truck – do a thorough check every morning.
4. Load cargo wisely – stack lower and spread cargo. The higher you stack, the more drag on the truck.
5. Reduce speed on curves – when going through any curve, set your speed far lower than the posted limit to account for your unique dimensions.
6. Adjust for bad weather – cut your speed down by one-third on wet roads and by one-half on snowy/icy roads.
7. Take care of yourself! Get plenty of sleep, eat right and exercise.

Owner-Operator Quote of the Month

It doesn't get much clearer & simpler than this...
"Drive Safe!"
~ Lawrence Allen, IC with Medallion Transport

On ELD - "It's so much easier, way more convenient! Handwriting is no longer an issue. Time, Date, City – it's all there for you. Just a button push. I love it!"
~Michael Mowry, IC with NHH Services

WANTED

Hear ye, hear ye – we need your clean, violation-free inspections. Any clean level will get you a bonus. These are unlimited to you! Clean inspections make your PSP report shine!

Need Help?

Any questions you have, we'll get you an answer.

We're here for you!

Traveling I-77? Stop In & See Us!

No tricks up our sleeves here folks! We just want to meet you. Breakfast or lunch is always on us! We have plenty of parking and treats ready for your four-legged friend. Conveniently located just off Exit 36. Give us a call and we'll navigate you in. Hope to see you soon! (And come hungry!)

Whoa Nelly! Winter Is Almost Over!

With winter weather conditions nearing an end, it's important to get down and dirty and detail your hard-earned and expensive equipment.

Some of the properties that make chemicals effective in keeping roads clear during the winter are the same characteristics that make them so destructive. Some chemicals absorb moisture which means that even when the weather and your equipment are dry, the chemicals continue to attract moisture and seep into the tiniest cracks.

From frame rails, suspension components, air tanks, fuel tanks, battery boxes and brake shoes...to radiators, steel wheels, brackets and electrical systems. The list goes on and on. Corrosion can seep into air brake systems as well.

Grab a cold Coke and hunker down. Time to do some cleaning!

Need a Wash? We've Cut a Deal With TruckOMat!



Wash	List Price	Discount
Tractor Only hand brush	\$44.99	\$35.99
Tractor HB/Flatbed Spray	\$53.99	\$43.19
Tractor HB/Flatbed hand brush	\$61.99	\$49.59

12 Convenient & Centrally Located Locations Throughout the U.S. A location map is located in your driver packet. Can't find it? Call Driver Services & they'll help you out.

Clean equipment is impressive & may help you avoid a roadside inspection!

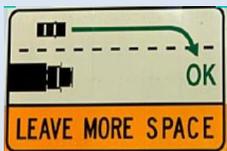
Have Pics of Your Truck?

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

MOST Importantly....

Slow Down! Big rigs don't corner or handle like a Corvette, obviously. Always take corners and ramps very slowly. Who cares if you hold up traffic! The main focus is maneuvering the turn and remaining upright. Travel slowly and maintain control. **Drive Safe!**

Managing Space



Managing space is imperative in order for you to react to hazards on the roadways. Always check the space: Ahead, Behind, to the Sides, Below, Overhead, for Turns and to Enter Traffic.

Time to Test That Ticker...

Q: What starts with E, ends with E, and has only 1 letter in it?

??????????

See page 2 for the answer

Food for Thought

In the last few safety bulletins, the Food for Thought sections focused on healthy eating. Altering your diet and modifying your food choice habits can have a profound impact on your health, no doubt.

This month's focus is on exercise. A convenient exercise routine coupled with a good diet will have you feeling great and in top shape in no time.

Your overall health is imperative!

Safe and professional truck driving is not just a skill. It's an attitude. Drive Safe Y'all!

Food for Thought

Brought to you by Jesse Merrell

At some point in time we've all been here. "Ehhh, I'll go to the gym tomorrow....", "It's been a long day. I'd rather watch TV tonight", "I don't have time to go to the gym". Sound all too familiar? As a trucker, when you add in an ever changing schedule with no nearby gym, exercise may seem nearly impossible. We get it. The fact is though, you can get in a great workout without ever going to a gym. You've got the best gym machine there is. Your rig!

Give some of these a try. You'll be surprised how effective they can be!

- (1) Push-ups – One of the basics. Pick a spot against your truck. Make sure you can extend your legs back leaving enough space to keep your arms shoulder width apart. Bad-da-Bing, Bad-da-Boom! You can get a few sets in while you're waiting on a load.
- (2) Dips – Work those triceps and chest out easily. Try using your tires for support as you lower your body by bending at the elbow. Raining? No problem. Take this easy exercise inside by using the passenger and driver seat for support. Keeps arms closer and your body upright to maximize the triceps or widen your arms and lean forward to work your chest.
- (3) Sit-ups – Avoid unnecessary strain on your back and do these right in your sleeper! Use whatever technique that works best and is comfortable for you.
- (4) Walking – Get some laps in around your truck. Start off steady and work your way into a more intense power walk. Something so simple, that you do every day anyway, can have a powerful effect on lowering weight and cholesterol.
- (5) Resistance Band Exercises - Invest \$15 in a resistance band and you can target major muscle groups like abs, back, chest, legs, arms and shoulders. Try hooking the band onto the truck door to do some rowing exercises.