



Stay Connected!

Safety Bulletin February 2018



With The New Year Underway.....

Take some time to exercise those pesky calories away! From turkeys, to hams, to all the fixins, it's been hard to turn them down! Your health is paramount so take some time each day to stretch and get a little exercise in. Whether you're at a truck stop, or waiting to load/unload, use your surroundings and equipment to your benefit.

THE DRIVER'S WORKOUT Pumping up while on the road.



Check out page 2 of this month's bulletin for some sample exercises you can do anywhere.

Distractions Beware – They're Everywhere!

Distractions can come from inside and outside your truck. Stay focused on the road ahead! The motoring public depends on you!

- *Do not let objects outside your truck distract you. Aim to minimize the amount of time you spend looking at billboards and other advertisements.
- *Don't touch that phone! Whatever text or email that has come across can wait. Any calls that have to be taken must be hands-free.
- *Do not read, write or use paper maps while driving. Many newer GPS units allow you to enter an address with your voice only. This helps keep your eyes on the road while still allowing you to get your route information.
- *Avoid eating and drinking when driving. Think about it – doing so will take one hand off the steering wheel. Eat before you head out or when you take your breaks.

How About Some Hands-On ELD Sessions?

You've got your ELD; you've been running it for over a month, so now what? How about some hands-on Q&A training sessions? Bring your device and let's continue learning together!

The ELD team is working on arranging classes throughout the U.S. Absolutely everyone will benefit. Drivers, Equipment Owners & Agents – everyone is welcome to attend.

We will soon announce the first few dates and locations so keep an eye out for that email! As with any get-together, come hungry! We'll review, learn from one another and settle that growling stomach 😊 We look forward to seeing you!

"I always feel like, somebody's watching me....."

Come on, you know this ditty! Just to clarify, issued dash cams are forward-mounted only. We aren't watching you. We strongly encourage the use of them as they protect *your* professional career and invalid liability claims. You can run your own if you prefer, but please use them. They are priceless!

Get Familiar Before You Encounter Unfamiliar Roadways

Often times your trips will take you to places you've never been before. Before you head out, make sure you research your route and plan your trip. Not only will this help familiarize yourself with where you are going, but it can also help you stick to your schedule and prevent distractions later, by trying to figure out directions. Use navigation systems or other technology appropriately by pulling safely off the roadway or do so when you take your break. Never use a handheld while operating your truck!

Tips:

- (1) Review Maps and Plan Your Route Before Driving
- (2) Do Not Suddenly Change Your Direction of Travel – If you're about to miss your turn or exit, pass and find a safe place to turn around
- (3) Signal Your Intentions – Use your turn signals and scan the roadway thoroughly before you make a lane change or turn

As Always – Drive Safe!

1. **STRETCH AND A WARM-UP LAP.** First, stand up straight with your feet together, breathe in and raise your arms over your head slowly for a count of four. Slowly exhale for a count of four, lowering your arms to your side. Repeat five times. Second, stand with your feet shoulder-width apart and your knees softly bent. Slowly bend at the waist and let your arms hang loosely toward the ground. **Never bounce.** Breathe slowly and deeply for three breaths. Slowly straighten back up keeping your midsection tight and your back straight. Repeat five times. Then, jog one lap around your truck.
2. **10 PUSH-OFFS FROM YOUR TRUCK.** Place arms shoulder-width apart and legs are hip-width apart. Stand three feet away from your rig; place hands on your fender and push off slowly as you count to 3, never taking your hands off of your truck. Repeat 10 times.
3. **10 STEP UPS.** Move to the steps of your rig; step up with one leg and back down and up with the other. Should you need help (bad knees) use the grab-handle on the side of your cab to help balance yourself and for added support coming up. Remember to use your legs as much as possible and not your arms. Repeat 10 times.
4. **10 SQUATS.** Move to the front of your truck, position legs hip-width apart and hold onto your bumper and on a count of three slowly squat down as if you were sitting on a chair. Slowly raise yourself on a count of 3. Remember to keep your core (stomach) muscles tight and engaged. Repeat 10 times.
5. **10 BICEP CURLS.** Using two one-gallon water jugs filled with water depending on your personal strength. You want enough weight for resistance to perform at least 10 repetitions with each arm. Stand straight keeping your stomach muscles tight and do not lock your knees! Curl water jugs at the same time to chest height. Squeezing your biceps once you reach the top, lower jugs while maintaining resistance on the way down. Repeat 10 times.
6. **10 SHOULDER LATERAL RAISES.** After a proper warm-up, use two one-gallon water jugs filled with water depending on your personal strength. You want enough weight for resistance to perform at least 10 repetitions with each shoulder. Stand straight keeping your stomach muscles tight and do not lock your knees! With elbows slightly bent, raise water jugs out from your sides at the same time until elbows are shoulder high. Lower jugs and repeat 10 times.
7. **10 FRONT SHOULDER RAISES.** Stand straight keeping your stomach muscles tight and do not lock your knees! With elbows slightly bent, raise water jugs in front of you at the same time until elbows are shoulder high. Lower jugs while maintaining resistance on the way down. Repeat 10 times.
8. **10 TRICEP PUSH-OFFS.** Use the same form as regular push-offs. Move your hands closer together, thumbs touching and push off using your triceps. Repeat 10 times.
9. **10 ROWS.** Bend over so your back is parallel with ground and put one hand on your tire for support. With the other hand, slowly bring a filled water jug up to your side and then back down. Switch sides. Repeat 10 times on each side.
10. **LAPS.** Without stopping, take another lap around your rig. Repeat as many as many times as your personal condition level will allow you. NEVER overdo it!