



Safety Bulletin

January 2017

Owner-Operator Quote of the Month

"I never thought I would like this but I love it"

~ On Keep Truckin' Electronic Paper Logs

Christopher Gordon/NHH Family Member Since August 2016

Food For Thought

Eating healthy and finding the time to exercise feels nearly impossible sometimes, right? We all get it!



Healthy living is a journey that evolves over time. Check out page two of this month's bulletin to read more.

Your health is important!

ATTENTION ATTENTION ATTENTION

Most Accidents Can Be Prevented

There is a lot you can do to reduce and/or eliminate your possibility of being involved in an accident.

*Keep your eyes scanning at all times

*Don't drive distracted

*Don't make unnecessary lane changes

*NEVER use a hand-held device

*Keep you dash camera rolling

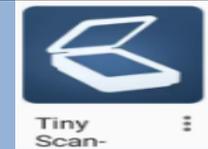
The motoring public depends on you as the professional driver!

~ DRIVE SAFE & STAY ALERT!

Looking For an Alternative from the Normal Transflo?

Get your paperwork turned in using multiple methods

Drive Axle



Keep a Close Eye on Tread Depth!
You can bet the Roadside Inspectors do!

Tire violations are most common and can be prevented easily.

Do you know we have a National Tire Account Program? Call Driver Services (704-235-0460, Option 7) for more information. Don't Wait Until It's Too Late - Plan ahead!

Like Custom Signs? We Do Too!

Just Remember:
FMCSR 390.21 highlights:

- 1) The legal name of the MC must be listed correctly.
- 2) USDOT must precede the correct DOT number
- 3) Must read "Operated By", not "Leased To"

A FRIENDLY REMINDER

Annual MVR Certifications Due Now
All Annual MVR Certification forms must be completed, signed and returned to Safety by January 11, 2017. Please let Anita know if you have any questions. (704) 235-0460 x. 1018 Anita.hollister@medalliontrans.com

Monthly Maintenance Forms

The MMFs are required by the FMCSRs and are due by the 15th of the month for the prior month.

****Please Note****

Federal Agents frown heavily on these reports listing "None" month-after-month. We need to see, and the Feds expect to see, preventative maintenance. Copies of repair receipts, invoices, etc. confirm how you keep up with your equipment.

Feds LOVE to see thick files!

Please remember to send these in.

AOBRD/EOBR/ELD - What's the Difference? In a Nutshell...

AOBRD - Automatic On-Board Recording Device - has been around since 1988 and is still a part of the FMCSA (Federal Motor Carrier Safety Administration) current regulations.

EOBR - Electronic On-Board Recorder - became common in the early 2000s and was a technical term for the FMCSA regulations until those were vacated in 2012 and replaced with ELD.

ELD - Electronic Logging Device - is the newest official term and was created by the 2012 Moving Ahead for Progress in the 21st Century (MAP-21) bill passed by Congress where they mandated that the FMCSA create new rules for ELDs and their use by drivers and companies.

Use any term and acronym you want, but remember one thing. Whatever you're using must comply with current FMCSA regulations.

Want to know more?? Please visit:

<https://www.fmcsa.dot.gov/hours-service/elds/faqs>



Food for Thought

Brought to you by Jesse Merrell

As the New Year approaches people throughout America begin to think about their New Year resolution. And for most of us it's the same story every year.....we are finally going to lose that extra 20 that has been hanging around since Reagan was in office. An admirable goal, and heartfelt for most, but sadly by Jan 3rd most of us are back at the Taco Bell wolfing down a quick taco before we load, or hustle home to the family. We all know that eating healthy is tough and finding time to exercise is nearly impossible, throw in the fact that we work in one of the most stressful and irregular businesses in the world and you've created quite a challenge.

Recent studies by the FMCSA have shown that the life expectancy of an over the road truck driver is currently 16 years shorter than that of the national average. There are many factors that contribute to this number and we all know that dispatch has to be the cause for at least 8 of those years! But the other 8 is the 8 that I want to talk to you about.

The biggest mistake that many of us make concerning health is creating goals that simply aren't reasonable. Healthy living is a journey that evolves over time. It is important to start with small attainable goals and in time you will adapt these changes into your daily routine. The best and easiest routine to begin with is 20 minutes of walking per day. This can be done when you stop to check the tires, while waiting to get loaded, or when you quit for the day. This small amount of exercise provides the following benefits: Reduce belly fat, reduce the risk of type 2 diabetes, reduce the risk of premature death by 33%, and reduce the risk of heart attack and stroke by nearly 10%.

If you are interested in learning more below is a couple quick links that you can check out.

www.healthytruckingassociation.org

www.drivinghealthy.org