

Terminal Transport July 2019



Operation Safe Driver Week

During the week of **July 14-20**, the Commercial Vehicle Safety Alliance will hold its annual Operation Safe Driver Week event, with law enforcement personnel being on the lookout for commercial vehicle and passenger vehicle drivers engaging in dangerous driver behavior.

Drivers engaged in unsafe driving behavior will be pulled over by law enforcement and may be issued a warning and/or citation. Each Operation Driver Week has a point of emphasis for enforcement and this year's emphasis is on speeding.

- Drivers' actions contribute to 94% of all traffic crashes.
- 2017 – Speeding contributed in 26% of all traffic fatalities according to NHTSA.
- That's 9,717 lives lost due to speeding.
- During last year's Operation Safe Driver Week, 16,909 passenger vehicle drivers and 1,908 commercial motor vehicle drivers were issued citations for speeding. In addition, 17 commercial motor vehicle drivers and 714 passenger vehicle drivers were cited for driving too fast for the conditions.
- According to the Insurance Institute for Highway Safety Highway Loss Data Institute, speeding has been a factor in more than a quarter of crash deaths since 2008.
- According FMCSA's 2016 Large Truck and Bus Facts, speeding of any kind was the most frequent driver-related crash factor for drivers of commercial motor vehicles and passenger vehicles.
- For these reasons, CVSA selected speeding as the emphasis area for this year's Operation Safe Driver Week and law enforcement jurisdictions throughout North America will be endorsing, promoting and supporting the following message: **Late won't kill you, speeding will.**

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Reminders!

-
- ❖ Turn in completed trips ASAP
 - ❖ Penske Drivers call Brent before calling road service ALWAYS!
 - ❖ Never break a customer's seal until told to. *Every load must have a seal.*
 - ❖ Every load needs to be secure; *use your straps to secure your freight.*
 - ❖ Sign all Bills of Lading and make sure they say Terminal Transport.
 - ❖ Put Trip Number On Paperwork.
 - ❖ GOAL – Get Out And Look before backing up! ALWAYS!
 - ❖ Please advise service date on trailer after empty call.
 - ❖ Your load is not empty until trailer is swept out!

CSA

Unsafe Driving	3.10
Crash Indicator	.32
Hours of Service	.10
Maintenance	2.52
Controlled Substance	0
Hazmat	0
Driver fitness	.08

Incidents of damage in the past month:

*Trailer scraped 2x vehicles
Preventable
\$2500*

*Trailer damage caused
by other carrier
\$250*

*Cosmetic damage to
Terminal Trailer
\$200*

(1 preventable, 2 non-preventable incidents)

Remember safety is no accident!

Vehicle Maintenance & Driver Care

It is the driver's responsibility to be sure that the truck is in safe operating order. When drivers have an issue, they should inform Safety & Dispatch to schedule to get it fixed. It is essential that tires, lights, along with brakes are adequately maintained. The benefit of regular preventive maintenance and also safety inspections can aid in finding likely issues before they present a problem during the trip. Performing a pre-trip inspection can aid in preventing mechanical breakdowns along with accidents. This can ensure the truck is in good operating order and compliant when it comes to state and federal regulations.

The importance of truck maintenance and care is emphasized; however, driver care is also very important. Drivers often travel far distances to reach their destination. It is important that you are well rested. Taking proper care of yourself and not feeling too tired during a trip provides for a safe journey. Fatigue can lead to accidents. It is important that you take care of yourself to aid in better handling of situations out on the road. A well-rested driver will be able to fight fatigue and be careful when using any medications during cold and flu season, they can often lead to drowsiness and you could doze off to sleep. This becomes a huge threat and can lead to significant consequences.

Now that you have conquered getting adequate sleep. Just 15 minutes a day of exercise can make all the difference in your physical health, paired with eating healthy. It may seem that there is a never-ending battle to the dilemma of getting healthy food on the road.

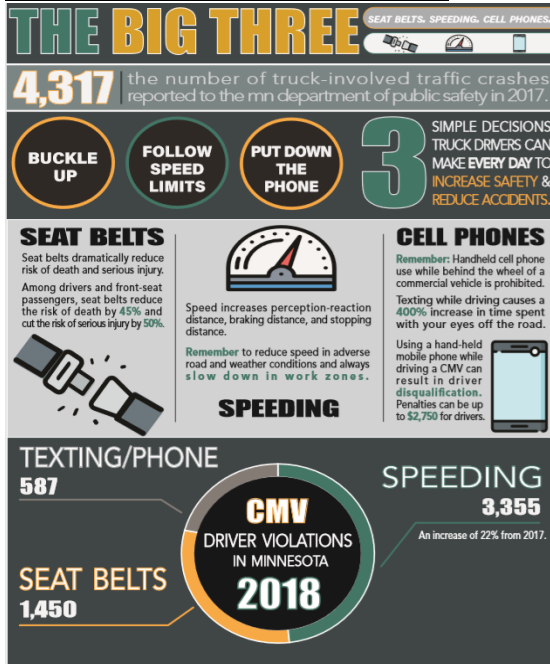
While driving the highways across the country, there are not many signs for healthy food options. Truck stops are full of McDonalds, Chick-fil-As, and Taco Bells among others. Not only are most of the food options full of empty calories that cause weight gain, they are mainly comprised of carbohydrates and sugars. Carbohydrates and sugar aren't entirely bad for you if you consume them within reason. However, if your afternoon snack consists of a Twinkie, bag of potato chips and a soda then you might have more problems than just an expanding waist line! A diet full of too much carbohydrates and sugar can lead to many health conditions such as obesity and diabetes. Too much sugar can also lead to sleepiness, which is obviously not good for you if you still have a 5-hour drive to your next off-load. When we feel tired and need a little mid-afternoon pick up, we tend to reach for a can of soda or candy bar. The sugar gives a quick burst of energy, but then it fizzles as quickly as it came, leaving us more tired than before. Several studies have indicated that protein-rich foods can increase cognitive performance and leave us feeling full longer.

Foods For The Road!



- **Healthy Snacks for the Road:**
- Fruit with Nut Butter or Veggies with Hummus
- Hard boiled Eggs
- Unsalted Mixed Nuts or Trail Mix
- Yogurt (or Cottage Cheese) with Granola and/or Berries
- Deli Rollups or Veggie Wraps
- Beef or Turkey Jerky, Deli Meats, Tuna
- Whole-grain crackers, Cheese/String Cheese, Popcorn

DRIVER SAFETY AWARENESS



Safety practices need to be a part of everyday life for there to be a safety culture within a company. With input from the MN State Patrol and FMCSA, they created “The Big Three” as a reminder of three simple decisions drivers can make to uphold our industry’s commitment to safety on the roads and reduce accidents.

- **Buckle up**
- **Follow speed limits**
- **Put down the phone**

“Driven Professionally”

“Professional/ Professionally” – The dictionary defines “Professional or the adverb Professionally” as “someone engaged in or worthy of high standards, a person who does something with great skill”. On all our truck doors, we have the words stenciled “Professionally Driven”. You look at that or should see it every time you open the door to the truck. I have it there to remind you that you are a professional and that the standard that I expect you to hold is of high standard. This does not mean that you do one or two things with great skill but in fact you do everything while operating that vehicle with a skill and degree that is above the average. We do not strive for mediocrity but to be the best at what we do. We provide you with the best equipment on the road and the latest in technical equipment to help and assist you in doing your job on the road. What I expect from you is for you to do your best as a professional.

Always drive defensively, pre-trip and post-trip your equipment to make sure it does not have any defects which would cause a safety issue or delay you on your trip. Be observant in traffic, assess the situation and drive accordingly. This means keeping the equipment clean and functioning, making sure you are doing your part to maintain the cleanliness of the truck and trailer, present an image of the professional organization that we strive to be. Maintain personal hygiene and a clean and neat appearance to show our shippers and consignee’s that they are dealing with and using a professional organization. Remember you only get one chance at a first impression.

We have had several accidents this year that do not meet the standards that have been set. Drivers not paying attention to the conditions around them, not focused on defensive driving. As we go into the second half of the year, I would like all of you to focus **every day every hour** on being the professional that we expect.

Roadside Inspection

Congratulations to the following drivers for clean inspections. They received extra \$\$\$!

June:
*Keith Jadwinski
Brad Wittwer
Aggie Wilcox*

Do a thorough pre/post trip including checking your dates of service and annual inspections. Follow the rules of the road, scale your loads, and follow the rules for hours of service.

Long Idle Cost

So much unnecessary fuel is burned every day from long idling times. To put this in perspective, we will show how many gallons are wasted each month, and how that translates into actual \$\$\$!

June:
*# of Gallons Burned:
2126
Average Fuel Cost:
\$3.00
\$\$ Wasted:
\$6,378*

*Thanks for your efforts
Watch your idle times! Since it counts toward your monthly bonus, cutting your idling means more money in your pocket!*

Terminal Transport

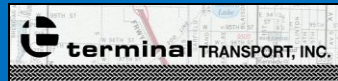
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Monthly Events

**WELCOME TO
MIDWEST EXPRESS:**

We would like to extend a warm welcome to the employees of Midwest Express that are joining us this month. The owners of Midwest Express were looking to retire and so they will be winding down their company and we will be adding the management, operations, and drivers to Terminal Transport, Inc. effective July 1st, 2019. Midwest Express was based in Plover, WI and has a shop, office, and yard right off I39, just south of Plover. We look for them to assist us in our maintenance and growing our driver pool in that area. We have been working with Midwest through our logistics group for several years so are very familiar with the drivers and the service that they provide. Based on their customers, they have provided excellent service in the upper Midwest and we look forward to them serving our customer base with the same quality.

Office Staff:

Rob Everman
Dean Thompson
Patti Fennig

Shop Staff:

Don Heintz
Dave Ryskiewicz
Keith Sharp

Company Drivers:

Jeff Bach **Chris Deptula**
Mike Riemer **Frank Shore**

Flying J/Pilot Locations:

Now Open: Pilot #433
& **Flying J #726** in Dallas, TX.

Now Open: Kingman, AZ
Truck Care Service Center – at
Store #610, I-40, and Exit 53.

- Open 7 days a week (6 am. - 10PM). On-Call 24/7 for onsite service.
- 2 Full Bays
- \$99 Flat Labor Rate
- Light Truck, Trailer & Electrical Repair
- Preventative Maintenance

New Locations:


Flying J #1206
700 E. HWY 302
Kermit, TX. 79745
Pilot #96
FL Turnpike, Exit 9
3051 State Road 60
Okeechobee, FL 34972
Pilot #1145
11501 State Highway 191
Midland, TX 79707
Pilot #1205
4840 E. I-20, Exit 80
Monahans, TX 79756



George Spivey – 7/5
Corbette Charpentier – 7/6
Mario Gonzales – 7/11
Kevin Miller – 7/24
John McGinnis – 7/24
Andy Wells – 7/26

Anniversaries
Dave McWilliams -
(1 Year)
Thank you for being
a part of our Team!

Safety Bonus Program – Clean Roadside Inspections & Employee Referral Earn You \$\$

10,500 miles threshold	10,500 miles or more	\$200	<p>Note: TLC Driver Referrals Refer your friends & acquaintances to TLC. Every qualified new driver hire you refer earns you \$200. Terminal Transport – referral earns you \$500. Refer a good driver today and put \$\$\$ in your pocket!</p> 
Moving MPG	Determined threshold	\$50	
Long idle	Under 20%	\$50	
HOS compliance	0 violations	\$50	
No citations, accidents, incidents	0 incidents	\$50	