

# W.W. Transport INC.

## Safety Newsletter

August 2018



### JULY SAFETY LEADERS

#### Congratulations to this month's Safety Leaders!

Ralph Cox- Columbus  
Dwain Guyton- Refrigerated Division  
Richard Hough- Heavy Haul  
Robert Locke- Columbus  
John Maycock- South Texas  
Karl Newsom- Burlington  
Peter Rompilla- Norcross  
Michael Sheppard- Burlington  
John Wolf- Wood River  
Reuben Cooks- Burlington

Gerald Geddings- Dowagiac  
Stewart Hamlett- Wood River  
Richard Lambert- South Texas  
David Lovell- Burlington  
Michael Neally- Tampa  
Nicholas Pena- North Texas  
Neil Rumford- North Texas  
Samuel Shute- Wood River  
Brenda Wyatt- Burlington  
John Cornick- Burlington

Keep up the great work!

### Wellmark Blue Cross and Blue Shield Announcement.

#### Scam call notification

We've been notified by Wellmark Blue Cross and Blue Shield that some individuals are receiving robocalls that falsely claim to be from "Blue Cross Blue Shield." These calls may be trying to sell insurance products or collect personal information from you. Neither Wellmark Blue Cross and Blue Shield nor Blue Cross Blue Shield Association are making these calls.

#### If you receive a call

If you receive a recorded call claiming to be Blue Cross Blue Shield, it is likely fraudulent or malicious and you should hang up immediately. Do not respond to prompts to "press 1 to speak to the operator or get your name taken off the list," and do not provide any personal information. We recommend blocking the numbers of the robocalls you receive from calling your cell phone, although these callers may continue to call you from other numbers or use "spoofing" technology that makes the same calls appear to come from different numbers.

#### When Wellmark does call

There will be times when Wellmark may call you---following up on a claim inquiry, as part of your care management, or maybe with survey questions. However, they will always identify themselves as Wellmark Blue Cross and Blue Shield and would never ask you for your financial information.

#### Reporting scam calls

To report malicious or suspect robocalls and telemarketers, contact one or all of the following federal agencies:

- The Federal Trade Commission at: <https://consumercomplaints.fcc.gov/hc>
- The Federal Bureau of Investigation, Internet Crime Complaint Center (IC3) at <https://www.ic3.gov>

#### Protecting yourself

Be sure you're keeping your information safe on the phone and online. There are simple steps you can take to protect yourself. To learn more, check out this series of helpful articles from Wellmark.com

### Updates in benefits: Effective Jan. 1, 2019

In an effort to improve our driver experience, W.W. Transport, Inc. will soon be implementing a few changes to our percentage driver benefits effective January 1<sup>st</sup> 2019. Beginning next year, percentage drivers will see their annual vacation benefit increase. In addition to this upgrade, percentage drivers will also soon be eligible to receive a quarterly performance bonus. These exciting new updates are excellent additions to our current safety bonus pay of \$1000, that all drivers are eligible for, as well as our recently improved driver referral bonus of \$1000. Stay tuned for updates!



## August Milestones

We appreciate your work for all these years and many best wishes on the anniversary of your service this August!

Roger Triplett, 20 years! Wood River, IL  
Matthew Dean, 12 years! Burlington Shop  
Kevin Fowler, 11 years! Flatbed Division  
Jasper Palmer, 7 years! Burlington, IA  
James Dougherty, 6 years! Commerce City, CO

Dean Schneider, 17 years! Burlington, IA  
Bill Brown, 11 years! Burlington, IA  
James Crandall, 7 years! Burlington, IA  
Seth Haden, 7 years! Burlington Shop  
Reilly Wagenbach, 5 years! Reefer Manager

### Fighting Fatigue



It is estimated that approximately 60 percent of Americans are sleep-deprived most of the time, including commercial drivers. A driver can minimize the negative impact of fatigue by better knowing how to anticipate its onset and understanding that reaching for that cup of coffee or energy drink is not always the best option.

Drinking a cup of coffee or an energy drink may be minimally effective for short periods of time, but reliance on any type of stimulant will eventually backfire because it does not properly restore the brain to its normal alertness level. Only sleep can accomplish this. A nap is more effective at the onset of fatigue, but should last no more than 45 minutes if you need to wake up refreshed.

Studies have found that people who get plenty of rest live longer than those who don't. It has been found that people who sleep six or less hours each night rather than seven or eight hours have a 70% higher death rate. In other words, your body needs proper rest.

Within about five minutes after you drink your morning coffee, the caffeine begins to stimulate your central nervous system, triggering the release of stress hormones in your body, causing a stress ("fight or flight") response. Within the next hour or so, after the stress response dissipates, a driver will probably feel more tired and hungry. At these low-energy times, many people reach for another cup of coffee, or eat a snack that is often high in sugar to "pep up" and stay alert. However, both caffeine and sugar only give you temporary feelings of increased energy, which quickly fade away.

Other suggestions for fighting fatigue include:

- Plan your trips to include regular times of rest.
- Get the amount of sleep you require in one stretch, if at all possible.
- Take a short nap when feeling the onset of fatigue.
- Understand the effects of caffeine and stay away from stimulants stronger than a cup of coffee.
- Do not accept loads that will require you to exceed hours-of-service limitations.
- Eat healthy meals.
- Exercise regularly.
- Drink plenty of water

**REMEMBER...** Sleep is the best medicine for combating fatigue.

### Employee Spotlight



#### Paul Baker- Ogden, UT

Paul Baker is a member of our Bulk Flour team in Ogden, Utah and has been with us since the day after Christmas, 2017. Paul has been in the trucking industry for over 3 years now and has worked both regionally and over-the-road across the United States. His favorite part about working for W.W. Transport is the home time, "Getting home more, that's the reason I came over, and Mike is a good guy," Paul said, referring to his manager Mike McLaughlin. Paul hauls flour locally in the Salt Lake City and Northern Utah region about 50% of the time, the other half is spent traveling over-the-road to stops in Nevada, California, and around the region. Paul's advice to new employees is to "take it slow, learn from people who have been here longer, and make sure you ask questions."

### Earn some extra cash!

With our driver referral program, a quick convo could land you \$1000 in your pocket!

Call for details  
319-768-5545

[DriveWW.com](http://DriveWW.com)

