

W.W. Transport INC.

Safety Newsletter

February 2019



JANUARY SAFETY LEADERS

Congratulations to this month's Safety Leaders!

Gordon Daniell- North Texas
Brian Grisham- Burlington, IA
Kirk Lockwood- Norcross, GA
Harold Ribble- Martins Creek, PA
Leroy Sisco- Refrigerated Division
Julio Torres- South Texas

Anthony Gonzalez- Heavy Haul
Jay Huskey- San Marcos, TX
Richard Patton- Wood River, IL
Donald Ruby- Camp Hill, PA
Marvin Thompson- North Texas

Keep up the great work!

Stress Management

Common job stressors include a heavy workload, intense pressure to perform at peak levels, job insecurity, long work hours, excessive travel, office politics, and conflicts with co-workers. While dealing with stress is a normal part of everyday life, the following warning signs serve as red flags, alerting you to stress on the job:

- Insomnia.
- Anxiety or depression.
- Low morale.
- Short temper.
- Headache.
- Stomach or back problems.



The good news is that it is possible to manage job stress by becoming aware of what increases or decreases your level of stress.

- **Take a break:** To release stress, make time to take a break. Taking a walk or talking to someone may help you to gain a fresh perspective.
- **Healthy eating:** By eating healthy, your body will feel better leading to reduced stress levels.
- **Exercise:** This is a great way to relieve some stress while adding activity to your weekly routine.
- **Set a budget:** Much of daily stress has to do with financial concerns. By understanding how much money you make, what your bills are, and the costs for food and other items, you will have a better understanding of where you are financially and where you spend the most money. This will also help you see where you have the ability to save money.
- **Humor:** Humor is a great relaxer. Listening to a comedian can help take your mind off the stressors in your life.
- **Deep breathing:** If you notice yourself getting stressed, stop and take three deep breaths. This helps you gain perspective and think before reacting to the situation.
- **Plan and prioritize:** Do not panic, set realistic deadlines, do not rush into the first idea you have, and always have an alternative plan.
- **Focus on what you can control:** Create a list to prioritize your work. Break larger tasks into smaller, more doable steps. Understand that things like traffic and detours are out of your control.

Driving at Night

Only one-third of driving occurs after dark, but two-thirds of fatal accidents happen at night. With only headlights to light your path, your vision is limited to 300 ft. ahead. If an object is dark in color or non-reflective, you might not see it before it is too late to react safely.

SEEING IN THE DARK

Your eyes are unable to process information as effectively in dark conditions and in the half-light of dawn and dusk. It is more difficult to gauge distances in the dark, and trying to do so increases eye strain. The glare of the rising or setting sun may also impair vision.

SAFE PRACTICES FOR DRIVING AT NIGHT

Keep your windshield clean. A light film of dirt can reduce visibility by as much as 40%. Dirty windshields can also create glare.

Avoid overdriving your headlights. Monitor speed to assure your required braking distance does not exceed the range of your lights.

Be considerate:

- Lower your high beams when you see an oncoming vehicle.
- Use your flashers to warn following traffic of upcoming obstacles.
- Take curves carefully and expect the unexpected in blind spots.





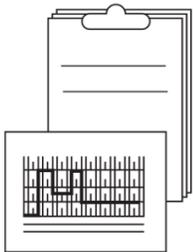
February Milestones

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

Michael Thompson, 25 years! Burlington, IA
Jerry Cokel, 18 years! Cement Division
Gary Cochran, 13 years! Wood River, IL
Daniel Darragh, 7 years! Martins Creek, PA
David Shryack, 7 years! Burlington, IA
Dan West, 6 years! Bulk Operations Manager
John Tackett, 5 years! Camp Hill, PA

Jeff Bigger, 20 years! Flatbed Dispatcher
Michael Torrance, 15 years! Burlington, IA
Teren Trail, 9 years! Cement Division
James Lickliger, 7 years! Wood River, IL
Ronnie Quintanilla, 6 years! N. Texas
Marissa Crews, 5 years! Recruiter

Hours of Service: *Paper Logs*



When the new Electronic Logging Device (ELD) mandate was rolled out, some drivers thought they would be able to toss their paper logs in the waste bin and, in fact, some did. The truth is, one of the main requirements associated with the ELD mandate is making sure that you have a backup set of paper logs. The requirement states that a driver should have at least an 8-day supply of empty paper logs in case of an elog device malfunction, with the use of paper logs limited to no more than 8 days in a 30-day rolling period. Recent vehicle inspections have shown that officers are checking for backup logs and issuing hours-of-service (HOS) violations based on whether or not the driver has a sufficient amount of paper logs available. To avoid an unnecessary violation, during your next pre-trip inspection, take a look inside your cab and make sure that you have a backup paper logbook in your vehicle, if you don't, contact your dispatcher to secure one. It could mean a clean inspection and \$50 gift card, or an easily avoidable HOS violation.

Local Road Hazards



Driving in cities, towns and remote areas can pose unique and unknown challenges. Incidents involving tight corners, hills, obstructions, overhead hazards, as well as unpredictable pedestrian issues are common in these areas, resulting in: business interruption, missed or late deliveries, and product or property damage.

Preventing issues like this come down to following simple steps:

Plan ahead:

- Know your route and what issues and areas to avoid.
- Plan your route of travel and know your way in and out of an area.

Don't go if you don't know:

- If you encounter an obstacle or questionable situation, stop and don't go until you are sure there are no issues or potentials for loss.

Stay in Communication:

- Immediately communicate to your manager or dispatcher any areas of concern or trouble for advice and assistance as needed.
- If you have any questions, check with local authorities, Dept. of Transportation or other drivers that have travelled in the area.