

December Safety Leaders

Congratulations to our Safety Leaders!

Carlton Miller- Flatbed Burlington	Kyle Myers- Wood River, IL
Clark Rissmiller- Martins Creek, PA	Otis Rodgers- Tampa, FL
Joshua Thornton- Cedar Rapids, IA	Bruce Yarbary- Commerce City, CO
Jack Yentzer- Camp Hill, PA	

Keep up the great work!



CNG: Is Your Tank Full?

With approximately 65% our fleet of trucks consisting of Compressed Natural Gas vehicles, there is a good chance you will find yourself behind the wheel of a CNG truck at some point in your career with W.W. Transport. Compressed Natural Gas (CNG) is a clean burning fuel which benefits include: lower maintenance costs, higher efficiency, significantly less pollution, and (because it is domestically produced) supports the U.S. economy.

Due to the expanding and condensing nature of natural gas molecules, the psi of a full tank will change depending on the outside temperature. What this means is, as the temperature outside drops, the pressure in a full tank will also drop. For example, in 90-degree weather, your full tank will read 4000 psi. In 5-degree weather, it will show full at 2500 psi. This is important to note, especially during the winter, so that you are confident you are driving with a full tank of fuel.

Below is a handy chart to compare the current temperature with what you can expect your full tank pressure to be.

CNG TEMPERATURE COMPENSATION CHART

DUE TO THE EXPANDING AND CONENSING NATURE OF NATURAL GAS MOLECULES, THE PSI OF A FULL TANK WILL CHANGE DEPENDING ON THE OUTSIDE TEMPERATURE.

Temp F°	Full Tank PSI	Temp F°	Full Tank PSI	Temp F°	Full Tank PSI
115	4400	65	3500	15	2700
110	4300	60	3400	10	2600
105	4200	55	3300	5	2500
100	4100	50	3200	0	2400
95	4000	45	3200	-5	2400
90	4000	40	3100	-10	2300
85	3900	35	3000	-15	2200
80	3800	30	2900	-20	2100
75	3700	25	2800	-25	2000
70	3600	20	2700	-30	2000

Snow kidding!

You might have noticed almost everywhere in the U.S. has been covered in snow this year. Even folks in Florida haven't been able to escape the winter weather. And it's not over yet, statistics show that the months of January and February are the worst when it comes to snowfall for most states, meaning you need to take extra precautions while traveling for work every day.

Before driving, spend a few moments taking preventative actions before getting into your vehicle and while traveling in the snow.

- Do a pre-trip inspection of your windshield wipers, front headlights, back headlights, window defrost, tires, and brakes prior to driving.
- Have an emergency kit for your vehicle that includes jumper cables, flashlight, flare, first-aid kit, blanket/sleeping bag, snow shovel, boots, packaged/canned food, water, and sand bags for added traction.
- Expect delays and leave 45 minutes prior to your normal departure time for work.
- Be a defensive driver! Reduce your speed and extend the following distance between you and the car ahead to no less than 6 car lengths for city driving and 12 car lengths for highway driving.
- When braking, be sure to ease your foot on the brake and to make, no sudden movements while stopping.

Stay warm, safe, and have a Happy New Year!

Employee Spotlight

Congratulations
on your Milestone!

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



Name: Don Ward
Hometown: Columbia, South Carolina
Division: Reefer
How long have you worked at W.W. Transport? 5 years
Favorite hobby?
Likes to fish, and watch sports and movies.
What is your favorite part about working at W.W. Transport?
Flexible hours, allows you personal time off. The opportunities to make a great paycheck.
What advice do you have for new drivers at W.W. Transport?
"You have the opportunity to drive great equipment and make a great paycheck, so hang in there."

Jacqueline Drew- 12 years! Burlington Office
Lyn Knepp- 7 years! Burlington Shuttle
Kyle Weave- 5 years! Burlington Office
Mickey Seay- 5 years! Ohio Tank Wash

IMPORTANT Updates to DOT Drug Testing Requirements!

Drivers and all managers... Please be aware that there are some changes in the Federal Regulations and these changes are already in effect as of 01/01/2018!

The addition of the semi-synthetic opioid drugs is intended to address the nationwide epidemic of prescription painkiller abuse. Hydrocodone, hydromorphone, oxycodone, and oxymorphone are Schedule II controlled substances and are more commonly known as Vicodin, OxyContin, Lortab, Norco, Percocet, among others. DOT still refers to its drug testing panel as a 5-panel, but the term "opiates" is being changed to "opioids" and now will include these four synthetic substances in addition to heroin, morphine and codeine. The Department of Health and Human Services explained that the four prescription pain medications were added to the standard testing panel because data indicates that although they are prescribed, they are the prescription pain medications that are most frequently used without medical authorization.

Please understand that although you may have a prescription for these medications, you will test positive by the MRO. It will require an MRO review and may require additional steps to determine if this is a negative or positive which has to do with dose and concentration in the doors system. As part of this review the donor has up to 5 days to talk to their doctor and may need to arrange for their doctor to have a conference with the MRO as part of the review. The MRO has an expanded role to do the interview with the prescribing doctor and ultimate authority to say if the driver must stand down if you are taking any of the above-mentioned medications until you doctor can get you on another course of treatment.

Driver... if you are taking any of these medications, you MUST inform you doctor about your job requirements. Your job requires you to be alert and always able to react quickly. These types of medications slow down the user's system... they can make you feel fatigued and groggy.

We do not know how all of these changes will play out at this time, however, this is the information that has been provided to us through our TPA who has met with an attorney regarding the above matter. Again... these changes are effective immediately. If you have any questions, feel free to contact me at 1-800-936-6770 (ext. 111).

Wishing you all a Happy and Safe New Year!

Randi Gerling / HR



On 1/16/18, John Allen (Martins Creek, PA) was involved in a near collision with a vehicle that lost control due to the icy weather. The vehicle hit the guard rail and spun across the three-lane highway. John was able to maneuver his tractor-trailer around the driver in front of him who was stopped, maneuver around the out of control vehicle, and come to a complete and safe stop. John used these safe driving principles to avoid the dangerous crash and potentially saved lives in the process.

- **Aim high in steering-** He scanned ahead and noticed the vehicle losing control.
- **Keep your eyes moving-** He maneuvered past the stopped driver while paying attention to where the out of control vehicle was traveling.
- **Leave yourself an out-** John, noticing the icy weather, kept distance between his vehicle and traffic, and was able to use the space to maneuver safely.

We are glad John is safe, and thank him for being a safe driver!