



**OCTOBER  
SAFETY  
LEADERS**

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

William Abramowitz- Martins Creek, PA  
Rodney Eaton- Flatbed Division  
Edward La Bruyere- Wood River, IL  
Todd Lindsay- Wood River, IL  
Tony Rumble- Tampa, FL  
Ray Shroyer- Wood River, IL

Douglas Davis- Wood River, IL  
John Egelhoff- Cement Division  
Trent Linkin- Ethanol Division  
Jacob Poggemiller- Burlington, IA  
Leonard Schaefer- Cement Division  
Lucas Thompson- Burlington, IA

**Keep up the great work!**

## Hours-of-Service Rules: Exceptions

As a driver, you prepare for your daily trip in numerous ways. You pack your lunch, check the route, track your hours you'll use up for the trip, pre-trip the truck and trailer, and mentally prepare yourself for the trip ahead ALL before you even get on the road. But what about when things don't go as planned? And, something that all drivers know is, things don't go as planned fairly often. You can be on time during your trip and the customer will hold you up, or you may be ahead of schedule and the weather will suddenly change or a traffic accident can happen, detouring you into being late.

The most common standard Hours-of-Service limits are 11 hours of driving and 14 hours on-duty time, with a 30-minute break within 8 hours of your last off duty and 10-hour break before driving again. The Department of Transportation understands the driver should be able to complete their day and, under certain conditions and circumstances, allows drivers to use two main exceptions for finishing their day without violation. Those exceptions are the 16-hour Short-Haul exception and the Adverse Driving Conditions exception.

**The 16-hour Short-Haul exception** or "16-hour rule" allows a driver that begins and ends their day at the same work reporting location, and has, for the past 5 days, began and ended at the same location, to extend their 14-hour on-duty clock to 16 hours once every 7 consecutive days. This can be used for various reasons, such as a scheduling conflict, but does not require a specific event to occur for it to be used, however, for the driver to use it, the following conditions must be met. A driver must:

- Return to their work reporting location that day, as well as the last 5 duty tours (workdays),
- Be released from duty within 16 hours after coming on duty, and
- Only use this exception once every 7 consecutive days (unless a 34-hour reset is completed).

**The Adverse Driving Conditions exception** is known by some as the "adverse weather condition"

due to being used when a sudden change in weather results in a delay, but there are other conditions that this exception may be applied to such as a shut-down of traffic due to a crash. The exception may **only be used for unexpected conditions** and do not include situations you should have known about, like congested traffic during typical "rush hour" periods. The Adverse Driving Conditions exception will allow a driver to drive up to 2 extra hours to complete what could have been driven under normal conditions for a total of 13 driving hours. However, a driver must still:

- Not drive over the 14 hour on-duty limit, and
- Comply with the 30-min break provision.

Both these exceptions should be used as tools for a driver, but must be closely followed to avoid a violation. More information may be found on the FMCSA website at [fmcsa.dot.gov](http://fmcsa.dot.gov).

## Caution: CBD oils may contain THC

The legalization of marijuana across multiple states in the U.S. has made access to certain products more widely available. One of them being CBD, or Cannabidiol, oils and products. The difference between CBD products and marijuana remains in the concentration of the THC or, tetrahydrocannabinol, which is currently prohibited in the trucking industry and is one of the main chemicals tested for on a Department of Transportation (DOT) five-panel drug screen. To break it down, CBD can be derived from two sources:

- Hemp: Bred for fiber, clothing, and construction; oils; and nutritional benefits (0.3% THC concentration)
- Marijuana: Bred for the production of THC in resinous glands in its flower and leaves (5-30% THC concentration)

As you can see, even hemp derived CBD products can still have traces of THC. This means, it is possible that a drug test can come back positive from its use. As it is stated in our policy, "CBD products have potential to cause a drug test positive for THC- Marijuana because the cut-off level may be above the confirmation urine drug test threshold for marijuana." As professional drivers please consider both the source and effects that this may cause to avoid any safety issues.



## November Milestones

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

Steve Roth, 17 years! Burlington Shop Manager  
Michael Wolf, 12 years! Columbus, OH  
James White, 7 years! Wood River, IL  
Jeffrey Tepen, 6 years! Wood River, IL  
Barry Hockenberry, 5 years! Martins Creek, PA

Aaron Kahl, 15 years! Wood River Manager  
Henry Vandygriff, 11 years! Regional Manager  
Hilton Strunk, 6 years! Martins Creek, PA  
Delmar Branson, 5 years! South Texas  
Mike Kesterke, 5 years! Dowagiac, MI



Thanksgiving Day is right around the corner and W.W. Transport, Inc. would like to wish all of our employees and families a Happy Thanksgiving. With the holiday season now upon us, it's always important to keep safety in mind when celebrating with loved ones. Here are some tips from the National Fire Protection Association for keeping your family and friends safe this Thanksgiving:

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey, and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay three feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Make sure your smoke alarms are working. Test them by pushing the test button.

### **Thanksgiving fire facts**

Thanksgiving is the peak day for home cooking fires, followed by Christmas Day, Christmas Eve, and the day before Thanksgiving. In 2017, U.S. fire departments responded to an estimated 1,600 home cooking fires on Thanksgiving, the peak day for such fires. Unattended cooking was by far the leading contributing factor in cooking fires and fire deaths.

Cooking equipment was involved in almost half of all reported home fires and home fire injuries, and it is the second leading cause of home fire deaths.

Source: NFPA's Fire Applied Research Division

## **SPOTLIGHT**

### Martins Creek



Reuben Strunk and David Harman, managers at W.W. Transport's Martins Creek terminal, would like to recognize all of their drivers that have continued to put in the hard work during the recent high-pressure weeks. Specifically, during the last week in October the Martins Creek team was put to the test and answered the call, delivering an average of 30 loads a day to the tri-state area, including into New York City. Drivers worked tirelessly each day, maxing out hours, some pushing through and driving on recapped hours. Approximately 209 loads were requested, and 209 loads were delivered by Reuben and his team. Since then the loads have been steadily high, but Reuben and David are confident they can count on their drivers to perform.