

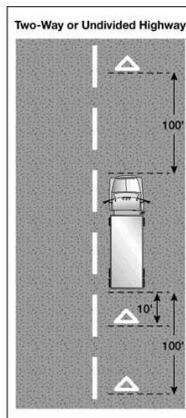
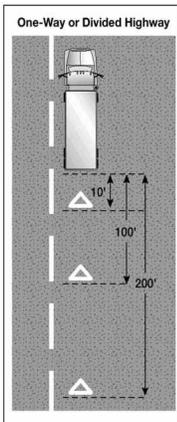


Roadway fatalities involving alcohol are one of the most common causes of preventable death in the United States. According to the CDC, nearly

30 people in the United States die in motor vehicle crashes involving an alcohol-impaired driver every single day. Overall, some 30.0% of all traffic fatalities nationwide involve alcohol. And this tragedy is costing the nation a significant amount of money. In a recent study, the CDC found alcohol-related car crashes cost the U.S. economy over \$44 billion each year. Plus, 30 people a day!

PLAY IT SAFE DURING EMERGENCY STOPS

1. Avoid stopping on pavement. Pull off the roadway as far as possible.
2. Turn on 4-way flashers.
3. Set up reflective triangles according to the type of road conditions.
4. Step off distances to place triangles, working first towards the closest approaching traffic.



Happy August Birthday! Bobby L – 16th
 Martin S – 20th
 Bill P – 28th
 Steven V – 29th



A woman and her 12-year-old son were riding in a taxi on 6th Street. It was raining and all the 'ladies of the night' were standing under awnings. "Mom," said the boy, "what are all those women doing?"

"They're waiting for their husbands to get off work," she replied. The taxi driver turns around and says, "Geez lady, why don't you tell him the truth? They're hookers, boy! They have sex with men for money."

The little boy's eyes get wide and he says, "Is that true Mom?" His mother, glaring hard at the driver, answers "Yes."

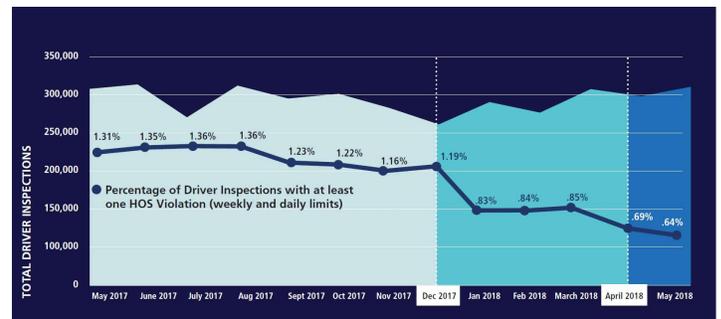
After a few minutes, the kid asks, "Mom, if those women have babies, what happens to them?"

She said, "Most of them become taxi drivers."



Are you having a hard time with your ELD (electronic logging device)? Think it is a crock and not worth the switch from paper logs? Take a look at the graph below. On December 17th we had to go all ELD. Notice the drop in HOS violations? Then in April 2018 full enforcement went into effect. You will see another sharp decline in violations.

If you are having bad thoughts about ELD's, you might want to rethink them. Some guys are really starting to like theirs.



Working in hot conditions can not only cause heat-related illness, if you're not careful, it can also cause accidents on the job. Because heat affects the body's cooling system and reduces blood flow to the brain, muscles, and other organs, you can experience a decrease in strength and an increase in fatigue. Fatigue can result in inattentiveness to job hazards and slow responses in emergencies.

Heat can also reduce your ability to understand instructions or retain information. Even a short-term reduction in mental sharpness could result in an accident if you haven't made a correct or safe decision when dealing with a job or task. And don't forget that heat usually makes people uncomfortable and irritable. This can cause a worker to become easily frustrated, cut corners, or ignore safety procedures. This type of behavior is an open invitation to an accident. There are also other risks caused by heat that can contribute to accidents. For example, sweaty hands can drop tools or fogged-up safety glasses can cause you to trip and fall.



There Are 3 Types of Distraction

Manual	Visual	Cognitive
 <p>Manual distractions cause your hand to move away from the steering wheel,</p>	 <p>Visual distractions cause your eyes to move away from the road.</p>	 <p>Cognitive distractions bring your mind out of the road while you are driving.</p>

Below is a list of distractions. See if you can tell which type each of them belongs to. In the blank put an M for Manual, V for Visual, or a C for Cognitive.

- _____ Your favorite song is on the radio and you need to turn the volume up.
- _____ Your girlfriend is madder than a hornet at you and you are worried sick.
- _____ A car load of hot babes are about to pass you.
- _____ You already have two tickets and the trooper you just met is turning around.
- _____ You dropped a French fry on the floorboard and you are scrambling to beat the 5 second rule.

Students in an advanced Biology class were taking their mid-term exam. The last question was, 'Name seven advantages of Mother's Milk.' The question was worth 70 points or none at all. One student, we will call him Jason, was hard put to think of seven advantages. He wrote:

- 1) It is perfect formula for the child.
- 2) It provides immunity against several diseases.
- 3) It is always the right temperature.
- 4) It is inexpensive.
- 5) It bonds the child to mother and vice versa.
- 6) It is always available as needed.



And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test Jason wrote:

- 7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it.
- He got an A.

Two good ol' boy truck drivers bought a couple of horses that they used to make some money during the summer. But when winter came, they found it cost too much to board them. So they turned the horses loose in a pasture where there was plenty to eat.

'How will we tell yours from mine when we pick them up?' one of them asked the other.

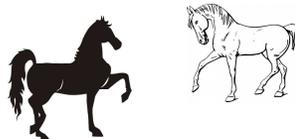
'Easy,' replied the other. 'We'll cut the mane off mine and the tail off yours.'

By spring, the mane and tail had grown back to normal length.

'Now what are we going to do?' asked the first.

'Why don't you just take the black one?' said the second.

'And I'll take the white one.'





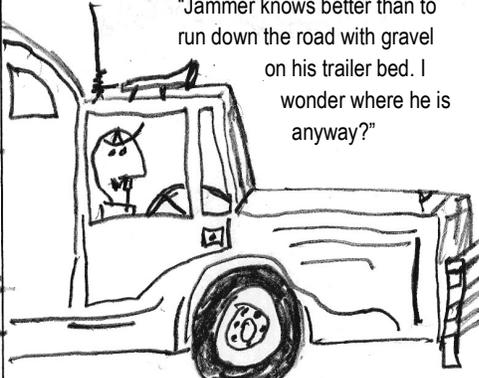
Stop Work Authority

Stop any work or behavior you deem unsafe to yourself or your coworkers.



*You will **never** be penalized for stopping unsafe work or speaking up about hazards and injuries.*

Never, under any circumstances, take a sleeping pill and a laxative on the same night.

<p>Jammer</p> <p>"T.S., it's a 105 in the shade, dang if I'm getting up there and sweep'n the rocks off of my trailer."</p> 	<p>"Jammer knows better than to run down the road with gravel on his trailer bed. I wonder where he is anyway?"</p> 	<p>Backen</p> <p>No ma'am, there ain't no way that rock came off my trailer. Absolutely, positively no way. Impossible!</p> <p style="text-align: center;"><i>Boy, am I in trouble now.....</i></p> 
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