



In January President Trump signed into law the Jobs for Our Heroes Act, This law allows current military members who have experience driving trucks in the service to apply for and exemption from the CDL skills test and, in some cases, the knowledge test.

Speaking of President Trump, I hear he wants to ban the sale of shredded cheese. He wants to make America grate again.



Daylight Savings Time starts Sunday, March 11!

Why do we observe Daylight Saving Time? The simple answer is to save on energy costs. Generally, energy use and the demand for electricity for lighting our homes, is directly connected to when we go to bed and when we get up. Bedtime for most of us is late evening through the year when we go to bed, we turn off the lights and TV.

Benjamin Franklin proposed Daylight Saving Time way back in 1784 and although after WWII states were allowed to pick and choose between Daylight Savings Time or Standard Time it wasn't until 1966 when the Uniform Time Act provided the basic framework for alternating between Daylight Saving Time and Standard Time, which we now observe in the United States. Although most states do observe DST, Arizona and Hawaii do not.

We are just winding up winter driving and you know how treacherous it can be. But remember that spring has its difficulties too. From wind and rain to wildlife, spring can be challenging as well.

There are a lot of things you can do to make your drive safe, and maybe even enjoyable.

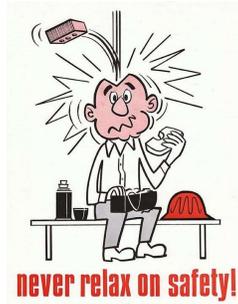
- Be aware of possible obstacles, increased traffic and tricky weather changes.
- Keep an eye out for pedestrians, especially on warm days, it is especially important to be aware of those who are walking.
- Bicycle and motorcycles also increase in popularity in the spring, so keep an eye out for them.
- Spring is often the time when road work begins or resumes, so expect construction. Pothole repairs, highway maintenance and other road repairs may slow your drive.
- Stay calm, slow down and be especially careful in those construction zones. Increase your following distance and avoid distractions.

Interesting Trucking Facts

- ▶ Annually, trucking accounts for about 70% of all freight transported in the United States.
- ▶ There are about 3.5 million truck drivers in the United States, 200,000 of which are women.
- ▶ A commercial truck uses, on average, 20,500 gallons of fuel per year. In comparison, the standard car uses, on average, 500 gallons of fuel per year.
- ▶ With the clean diesel trucks that operate today, it would take 60 trucks to equal the exhaust emissions of one truck from 1988.



Information Sources: Trucker to Trucker, Equipment World, uShip, The Trucker Report, Vanguard Attorneys, Career Builder, CDL Life



Safety

- S Search for Hazards**
- A Analyze the Risk**
- F Find the Cause**
- E Eliminate the Cause**
- T Tell Others**
- Y You are Safe**

There is a good chance an accident brought you into this world. Don't let one take you out. Remember, no job is so important and no service is so urgent that we cannot take the time to perform our job safely. Accidents don't just happen.

Bobby Lehmann's Safety and Health Policy says,

"Safety and health in our business must be a part of every operation. Without question, it is employee's responsibility. No employee is required to work at a job he or she feels is not safe or healthful. Your cooperation in detecting, reporting, or correcting hazards is a condition of your employment. Inform your supervisor of any situation that you are unable to correct."

Happy March Birthdays!

- James F - 2
- Devon M - 4
- Andrea H - 5
- Buddy L - 19



When T.O. and Gertrude were first married, T.O. laid down the law. "I'm the MAN of the house! Starting tomorrow, I want you to have a hot, delicious meal ready for me the minute I walk through that door. Then, while I'm watching NASCAR and relaxing in my Lazy Boy, you'll bring me my slippers and then run my bath. And when I'm done with my bath, guess who's going to dress me and comb my hair?"

"The funeral director," Gertrude said.



Driver fatigue is the 6th leading driver-related factor, right behind prescription drug, driving too fast, unfamiliar with roadway, over-the-counter drugs, and inadequate surveillance. Driver fatigue leads to an estimated 1,550 deaths, 71,000 injuries and costs an estimated \$12.5 billion in monetary damage on a yearly basis. Did you know that being awake for 18 hours is equal to a blood alcohol concentration (BAC) of 0.08%, which is the legal limit for drunk driving?

Take a break when feeling drowsy, be conscience of your drowsiness, avoid medication that can make you sleepy and don't rely on a blaring radio, windows rolled down, or drinking coffee. These are only temporary solutions and can never replace sleep! According to the National Sleep Foundation Scientific Advisory Council most of us need from 7 to 9 hours of good sleep a night. Shoot for those numbers and see if you don't feel better.



I wonder if clouds ever look down on us and say, "Hey, look, that one is shaped like an idiot?"

Falls from Trucks and Trailers

Some of the most serious injuries experienced by truck drivers are a result of falls from trucks or trailers. 54% of all driver injuries from slips and falls are from getting on or off trucks or trailers. Remember, there is a right and wrong way to enter and exit trucks or equipment.



"Three Point Rule" – That is, while climbing up or down, you should have at least three points of contact at all times. Two hands and one foot or one hand and two feet should be touching the equipment. Make a conscience effort to practice the 'three point' rule. It could save you from a twisted ankle or worse.



Personal Protective Equipment

Keep your PPE in good shape, and use it!

I think I am starting to lose my mind. But as long as I can keep the part that tells me when I got'ta pee, I should be alright.



What Stress Really Is!

A truck driver is on the road. He stops and picks up a nice looking hitchhiking girl. Suddenly, she loses consciousness and he takes her to a hospital. This is stress. In the hospital he is being told that she is pregnant and doctors start congratulating him with the future newborn. He explains that just an hour ago he saw her for the first time in his life, but she starts telling them he is the father. Now, this is a big stress. The truck driver asks that a DNA analysis be done and it is. Then the doctors tell him quietly that actually, he can't be a father since he is genetically sterile. Now, this is a stress, combined with a relief! On his way back home he remembers, that he has three kids. That, my friends, is what **real stress** is.

Operating the Crane and Moving the Load

Fatalities or serious injuries can occur if cranes are not inspected and properly used. Fatalities may occur when workers are struck by a load, or pinched between the load and another object.



The following are some safety tips for crane operators to follow while operating the crane and moving the load.

- Do not engage in any activity that will divert your attention.
- Do not lift, lower, or transport a load with the crane until all personnel are clear of the load and the load's path.
- Verify that the load, crane and hoist will clear all obstacles before moving or rotating the load.
- Do not move loads over personnel.
- Do not lift, lower, or transport personnel by means of the crane, hoist hook, or load.

Jammer

"Hey Bum, the election is coming up and I been thinking. Do you know the difference between a politician and a flying pig?"

"I sure do Jammer, the letter 'F'."

