



April, 2008

**SAFETY MEETING**

The next safety meeting is scheduled for April 12, 2008 at Richard's Restaurant in Marion, SC. The meeting will start at 9:00 am. Owners and drivers need to attend these meetings. The subject of this month's meeting will be Driver's Logs. Remember you must attend at least one meeting per quarter. Make plans now to attend this meeting.

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**TWIC BADGES**

Drivers can now apply for and get their TWIC badges. The cost of these badges is \$132.50. The badges are good for 5 years. Everyone that enters a port must have a TWIC badge by September 2008. Drivers must also have a current port badge to get into the individual ports. The individual badges give you permission to get into the individual ports. The TWIC badge is good for all ports. When you receive your TWIC badges, be sure to fax the safety department a copy of your badge. If you have any questions about the badges please contact the safety department.

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**PORT BADGES**

Remember when you receive a new port badge to fax safety a copy of the new badge as soon as possible. Also remember that all trucks must be registered at the port in Savannah, GA.

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**DRIVER LOGS**

Remember that all drivers must send in their logs each week. Be sure that you do and that you check over them before you send them in and make sure that you have all the correct information on them. Make sure that your hours are totaled correctly. Be sure to sign all your logs. All logs must have a bill of lading or shipment number or the words empty on them each day that you drive. All logs must have an inspection done on the back of them if you drove during that day. Watch the 11 and 14 hour rules. You can not drive over 11 hours without taking a 10 hour break. You can not be on duty more than 14 hours without a 10 hour break. All four lines count in the 14 hour rule.

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**DRIVING MORE EFFICIENTLY**

*Drive Sensibly:* Aggressive driving (speeding, rapid acceleration and braking) wastes fuel. It can lower your fuel mileage. Sensible driving is also safer for you and others, so you may save more than fuel money.

*Observe the Speed Limit:* While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), Fuel mileage usually decreases rapidly at speeds above 60 mph. Observing the speed limit is also safer.

*Remove Excess Weight:* Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your mpg. The reduction is based on the

percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones.

*Avoid Excessive Idling:* Idling gets 0 miles per gallon. Vehicles with larger engines typically waste more fuel at idle than do vehicles with smaller engines.

*Use Cruise Control:* Using cruise control on the highway helps you maintain a constant speed and in most cases will save fuel.

*Use Overdrive Gears:* When you use overdrive gearing, your vehicle's engine speed goes down. This saves fuel and reduces engine wear.

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### **KEEP YOUR VEHICLE IN SHAPE**

*Keep Your Engine Properly Tuned:* Fixing a vehicle that is noticeably out of tune or has failed an emissions test can improve its fuel mileage. Fixing a serious maintenance problem such as a faulty oxygen sensor, can improve your mileage.

*Check and Replace Air Filters Regularly:* Replacing a clogged air filter can improve your vehicle's fuel mileage. Your vehicle's air filter keeps impurities from damaging the inside of your engine. Not only will replacing a dirty air filter save fuel, it will protect your engine.

*Keep Tires Properly Inflated:* You can improve your fuel mileage by keeping your tires inflated to the proper pressure. Under-inflated tires can lower fuel mileage. Properly inflated tires are safer and last longer.

*Use the Recommended Grade of Motor Oil:* You can improve your fuel mileage by using the manufacturer's recommended grade of motor oil.

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### **DROWSY DRIVING**

Drowsy drivers are dangerous. Sleepiness slows reaction time, decreases awareness, and impairs judgment. Driving is a demanding task that requires people to be alert, yet thousands of drivers on our roads are drowsy and driving with a serious sleep debt. They are every bit as dangerous as drunk drivers. These facts about sleep may surprise you.

1. Drinking coffee or cola will only make you feel more awake for a short time. They are no substitute for actual sleep.
2. Sleep deprivation can sometimes lead to "micro-sleeps" of 4-5 seconds. At 55 mph, you travel 100 yards in that time, plenty of time for a serious crash to occur.
3. People cannot always control when they fall asleep, particularly if they are sleep deprived. They also will not be able to tell how long they have been asleep, a very dangerous situation when driving.
4. The average adult needs between seven to eight hours of sleep a night. Teenagers need even more sleep.
5. Drowsy drivers may begin seeing things on the road that aren't there which can lead to a crash.

#### *Warning Signs:*

1. Your eyes close or go out of focus.
2. You have trouble keeping your head up.
3. You can't stop yawning.
4. You have wandering, disconnected thoughts.
5. You don't remember driving the last few miles.
6. You drift between lanes, tailgate or

- miss traffic signs.
7. You have to jerk the vehicle back into your lane.
  8. You drift off the road and narrowly miss crashing.

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**WHAT TO DO DURING A TIRE BLOWOUT**

The goal in any rapid loss of tire pressure or blowout” is to keep the vehicle balanced and controllable. Do not panic. Any over-reaction by the driver – including slamming on the brakes or abruptly removing your foot from the accelerator – can result in a loss of vehicle control.

In any blowout situation, it’s most important to first remember the 2 things you should not do:

*Do Not Step on The Brake.* As instinctive as it may be, it’s the worst mistake you can make in any tire blowout situation. Applying the brakes will cause an even greater imbalance on the vehicle’s stability.

*Do Not Abruptly Release Your Foot From The Accelerator:* This is the second worst mistake you can make. Rapidly releasing the accelerator causes the vehicle to transfer more of its weight from the rear tires to the front tires. With a flat tire, this can lead to loss of control of the vehicle.

Instead, in any blowout situation, you should follow these 3 steps:

*Gradually* release the accelerator. Correct the steering as necessary to stabilize your vehicle and regain control. Look where you want the vehicle to go and steer in that direction.

Once your vehicle has stabilized, continue to slow down and pull off the road where and when you judge it’s safe to do so.

Remember, no matter which tire blows out – front or back – the do’s and don’t for safely maintaining control of your vehicle are exactly the same. The only difference between a front and rear tire blowout is that you will feel the force of a front blowout more in the vehicle’s steering, while you’ll feel a rear blowout more in the seat or body of the vehicle.

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**NEW TRUCKS**

N. Dudek Trucking, Inc. 1462  
Marvin Anderson 1463

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**HAPPY ANNIVERSARY WITH LEWIS TRUCK LINES!**

Willie Davis 21 Years  
Levester Brown 1 Year

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**HAPPY BIRTHDAY!**

Macklin Williamson 04-05  
Marvin Anderson 04-08  
Ty Anthony 04-24  
Levester Brown 04-25  
Willie Davis 04-25