

# THE MONTHLY MILER

FEBRUARY 2023 EDITION

“ We proudly place safety as an absolute priority of our company as we exceed the quality standards of each customer we serve. Our family-driven attitude exceeds our customer’s expectations which sets us above the industry standards in commitment to excellence, quality, and performance. ”



## INSIDE THIS ISSUE

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-  Top Industry News
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-  401K
-  Benefit reminders

 **DRT**  
LOGISTICS

# BIRTHDAYS AND ANNIVERSARIES

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**Jason Curtis**

February 18  
MN Driver

**Joewy Cruz-Rivera**

February 1  
MA Driver

**Jay Nelson**

February 9  
PA Driver

**Tim Swartz**

February 9  
DRT Cold Chain



**Jessica Majeran**

1 Year  
MA Driver

**Gary Smith**

2 Years  
PA Driver

**Jason Curtis**

1 Year  
MN Driver

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## #TeddyBearTossHershey

Every year the local hockey team, Hershey Bears, holds a "Teddy Bear toss night," where attendees are encouraged to bring a stuffed animal to donate once the team scores its first goal. The Teddy Bear Toss once again established a new WORLD RECORD of 67,309 teddy bears collected for over 35 local charities.







## Rollovers

Tractor-trailers typically have a high center of gravity, which makes them susceptible to rollover crashes. One key to preventing a rollover is for drivers to be able to recognize the hazards that increase the likelihood of a crash and apply the appropriate defense measures. Read the information below and ask yourself if there are actions you can take to reduce the risk of a rollover crash.

### RECOGNIZE THE HAZARDS



#### ENVIRONMENT

Uneven road surfaces can cause cargo to shift and roll the trailer over. High winds can catch a trailer without warning and cause a rollover. Likewise, traffic conditions, like vehicles stopping suddenly ahead, can cause a driver to react abruptly and lead to a jackknife and possibly a rollover crash.



#### EQUIPMENT

A truck's high center of gravity makes it susceptible to rollovers. Likewise, the slosh/surge of liquid commodities or improper load securement can cause cargo to shift and roll the trailer over.



#### PERSONAL BEHAVIORS

Driving too fast on a ramp, curve, or turn increases the amount of centrifugal force on the trailer; the increased force will push the unit outward and possibly cause a rollover. Overcorrecting when reacting to a hazard, putting a wheel off the road surface, or hitting a curb can upset the vehicle and cause a rollover.

### KNOW THE DEFENSE



#### OBSERVE PROPER SPEED FOR CONDITIONS

Reduce speed 2-3 mph below the flow of traffic, not to exceed the posted speed limit. Adjust speed for stability based on vehicle weight and height of load. On ramps and curves, reduce speed by at least 5-10 mph below the posted speed limit or more based on conditions. The speed limit signs on ramps are intended for passenger vehicles.



#### MAINTAIN PROPER FOLLOWING DISTANCE

Avoid hard brakes by maintaining a minimum of six seconds of following distance. Add one additional second for every hazard present, like slippery conditions, traffic congestion, and poor visibility.



#### AVOID DISTRACTIONS

Avoid distractions inside or outside of the cab. Be alert for traffic ahead slowing or stopping abruptly. Preplan your route and program your GPS before leaving to avoid making changes while driving.



#### REACT PROPERLY TO HAZARDS

At the first sign of centrifugal force pulling the truck to the outside of a ramp or curve, get off the accelerator and apply controlled braking. Avoid overcorrecting in reaction to hazards.



#### CONDUCT A PRE-TRIP INSPECTION

Conduct a thorough pre-trip inspection with special emphasis on brakes to ensure they are properly adjusted and on tires to ensure sufficient tread depth. Ensure the trailer is properly hooked to the tractor. Check load securement at every stop to prevent possible shifting while en route.

*Note: These lists are not intended to be all-inclusive.*

This material is a broad overview only, provided for informational purposes. Great West Casualty Company (GWCC) does not provide legal or employment-related advice to anyone, and this is not intended to serve as such advice. Such advice should be sought from your legal counsel. GWCC shall have no responsibility or liability to any person or entity for any issue alleged to directly or indirectly result from the use of this information.



## Rollovers

### A DRIVER'S STORY

A tank truck driver hauling diesel fuel was heading north on I-29 near Eppley Airfield in Omaha, Nebraska. This was a new route for the driver, and his GPS was not current. The GPS kept re-calculating his directions. Caught off guard when he reached his exit, the driver abruptly changed lanes to exit. He knew immediately he had entered the ramp too fast. Fearing the combination of speed, centrifugal force, and the sharp angle of the curve would upset the vehicle, the driver hit the brakes to compensate. This reaction added to the sloshing of the commodity in back and rolled the truck over. The truck caught fire and was a complete loss, and the spilled fuel caused significant environmental damage.

### TEST YOUR KNOWLEDGE

Name: \_\_\_\_\_

- To avoid a rollover on a ramp, which of the following is the best defense?
  - Increase speed to carry you through the curve.
  - Reduce speed by at least 5-10 mph below the posted speed limit.
  - Travel at the posted speed limit.
  - Hit the brakes hard if you enter the curve too fast.
- Which statement represents the best technique to use when negotiating curves?
  - If you go into a curve too fast, you can always apply a hard brake to avoid a rollover.
  - If you feel centrifugal force pulling you to the outside of the curve, get off the power.
- When you notice traffic slowing abruptly or stopped ahead, the best reaction is to:
  - Stay in your lane.
  - Get off the power.
  - Apply controlled braking.
  - All of the above
- The speed limits posted on exit and entrance ramps are intended for passenger vehicles.
  - True
  - False
- If a tractor-trailer is going too fast on a ramp, curve, or turn, \_\_\_\_\_ will push the unit outward.
  - Centrifugal force
  - Gravity
  - Inertia
  - Cosmic forces

ANSWERS:

- B
- B
- D
- A
- A





## Slips, Trips, and Falls

Slips, trips, and falls are a leading cause of workplace injuries. No matter where you are, hazards may be present that put you at risk of losing traction and slipping, tripping over an object, or falling from an elevated position. Read the information below, and ask yourself if there are actions you can take to protect yourself from a slip, trip, or fall.

### RECOGNIZE THE HAZARDS



#### ENVIRONMENT

Slip hazards can include wet or dry contaminants on the floor such as water, dirt, or oil. Trip hazards can include open file drawers, boxes on a stairwell, or trash left on the floor. Falling from an elevated position can include into an open service pit, from a loading dock, tractor steps, or off a ladder.



#### EQUIPMENT

Slips, trips, and falls can occur when using equipment improperly. Slipping on a mechanic's roller seat in the shop, tripping over an extension cord, or falling off a ladder with a damaged rung are common hazards.



#### PERSONAL BEHAVIORS

Talking or texting on a device, talking to a coworker, or eating and drinking while walking all divert your attention away from where you step and potential hazards in your path. Ignoring hazard signs and wearing improper footwear are other risky behaviors.

### KNOW THE DEFENSE



#### AVOID DISTRACTED WALKING

Keep your attention focused on the task at hand and put away mobile devices, food, and drinks until you arrive at your destination. If a co-worker needs to talk, stop and have the conversation or table it until later.



#### SLOW DOWN

Hurrying is a common factor in slips, trips, and falls. Slow down and take shorter steps to ensure your feet keep their grip on the walking surface. Be cautious when working from elevated positions. Always maintain three points of contact (two hands/one foot or two feet/one hand) with a ladder, tractor steps, etc.



#### WEAR PROPER FOOTWEAR

The soles of your footwear act in very similar ways as the tires on your vehicle. Footwear with slippery soles can cause you to slip like bald tires can cause hydroplaning. To prevent slips and falls, wear footwear with slip-resistant soles that are appropriate to the task and environment in which you will be working.



#### PAY ATTENTION TO YOUR SURROUNDINGS

Be mindful of trip and fall hazards like an open service pit or loading dock, equipment lying around, or hazards in walkways. Likewise, watch out for contaminants on the floor like a spilled drink in the break room, water on the restroom floor, or a freshly waxed floor.



#### OBEY HAZARD WARNING SIGNS

Do not ignore hazard warning signs. These signs are used to protect you and others from harm. Make a wise decision and find a path around the hazard area as instructed.

*Note: These lists are not intended to be all-inclusive.*



## Slips, Trips, and Falls

### A LESSON LEARNED

An office clerk for a mid-sized motor carrier based in the Midwest had just clocked out for lunch and headed to the break room. While she walked down the hall, the clerk was reading a text from her daughter. Distracted by the phone, she entered the break room and did not see the small puddle of coffee on the tile floor. Contributing to the incident were the office clerk's shoes, which had no traction, and the fact that the hazard was not properly marked by whoever caused the spill. The clerk's feet slid out from under her the moment she made contact with the puddle. She slipped and fell, falling hard on her side. The clerk suffered a broken wrist and elbow. Both injuries required surgery and extensive physical therapy, causing her to miss more than two months of work.

### TEST YOUR KNOWLEDGE

Name: \_\_\_\_\_

- Which of the following is not a slip and fall hazard?
  - Water on the cab steps
  - An open file drawer
  - A spilled drink in the break room
  - Sand or dirt tracked into the shop
- Maintaining three points of contact with equipment, like a ladder or tractor steps, means keeping both hands and one foot or both feet and one hand on the equipment at all times.
  - True
  - False
- All of the following are examples of distracted walking EXCEPT:
  - Talking and texting on a cell phone while walking.
  - Reading a book while walking.
  - Stepping around a pothole.
  - Checking your status on social media while walking.
- Slipping is the result of a person's foot losing traction with the ground, causing him or her to fall to the ground or against an object.
  - True
  - False
- Which of the following techniques can help prevent a slip and fall?
  - Take shorter steps.
  - Be on the lookout for wet or dry contaminants on walkways.
  - Wear shoes with slip-resistant soles.
  - All of the above

ANSWERS:  
1. B  
2. A  
3. C  
4. A  
5. D



# WHAT TO DO WHEN YOU ARE FEELING SICK?

The following is taken from [medexpress.com](https://www.medexpress.com)

Each cold and flu season, employees struggle with the fine line of when to call in sick. In fact, nearly three-in-four employees still go to work when they are feeling under the weather. We'll help you determine the answers to some important questions, including how long you may be contagious, the best ways to prevent spreading germs while you are sick and where you can go for treatment.



## **Start by Considering These Four Things**

### **Will it be difficult to complete your to-do list at work?**

Illnesses often make it tough to stay focused on the task at hand. You may feel distracted, tired and simply unwell. This is known as presenteeism, which hurts both your personal productivity and the overall productivity for your employer.



### **Are you contagious?**

Just as you wouldn't want to be exposed to germs from a co-worker, they don't want you getting them sick, either. If you are coughing, blowing a runny nose, vomiting, have a sore throat or have a fever above 100 degrees, there is a good chance you may be contagious. A health care provider should examine you and check your symptoms to determine if you are, in fact, contagious.

### **Will resting at home help you to overcome the illness?**

When your body is affected by an illness, it needs time to fight off the infection. The sooner you build your immune system back up, the sooner you'll get back to feeling your best. Also consider your work environment. Do you work outdoors in the cold or the heat? These are factors that may make it harder for your immune system to recover when you are sick and are reasons for a much-needed day of rest at home.

### **Were you prescribed medications that could impair your ability to drive or complete your tasks at work?**

Pain medications and certain cough and allergy medications may affect your ability to carry out normal tasks, including driving or operating machinery. Even if you take public transportation to work and don't operate machinery, these types of medications can also hinder your ability to think clearly and sensibly.

If you answered yes to any of these questions, seek medical attention, follow the plan you are given, then pull the covers back up and relax with a mug of warm tea.



# WHAT TO DO WHEN YOU ARE FEELING SICK?

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Continued from [medexpress.com](https://medexpress.com)

## How Long am I Contagious?

Certain illnesses may be contagious longer than others.

Your health care provider will know how long you should avoid close-contact with other people to avoid spreading the illness, as well as the best way to overcome it. The Centers for Disease Control recommends that workers who have a fever and respiratory symptoms stay at home until 24 hours after their fever ends without the use of medication. This is a good benchmark to use, but keep in mind that not everyone with an illness will have a fever. Talk with your health care provider or use your best judgment on when you are feeling well enough to return to work.



## How Can I Prevent Spreading Germs to My Family and Co-Workers?

You can help prevent spreading an illness to people nearby by disinfecting shared surfaces and washing your hands often with soap and warm water. But the best way to make sure you aren't infecting others is to keep your distance. This is yet another reason to stay home from work until you are feeling better.

**VISIT AN URGENT CARE WHENEVER IT IS CONVENIENT FOR YOUR SCHEDULE!**

Talk with your boss in advance if you are concerned about taking sick time. If you have the option to work from home, this is a great way to keep up on the looming deadlines while keeping the spread of germs to a minimum. However, don't overwork yourself. The harder you push yourself – or the more stress you add – the longer it will take for you to get better. Try working on a few tasks for an hour, then taking a nap or relaxing away from the computer, paperwork, and telephone.

Minor symptoms, such as occasional coughing and sneezing, may be mild enough for you to have a successful day in the office. However, make sure you are mindful of possibly infecting others. The first few days of a cold are often the most contagious.

## What If I Have COVID-19?

It may be difficult to determine if you have a cold, the flu or COVID-19. However, compared to the common cold, COVID-19 can cause more serious illnesses in some people. It can also take longer for symptoms to appear and it remains contagious for a longer period. Some of the symptoms of flu, COVID-19 and other respiratory illnesses are similar and its possible to be infected with more than one of them at the same time. If are suffering from COVID-19 symptoms, stay home from work.

## Is There Somewhere I Can Go For Treatment?

At MedExpress, they treat a variety of illnesses and injuries, from the cold and flu, to strains and sprains, to work-related services. We're open during convenient hours, so you can visit us whenever it is convenient for you, and our friendly medical team will focus on getting you back to your normal routine.

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# HOW DOES A 401K WORK?

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## What is a 401(K)?

A 401(k) is an employer-sponsored retirement savings plan that offers significant tax benefits while helping you plan for the future. With a 401(k), an employee sets a percentage of their income to be automatically taken out of each paycheck and invested in their account. Participants can choose how to allocate their funds among the investment choices offered by the plan, which usually include a variety of mutual funds.

## What is employer matching?

With an employer match, a company matches what an individual employee contributes to their 401(k) up to a certain amount. Most companies that offer an employer match determine how much it contributes based on a percentage of what an employee contributes.

For instance, a company may contribute 50% of the first 6% that an employee contributes. So, if your annual salary is \$60,000 and you choose to contribute 6% to your 401(k) each year, you will contribute \$3,600 and your company will contribute 50% of that, or \$1,800. You can choose to contribute more of your salary, but your company's match will be capped at \$1,800.

## What are the 401(k) contribution limits?

For 2022, the maximum contribution limit for employees to individually contribute pre-tax (or Roth deferrals) to their 401(k) is \$20,500. If you are above the age of 50, you can have a "catch-up" limit of an additional \$6,500 to contribute (making the total if you are over 50 to \$27,000). To compare, you are allowed to contribute \$6,000 per year to an IRA or Roth IRA (\$7,000 if you are 50 or older).

## What is a 401(k) Loan?

Many plans allow you to borrow up to 50% or \$50,000 of your funds — whichever is less — but you have to repay the loan with interest, usually within five years. You won't be required to pay any taxes or penalties, and any interest you pay goes back into your account. However, if you leave your current job, you may be required to pay back your loan in full in a short amount of time.

## #FREEMONEY

The earlier you start investing, the more time your money has to grow. One of the biggest advantages of investing in a 401(k) early is compound interest. Compound interest is when you earn interest on the principal amount of an investment plus any accumulated interest.

**REMEMBER**

If you contribute  
5% - DRT will  
match at 4%!



# TRANSPORT TOPICS

## TOP NEWS

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### What's In Store for the 2023 Truck Market?

Class 8 truck production and sales increased in 2022 and won't fall off a cliff in 2023, industry experts said, but the coming year still promises some uncertainty, of course.

Key variables for the year ahead include whether unmet demand for new equipment continues, the state of freight volumes and carrier profitability, and the potential for further disruptions to recovering supply chains — all of which will determine how many orders heavy-duty truck makers slot and how many trucks they build and then sell.

"While the freight markets remain lackluster at the moment, there is still a significant need to replace aging equipment," Jonathan Starks, CEO of the transportation intelligence firm FTR, said as the year ended. "This will help sustain high production and sales volumes well into 2023," building on truck makers' "strong improvement over the last several months in getting completed units out the door."

Kenny Vieth, president of ACT Research, also cited strong demand for equipment, "and with inflation metrics moderating, we are now more convinced that first-half build rates will be sustained deeper into the second half of 2023."

### Transport Refrigeration Unit Makers Go Electric

While all-electric transport refrigeration units might seem a relatively new development in the refrigerated transportation segment, the technology has developed over the last 20-plus years.



Marc Trahand, vice president and general manager of ConMet eMobility, noted that development of all-electric TRUs is in part a response to regulatory action by the California Air Resources Board (CARB). In February 2022, CARB adopted rules to achieve additional emission and health risk reductions from diesel-powered TRUs and increase the use of zero-emission (ZE) technology in refrigerated transportation.

Starting at the end of 2023, truck operators must turn in or replace at least 15% of the box trucks in their fleet with units using ZE technology. CARB plans to consider similar requirements for trailer TRUs in the coming years.

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“What’s in Store for the 2023 Market”



# WELCOME TO DRT!

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**MICHELE WEIK**  
DISPATCHER  
PENNSYLVANIA OFFICE

**From:** Lebanon, PA

**Interesting Fact:** I am the grandmother of 4 beautiful grandchildren

**Previous Job:** General Manager at 501 Grill & Tavern

**Favorite Hobby:** Making wood crafts



## CELL PHONE REMINDER

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cellular phone expenses to eligible DRT employees.

Effective January 1, 2023, DRT Logistics will offer a \$30 monthly cell phone stipend to drivers whose job duties and responsibilities require a cell phone. The purpose of this policy is to provide a streamlined method and efficient process for providing reimbursement of business-related

The following information will further describe this policy and how to submit for your stipend.

If you have any questions, contact Trevor Martin at 717-274-2871 extension 3531.

- You must submit via email a copy of your bill (cover page only), showing your cell number, to Trevor Martin, [TMartin@drtttransportation.com](mailto:TMartin@drtttransportation.com) by the 15th of every month.
- Only those submitted by the 15th of every month will be eligible for a stipend.
- You may not receive a monthly stipend and currently have a DRT-provided cell phone.
- You can return your DRT-provided cell phone and move to this.
- Employees are responsible for paying all amounts due as agreed between the employee and the provider of cell phone services.
- Employees are responsible for notifying DRT within five working days of the inactivation of cell phone services that are supported by this stipend.



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Instagram  
@drive4drt

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# Start saving with Mark Cuban Cost Plus Drug Company.

The prescription drugs you need. The transparency and affordability you want. Capital Blue Cross has teamed up with Mark Cuban Cost Plus Drug Company to give you greater access to low-cost drugs. Follow the steps below to see if you can save on some of the most commonly prescribed drugs.



## Step 1

Scan this code or visit  
[CapBlueCross.com/cost-plus-drugs](https://CapBlueCross.com/cost-plus-drugs)  
to learn more.



## Step 2

Search for your  
prescription drugs.



## Step 3

Create an account,  
request your prescriptions,  
and place your order.

**Have questions?** Call the Member Services number on the back of your ID card.



Capital Blue Cross is providing information about Mark Cuban Cost Plus Drug Company as a service to our members and the community in furtherance of Capital's mission and purpose. Capital does not in any manner endorse, assume responsibility for, or recommend the use of any drug or pharmacy described by Mark Cuban Cost Plus Drug Company.

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# Shift your mindset, *change* your health



Whatever 'healthy' means to you, Omada® helps you get there.  
**All at no cost to you.**

## What you get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach & care team
- ✓ All the smart health devices you need

## Do what works for you

We'll help you figure out the healthy habits and routines that work for you—motivation included.

## 24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

## You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

## The best part? It's covered.

If you or your adult dependents are at risk for type 2 diabetes or living with diabetes, Capital Blue Cross will cover the entire membership cost.

It only takes 1 minute to get started.

[omadahealth.com/capitalbluecross](https://omadahealth.com/capitalbluecross)

## With Omada, there's a program for you



Diabetes Prevention:  
Weight loss and  
overall health



Diabetes  
Management