








THE MONTHLY MILER

MARCH 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

-  Safety Update
-  Top Industry News
-  Birthdays and Anniversaries
-  401K
-  When to visit...



DRT
LOGISTICS

BIRTHDAYS AND ANNIVERSARIES

Jaime Morgan

March 3
Dispatcher

Jun Labunog

March 15
CA Driver

Paul Hartsworm

March 1
OTR Driver

Dale Tschopp

March 15
Elizabethville Driver



John Arch

1 Year
OTR Driver

Ray LaRoche

2 Years
MA Driver

Richard Tubby

1 Year
OTR Driver

WE ARE GROWING

DRT Logistics, a trusted logistics partner, is currently seeking customer-oriented, dedicated, and experienced truck drivers to join the team. If someone you know is interested in pursuing a career in the transportation industry, this could be an excellent opportunity for them. DRT Logistics is proud to announce that they are expanding their team by adding more regional drivers. With a focus on safety, reliability, and exceptional customer service, DRT Logistics is committed to providing a supportive work environment and competitive compensation packages.





PUT YOUR 401K WORK!

Since DRT offers a 401k plan, you should consider utilizing it. A 401k plan is an excellent way to save for retirement, and it comes with several benefits that you can't get with other savings options. Here are a few reasons why you should take advantage of your employer's 401k plan:

Employer Matching Contributions

One of the most significant advantages of a 401k plan is that DRT offers to match at 4% if you contribute 5%. That means that for every dollar you contribute to your 401k, DRT will also contribute a certain amount. This matching contribution is free money that you can use to increase your retirement savings.

Tax Benefits

Contributing to a 401k plan also comes with tax benefits. When you contribute to your 401k, you're doing so with pre-tax dollars, which means you'll lower your annual taxable income. Additionally, your investment gains won't be taxed until you withdraw them from the account in retirement, allowing your savings to grow more efficiently.

Automatic Savings

Many people need help saving money consistently; a 401k plan can help. When you sign up for a 401k, you'll choose a percentage of your paycheck to contribute to the plan. This contribution is automatically deducted from your paycheck, so you don't have to worry about remembering to save each month. The convenience of automatic savings can help ensure that you're consistently contributing to your retirement savings.

Long-Term Growth Potential

A 401k plan is a long-term investment, which means it's designed to grow over time. Because you won't be withdrawing the money until retirement, you can be more aggressive with your investment strategy, which can lead to higher long-term returns.

In conclusion, since DRT offers a 401k plan, you should consider taking advantage of it. The benefits of a 401k plan, including employer matching contributions, tax benefits, automatic savings, and long-term growth potential, make it an excellent way to save for retirement. So don't wait any longer; start contributing to your 401k today!

#FREEMONEY

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

KINGSBURY'S KORNER



Road construction zones can be dangerous for workers and drivers, so staying safe when driving through a work zone is critical. Every driver can benefit from these valuable tips for work zone safety as we are quickly approaching the time of year where road construction will increase.

Expect the Unexpected

You might not know a work zone is coming up while you are driving, or an accident could already have happened and be causing a significant delay. Normal speed limits will be reduced, or other drivers on the road could pull some very unexpected moves.

Make sure you give yourself enough time to get to your destination, with enough allowance that you won't be late even when there are hold-ups. You'll be calmer and in less of a rush, so you're a lot less likely to make mistakes yourself. This frame of mind also allows you to practice effective defensive driving.

"Defensive driving" is defined by the American National Standards Institute (ANSI) as driving to save time, money and, most importantly, lives. No matter what the surrounding conditions are and in spite of any other road users' behavior, you need to anticipate what might happen and leave yourself enough time and space to react accordingly.

You can find training on defensive driving all over the United States and research the basic points. These include maintaining a safe following distance, adjusting driving speed in poor weather conditions, and slowing down when entering a bend to avoid braking before you come out of it and are back on a straight road.

Comply with All Flagger Directions

Remember that in work zones, flaggers hold the same authority as regulatory signs. If you disobey their instructions, not only do you put yourself and others in danger, but you could be cited. Make sure you're familiar with what the signals mean so that you know what to do.



When you see the sign that lets you know a flagger (also known as a traffic guard or traffic controller) is ahead, be prepared to follow their directions to keep traffic flowing as smoothly and safely as possible within the work zone.

Slow Down and Stay Alert

As part of basic defensive driving, stay alert at all times, avoid distractions, and check your mirrors frequently. You should also be mindful not only of the road's usual speed limit but of adjustments that you'll need to make given the construction work being done. Speed will be decreased in a work zone.

KINGSBURY'S KORNER



For instance, trucks traveling at 60 miles per hour move 88 feet every second. That means that if you're driving a truck at that speed and you see a sign saying road work ahead within 1500 feet, you'll reach the work zone in no longer than 17 seconds. Make sure the situation can accommodate that arrival time, and if you're unsure, lower your speed.

Take Ten When Changing Lanes

The "Take Ten" rule is very helpful when you need to merge into traffic or change lanes as soon as possible. After you've seen the "lane closed ahead" sign or the flashing arrow panels that show you are required to move, don't go as close as possible before you try to barge your way into the lane.

Instead, put on your turn signal at least three seconds before you begin your lane change and use at least seven seconds to complete the move, while constantly checking your mirrors – adding up to at least ten seconds for the entire maneuver. This makes changing and merging lanes a lot safer and prevents traffic jams which delay the flow.

Be Aware of Blind Spots

Everyone needs to be mindful of their own blind spots whenever they're driving, but in road construction zones this is more imperative than ever. Not only do other motorists need to watch their blind spots in these situations, but they also need to do everything they can to stay out of the blind spots of any nearby trucks.

Truck drivers, for their part, need to check that their blind spots are clear as often as they can. Backup alarms, mirrors, and other visual aids are all very helpful in this regard.

Always be sure to check that your backup alarms and lights are working and that your visual aid devices and mirrors are firmly attached in the correct location before you even start the engine.

Everyone Deserves to Get Home

Remember, everybody on the road is trying to get somewhere so they can do their jobs, get home, and generally live their lives. Be as patient as possible and prepare yourself for delays or for the reactions of other drivers with frayed nerves. Staying calm, driving defensively, and taking things slow can make all the difference.



TRANSPORT TOPICS

TOP NEWS

Ohio Derailment Prompts Congressional Panels' Review of Freight Rail

Transportation committees on Capitol Hill are planning in-depth examinations of the circumstances surrounding the derailment this month of a freight train in Ohio.

With the rail industry contributing a key role to the country's supply chain, a look at freight connectivity will be among policymakers' focus during a series of upcoming hearings in the Senate and House.

Policy hearings will emphasize environmental and regulatory matters, while the connectivity of the commercial transportation sector also will be a priority for lawmakers, senior aides told Transport Topics.

"The recent Norfolk Southern train derailment in East Palestine, Ohio, has led to serious health and safety concerns from the surrounding communities. Given these concerns, we will hold a committee hearing soon on the environmental and public health impacts of this incident," Sens. Tom Carper (D-Del.) and Shelley Moore Capito (R-W.Va.), chairman and ranking member, respectively, of the Environment and Public Works Committee on highways, said Feb. 17.

"Our focus will be to examine the local, state and federal response in the immediate aftermath of the train derailment and the ongoing efforts to clean up toxic chemicals in the surrounding environment. We believe this is an important step to ensure that response prioritizes the health and safety of those impacted by this terrible accident," the EPW leaders added.



"Over the past five years, the Class I railroads have cut their workforce by nearly one third, shuttered rail yards where railcars are traditionally inspected, and are running longer and heavier trains. While some of these changes may be an improvement, they also come with new risks that current federal regulations may not consider," Cantwell wrote to Alan Shaw, president and CEO of Norfolk Southern, on Feb. 17. "Thousands of trains carrying hazardous materials, like the one that derailed in Ohio, travel through communities throughout the nation each day. Every railroad must re-examine its hazardous materials safety practices to better protect its employees, the environment, and American families and reaffirm safety as a top priority."

“**REAFFIRM
SAFETY AS
A TOP
PRIORITY**”

WHY SHOULD YOU VISIT AN URGENT CARE?

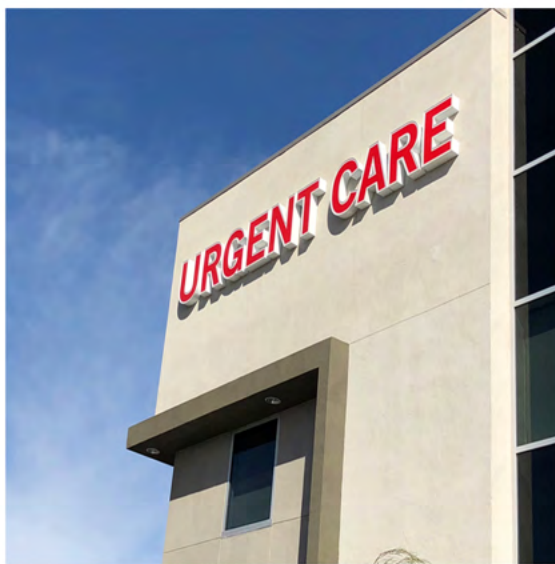
Visiting an urgent care center instead of a hospital emergency room (ER) has several advantages. Here are some of them:

Shorter Wait Times

Urgent care centers typically have shorter wait times than emergency rooms. They prioritize patients with non-life-threatening conditions and can provide prompt treatment.

Cost

Visiting an urgent care center can be more cost-effective than an ER visit. Urgent care centers generally have lower fees and copays than ERs.



Convenience

Urgent care centers are usually open after regular business hours, on weekends, and on holidays, making them a convenient option for patients who need medical attention but can't wait to see their primary care physician.

Lower Severity Cases

Urgent care centers are equipped to handle a wide range of non-life-threatening medical issues such as fever, flu, minor injuries, and infections. They are not designed to handle severe medical emergencies such as heart attacks or strokes, but they can stabilize patients and refer them to an ER if needed.

Familiarity

Visiting an urgent care center can be beneficial for patients with chronic conditions as they can establish a relationship with the healthcare providers. This familiarity can ensure consistent treatment and better continuity of care.

Less Exposure to Germs

Since urgent care centers treat less severe cases, the chances of being exposed to highly contagious diseases are lower than in a busy emergency room.

Overall, urgent care centers can be an excellent alternative to emergency rooms for patients with non-life-threatening medical issues. They provide convenient and cost-effective care, with shorter wait times and lower risks of exposure to germs. However, it's important to remember that urgent care centers are not a substitute for emergency medical care in life-threatening situations.
