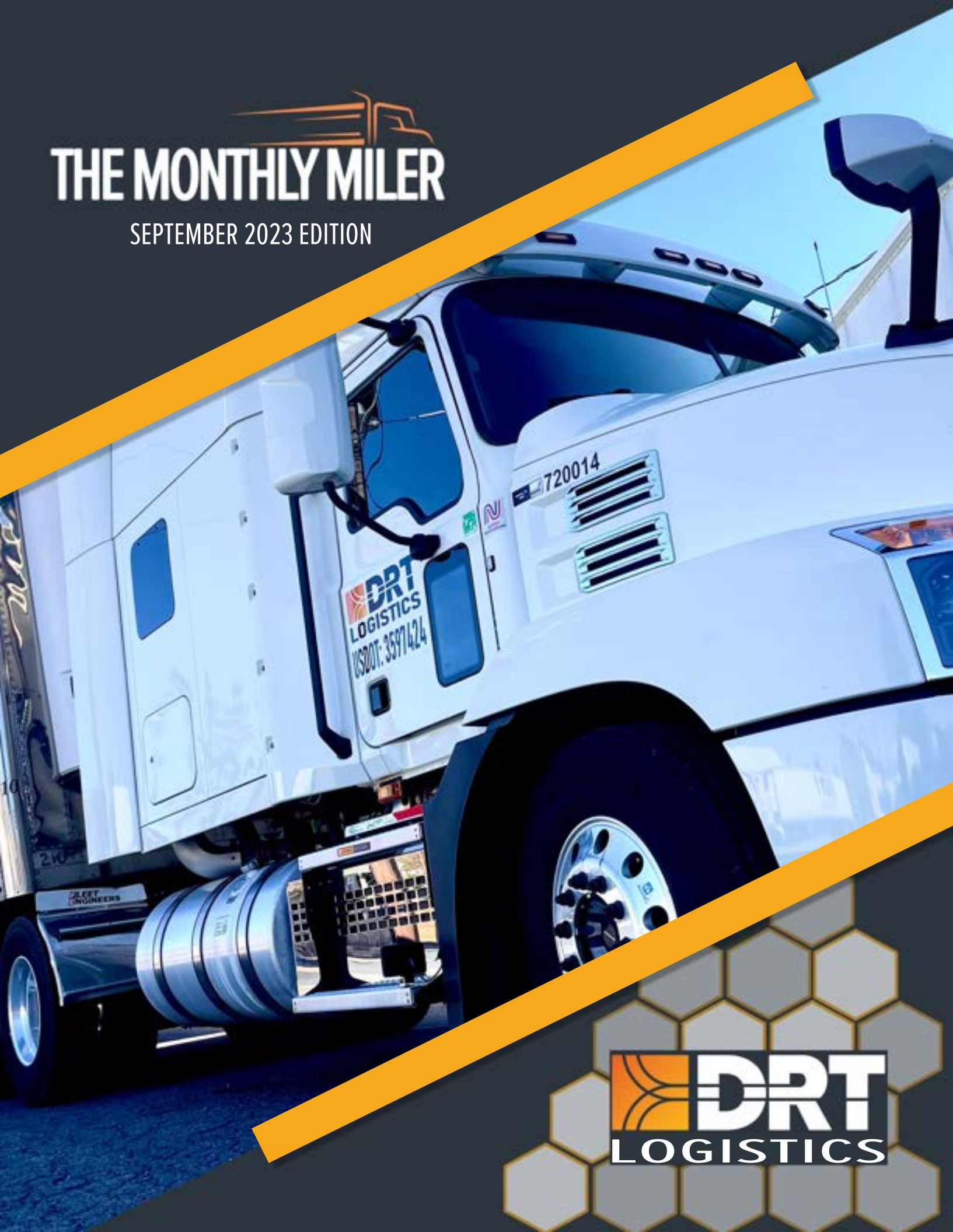




THE MONTHLY MILER

SEPTEMBER 2023 EDITION



DRT
LOGISTICS

STAYING HEALTHY ON THE ROAD

Navigating Flu and COVID Season on the Road: Tips for Staying Healthy

As the seasons change and we approach the convergence of flu and COVID-19, staying healthy on the road takes on added significance. Professional drivers, who spend long hours traveling and interacting with various environments, need to be especially vigilant about their health. In this edition, we're sharing practical tips to help drivers stay well during the upcoming flu and COVID season.

- **Prioritize Hygiene:** Regularly wash your hands with soap and water for at least 20 seconds, especially after touching surfaces in public spaces. If soap isn't available, use hand sanitizer with at least 60% alcohol.
- **Boost Your Immunity:** Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Stay hydrated, get regular exercise, and prioritize adequate sleep to keep your immune system strong.
- **Disinfect Your Space:** Regularly clean and disinfect high-touch surfaces in your cab, such as the steering wheel, door handles, and buttons. Carry disinfecting wipes and sprays to maintain a clean environment.
- **Rest Breaks:** Take sufficient rest breaks to reduce fatigue and stress. Proper rest supports your immune system's ability to fight off illnesses.
- **Seek Medical Attention:** If you're feeling unwell, especially if you're experiencing flu-like symptoms or suspect COVID-19, it's important to seek medical attention promptly.
- **Mental Health Matters:** Remember that mental health is integral to overall well-being. Stay connected with loved ones, practice mindfulness, and engage in activities that bring you joy.



The flu and COVID-19 season presents unique challenges for drivers. Still, with proactive measures, you can reduce your risk of illness and ensure safe travels. By following these guidelines, you're protecting yourself and contributing to the health and safety of the entire community. Stay healthy and stay safe on the road!

BIRTHDAYS TO CELEBRATE!



Kim Davis
September 24
CA Driver

Jackie Paustian
September 17
OTR Driver

Curtis Zuk
September 20
Mechanic - DRT Cold Chain

Steven Lacy
September 16
OTR Driver

Ameal Selders
September 5
PA Driver

DISCUSSING SCHOOL ZONES

School Zones

School zones are filled with hazards. Whether you are driving a commercial truck or company vehicle, drivers must be extra vigilant in and around a school zone. Read the information below and ask yourself if there are actions you can take to improve your driving skills and reduce the risk of a school zone incident.

RECOGNIZE THE HAZARDS

TRAFFIC CONGESTION

School buses and parents who drive their children to school may stop frequently and unexpectedly in and around designated drop off zones.

PEDESTRIANS

Expect pedestrians at crosswalks. Jaywalkers and distracted walkers using mobile devices create another hazard. Students riding bicycles, skateboards, etc. may appear suddenly.

INEXPERIENCED DRIVERS

Teen drivers who are new behind the wheel add another hazard to an already hectic traffic pattern. Inexperienced drivers may be unable to manage their vehicles and the hazards around them.

KNOW THE DEFENSE

OBEY ALL TRAFFIC SIGNS

Be mindful of school zone signage, particularly where school zones start and stop, periods of reduced speeds, crosswalks, and drop-off zones. Obey cross-guard instructions.

DRIVE DEFENSIVELY

Do not speed in a school zone. In fact, it is best to slow down 5-10 MPH to ensure you have time to recognize hazards and react properly in time. Never tailgate in a school zone, especially behind a school bus. Stay at least 50 feet back to help avoid striking a child. Yield the right of way to pedestrians.

AVOID DISTRACTIONS

Be attentive to your surroundings. Keep mobile devices out of sight and silenced while driving. Avoid other distracting activities while driving, like eating and drinking, listening to the radio, etc.

WATCH FOR STOPPING VEHICLES

Never pass a school bus with its red lights activated. Additionally, never speed up to pass a bus that is preparing to drop off or pick up. Be ready to stop at crosswalks, drop off zones, etc.

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

DISCUSSING SCHOOL ZONES

School Zones

A DRIVER'S STORY

A truck driver had just started the day shift. His first delivery was a trailer full of refrigerated meals and cartons of milk destined for a nearby school. Upon arriving in the area, the truck driver noticed the school zone signs and immediately slowed down. Traffic was heavy with buses and vehicles dropping off students. The truck driver decided to turn off his radio and slowed down. Fortunately, a designated delivery route gave the driver a path to avoid much of the congestion. Still, he remained vigilant and was able to make his delivery without incident.

WORD SEARCH

Name: _____

X L R P E D E S T R I A N S W
Z V I E B B D T B W O V I C Q
L B U M V W X U C J J R K H B
W S L I I I S L R K V A C O X
I S N E E T R H A C C L M O S
G N I K R A P D C W T U G L I
D L E I Y N O R L S S U R J G
S L T N N E O P T D A L N T N
T L G E E S M N R R I T E L S
O R N R S W E R D R I L R S G
G W A W B D J F N Z S K D T N
E Z A F U P A R E N T S L H M
Q L U T F L W T V D O I I G J
K Q S X O I T Z O K P J H I R
D I S T R A C T I O N S C L X

FIND THESE WORDS

BUS
CHILDREN
CROSSWALK
DISTRACTIONS
DRIVER
GUARD
LAWS
LIGHTS
LIMIT
PARENTS
PARKING
PEDESTRIANS
SCHOOL
SIGNS
STOP
STUDENTS
TEENS
TRAFFIC
TRUCK
YIELD

DISCUSSING PROPER LIFTING

Proper Lifting

Improper lifting is a common cause of serious back injuries and could potentially lead to a lifetime of discomfort. Also, injuries caused by improper lifting could cost you in terms of lost wages, out-of-pocket medical expenses, and your ability to enjoy the people and activities you love. Read the information below, and ask yourself if there are actions you can take to improve your lifting technique.

RECOGNIZE THE HAZARDS

PERSONAL BEHAVIORS



Most lifting injuries occur as a result of bad judgment or improper technique. A common error is rushing to lift an object without sizing up a load first to determine if you are capable of lifting the object alone.

Likewise, failing to stretch your back, legs, arms, and shoulders beforehand can lead to muscle strains. Improper technique includes lifting with your back instead of your legs, making twisting movements to change direction, failing to use available personal protective equipment, or simply not asking for help.



PRE-EXISTING CONDITIONS

A person is at higher risk of injury if he or she has a pre-existing condition, such as a previous back injury, degenerative disc disorder, or obesity.

PRE-LIFTING CHECKLIST

- Know your limits, especially if you have a pre-existing condition.
- Size up the load and ask for help, if needed.
- Warm up your back, legs, shoulders, and arms with simple stretching exercises.
- Use material handling equipment, if needed.
- Wear personal protective equipment including gloves, proper footwear, back support harness, etc.
- Locate where an object is going and ensure there is a clear path and room to set it down safely.

PROPER LIFTING TECHNIQUE

Plan your lift, ensuring you have a clear route.

Keep your back straight.

Bend your knees (not your waist) and lift with your leg muscles.

Wear appropriate footwear.



Face forward, do not bend your neck.

Do not stack boxes if this will obscure your view.

Get a good grip and hold the object close to your body.

Keep your feet shoulder width apart.

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

DISCUSSING PROPER LIFTING

Proper Lifting

A LESSON LEARNED

A driver pulling a dry van trailer arrived at a grocery store to deliver a load of dry goods. The receiver was a small store, and no one in the warehouse was available to help unload. The driver volunteered to help and grabbed a dolly nearby. He began unloading and was near the end when a box fell off the dolly. Thinking nothing of it, the driver bent over at the waist to retrieve it. As he did so, he felt a sharp pain in his back and dropped to his knees in agony. The driver had aggravated a previous back injury and was unable to stand on his own. The store attendant witnessed the incident and rushed to his aid. She contacted the driver's employer and explained what happened. The driver was then transported to the hospital via ambulance. His ruptured disc injury forced him to be out of work for two months.

TEST YOUR KNOWLEDGE

Name: _____

1. Which of the following is not a pre-existing medical condition that could increase the risk of a back injury?
 - A. Obesity
 - B. Degenerative disc disorder
 - C. Improper footwear
 - D. Prior back injury
 2. For bulky items, it is safer to try lifting the item first to test your strength before asking for assistance.
 - A. True
 - B. False
 3. Which of the following can help reduce the risk of injury when lifting an object?
 - A. Gloves
 - B. Back support harness
 - C. Stretching
 - D. All of the above
 4. Before lifting an object, locate where it is going and ensure there is a clear path and room to set it down safely.
 - A. True
 - B. False
 5. Which of the following personal behaviors can increase the risk of injury when lifting an object?
 - A. Hurrying
 - B. Stretching
 - C. Twisting movements
 - D. Both A and C
-

SAFE DRIVING AWARD!

Congratulations and Thank You, Joewy!

We are thrilled to congratulate and thank Joewy for an outstanding achievement: One Year of Safe Driving! Your dedication to safety, precision, and excellence behind the wheel has not only set a shining example. Still, it has also made our team stronger and our roads safer.

Your commitment to safety doesn't just protect our cargo; it safeguards lives and communities. You've demonstrated that we can confidently and responsibly navigate every journey with vigilance and skill.

We're not just awarding you with a pin; we're recognizing your unwavering commitment to:

- ✔ **Safe Practices:** You've consistently adhered to the highest safety standards, ensuring our deliveries arrive intact and on time.
- ✔ **Professionalism:** Your conduct on and off the road reflects our company values, earning the respect and trust of our clients.

Thank you, Joewy, for your continuous dedication to safety and excellence.



RECIPE OF THE MONTH “GETTING READY FOR FALL”

Easy Homemade Pumpkin Spice Muffins

Soon time for all the pumpkin fun to arrive so let's join in!

Ingredients:

- 1 and 3/4 cups all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 cup canned pumpkin puree
- 1/2 cup vegetable oil
- 2 large eggs
- 1/4 cup milk
- 1 teaspoon vanilla extract



Instructions:

- Preheat your oven to 350°F (175°C). Line a muffin tin with paper liners or lightly grease the cups.
- In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves.
- In a separate bowl, combine the pumpkin puree, vegetable oil, eggs, milk, and vanilla extract. Mix well until everything is evenly combined.
- Gradually add the wet ingredients to the dry ingredients, stirring until just combined. Be careful not to overmix; a few lumps are okay. If using, fold in the chopped nuts or chocolate chips.
- Spoon the batter into the muffin cups, filling each cup about 2/3 full.
- Bake in the preheated oven for about 18-20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
- Once baked, remove the muffins from the oven and allow them to cool in the tin for a few minutes before transferring them to a wire rack to cool completely.
- Enjoy your homemade pumpkin spice muffins! They are perfect for a cozy fall breakfast or snack.

Note: Cooking times may vary, so keep an eye on the muffins as they bake. You can also customize this recipe by adding your favorite mix-ins, such as raisins, cranberries, or shredded coconut.

MARK CUBAN COST PLUS DRUG COMPANY UPDATES

We now have two ways you can get your medications at our always low prices! Get your medication delivered with Cost Plus Drugs or pick up from a local pharmacy with our new Team Cuban Card Rx Benefit Card!

Cost Plus Drugs – Home Delivery

1. Sign up - <https://lnkd.in/gFrA7E3T>
2. Search available medications - https://lnkd.in/eHCq_6W4
3. Have your doctor send in your prescription - <https://lnkd.in/g83iHtNe>
4. Place your order! (Takes up to 24 hours to add your prescription to your account)

- ✓ Over 1,000 medications available
- ✓ Standard and expedited shipping options

Frequently asked Cost Plus Drugs questions

 <https://lnkd.in/gGN58Mh9>

Team Cuban Card – Local Pickup

1. Sign up and find nearby pharmacies - <https://lnkd.in/gSq6Sjfb>
2. Search available medications - <https://lnkd.in/gDFSr7qi>
3. Download your card (download link emailed to you within 48 hours)
4. Have your doctor send your prescription to an affiliate pharmacy.
5. Show your Team Cuban Card when you pick up your prescription!

- ✓ Hundreds of medications available
- ✓ Thousands of participating pharmacies



MARK CUBAN
CostPlus
DRUG COMPANY



Prescriptions delivered to your door.
costplusdrugs.com

Frequently asked Team Cuban Card questions 

<https://lnkd.in/g9TWA-bv>

No membership fees. No insurance required.



Cost Plus Drugs
Team Cuban
Card



Local pharmacy pickup.
teamcubancard.com

TRANSPORT TOPICS

TOP NEWS

Yellow's Shutdown Opens Up LTL Market for Competitors

'There's Enough Capacity in the LTL Space to Absorb the Yellow Business'

The Yellow Corp. shutdown is having a downstream effect on the less-than-truckload space as freight volumes flow toward competitors.

The Nashville, Tenn.-based transportation holding company ceased operations on July 30 after nearly a century in business. It declared bankruptcy about a week later. The company was highly focused on the LTL segment through subsidiaries like YRC Freight. Its freight volumes have already started shifting to competitors, with assets expected to follow.

"There's enough capacity in the LTL space to absorb the Yellow business," said Kevin Day, president of the less-than-truckload business at AFS Logistics. "A lot of that has to do with just the slow progress that this all unfolded. It's not this abrupt event that happened over a weekend."

TD Cowen noted in its second-quarter earnings review that LTL segment discussions were dominated by the bankruptcy. The investment banking company sees ArcBest Corp., TFI International and XPO as best positioned to gain the most freight, given their similar weight and pricing.

"There is ample capacity in the LTL network to absorb this freight, though it gives carriers the ability to be more aggressive on pricing despite a softer volume environment when excluding Yellow," TD Cowen analyst Jason Seidl wrote in the report. "All carriers discussed the Yellow implications slightly differently."

ArcBest experienced a 10% year-over-year increase in its core LTL shipments per day in late July. Old Dominion Freight Line reported that shipments incrementally increased by 3,000 to a total of 50,000 in late July. Saia reported shipments in July were up about 5% year-over-year, while tonnage had risen 2.5%. XPO reported that tonnage growth intensified throughout the month of July.



"We have deep and trusted relationships with our customers and many of them came to us for help in keeping their supply chains moving as they began to fear or feel disruption," an ArcBest spokesperson said. "We're in a great position as an integrated logistics company because we can work with customers to look at their supply chain across modes to find the best options.."

Uber Freight noted in its Q3 Market Update and Outlook Report that the Yellow shutdown is expected to increase LTL rates. The report also expects the market to take several months to adjust and absorb the volumes since Yellow represented roughly 9% of LTL market share.



There's enough capacity in the LTL space to absorb the Yellow business

