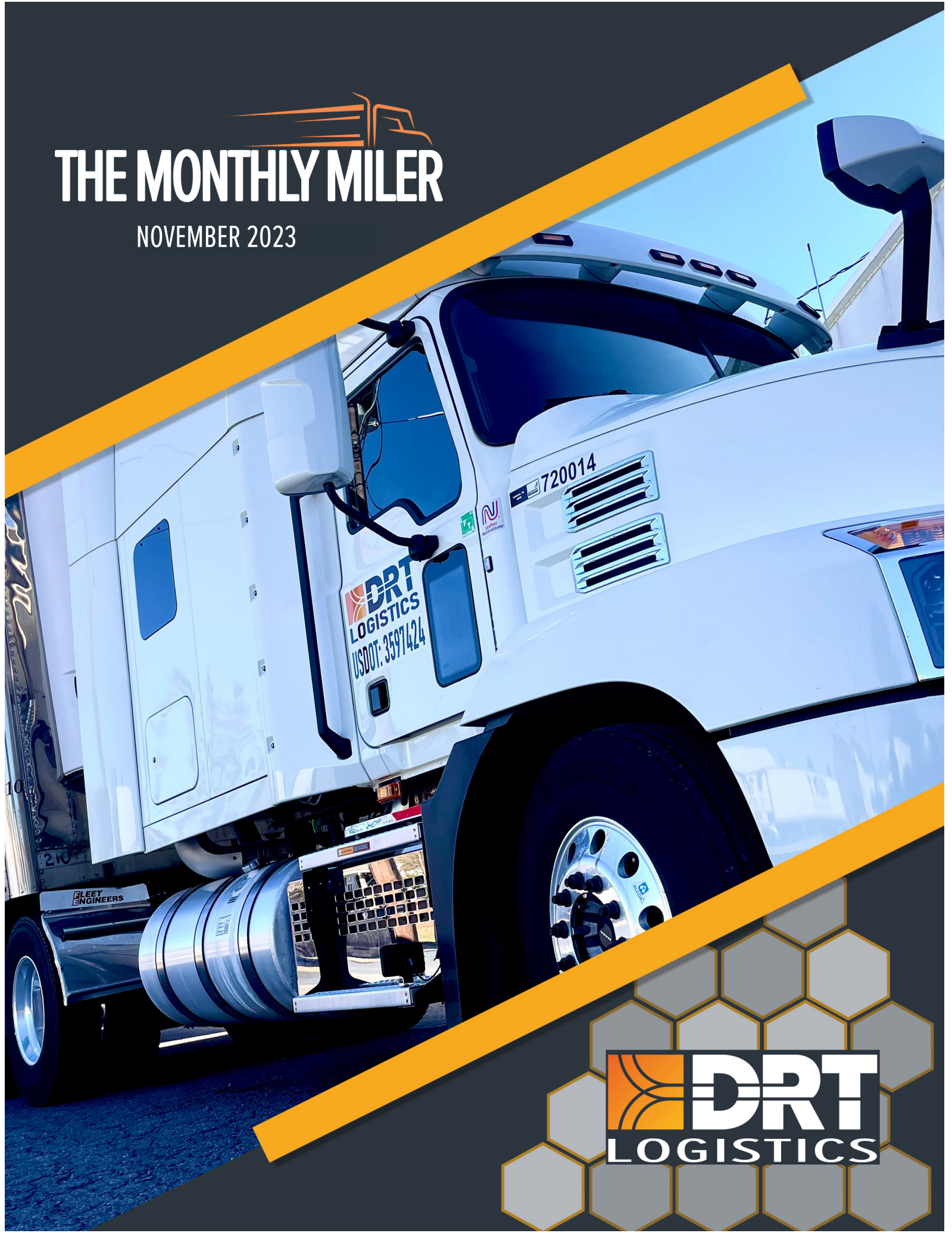




THE MONTHLY MILER

NOVEMBER 2023



DRT
LOGISTICS



Ruston Renn

November 8
Mechanic

Chris Arnold

November 16
LSC Yard Jockey

Khristopher Buchanan

November 11
Chicago Driver



Scott Kimmel

2 Years
Dispatcher - DRT Cold Chain

Tony Holliman

5 Years
PA Driver

Alex Diaz

2 Years
DRT Cold Chain Driver

Ruston Renn

2 Years
Mechanic

Bill Giranda

2 Years
DRT Cold Chain Driver

Art Snyder

2 Years
DRT Cold Chain Driver

Paul Hartsworm

2 Years
DRT Cold Chain Driver

Dale Tschopp

2 Years
DRT Cold Chain Driver



FREE AT-HOME COVID TESTS

Starting September 25, 2023, individuals residing in the U.S. can order one set of 4 free at-home tests through USPS.com. This initiative is aimed at promoting safety and ensuring access to testing resources when needed.

Here are some key details you should be aware of:

- One Order per Residential Address: Each residential address is eligible for one order of at-home tests.
- What's Included: Each order comprises #4 individual rapid antigen COVID-19 tests. For more information about these tests, including details about their extended shelf life and updated expiration dates, you can visit COVIDTests.gov.
- Shipping Information: Orders will be shipped free of charge, with the distribution process commencing October 2, 2023.
- Kits can be ordered at: <https://special.usps.com/testkits>

Thank you for your continued commitment to safety and well-being in the workplace.

DRTDOLLARS.COM UPDATES

Fresh Additions to DRTDollars.com!

We are thrilled to announce a range of new and updated items now available on our DRT Dollars website. Whether you're shopping for yourself or planning for holiday gifting, there's something for everyone. We've carefully curated our selection to offer you the latest and greatest products.



While we're excited to provide these new options, we want to ensure transparency regarding delivery times. Please allow at least a minimum of 15-20 working days from when your order is placed until delivery. We understand that this may seem like a long timeline, but it's all part of our careful process to ensure we are offering the best possible prices on our swag.

Your satisfaction is our top priority, and this careful process is a part of our commitment to deliver the best to our employees.

Explore the new additions on DRTDollars.com today! Happy shopping!

DRT NEW HIRES WELCOME ONBOARD!



JEREMY BUSH
DIRECTOR OF SAFETY
LEBANON OFFICE

From: Pecatonica, IL

Interesting Fact: I love going Antiquing with the family.

Previous job: JB Safety Consulting Inc.- Owner/President

Favorite hobby: Recreational Shooting-Competitive shooting competitions

Welcome to the
Team!

SEVEN IMPORTANT SAFETY MESSAGES

7 Truck Driver Safety Messages That Can Save Lives

The trucking industry plays a crucial role in the US economy—from delivering raw materials to distributing finished goods to your favorite stores.

For all that they do, truck drivers have one of the most dangerous jobs and are at risk of:

- Fatal road accidents
- Injuries during loading and unloading (like falling off flatbed trucks)
- Ergonomic injuries from fatigue and heavy lifting
- Lifestyle diseases such as sleep disorders and heart problems

Commercial drivers need to follow these rules and employ defensive driving techniques to ensure road safety.

Message #1: Conduct a Pre-trip Safety Inspection

The Federal Motor Carrier Safety Administration (FMCSA) requires all drivers to fill in a Driver Vehicle Inspection Report (DVIR) to ensure their truck is street legal before hitting the road.

Unfortunately, many truck drivers ignore this life-saving step and will set out on a long-distance trip, oblivious to the potential hazards they pose to other vehicles.

Use this checklist to ensure your truck is roadworthy before your haul:



- Tires have a proper tread depth, closed valves, and are well inflated.
 - The brakes operate correctly and have no leaks.
 - Fluid levels are well-maintained, including brake fluid, coolant, oil, and transmission fluid.
 - The coupling system has no defects—the fifth wheel, airlines, gap, mounting bolt, and locking jaws are all in place.
 - The safety equipment is in working condition and properly secured (including fire extinguishers, a first aid kit, and reflective triangles).
 - All the lights are functioning well—check the headlights, flashers, turn signals, and brake lights.
-

SEVEN IMPORTANT SAFETY MESSAGES



Message #2: Keep Tabs on the Weather

A commercial driver can cover hundreds of miles in a day. What might start out as a bright, sunny morning can turn to a foggy and stormy afternoon as you cross states.

Check the forecast before starting your trip, and occasionally when you're on the road, to prepare for changes in weather and road conditions.

To stay safe in bad weather:

- Don't drive in low visibility caused by heavy fog, dust storms, or snow—pull over at a truck stop and wait until the roads are clear.
 - If the visibility is low but you can still drive, keep your headlights on to ensure other drivers can see you.
 - If the roads are impassable because of snow, park your truck. Keep your engine running to avoid freezing and keep your flashing lights on to stay visible.
 - Don't drive in intense heat to avoid tire bursts.
 - Remember to pack for the weather—carry warm blankets, food, and water in case you get stuck in a storm.
-

SEVEN IMPORTANT SAFETY MESSAGES



Message #3: Stay Alert When Driving

Distracted driving is a common cause of road accidents in the US. Data from NHTSA shows that 3,142 people died as a result of distracted driving in 2019.

Commercial trucks require your total concentration, and taking your eyes off the road—even for a few seconds—could lead to a fatal vehicle crash.

The Virginia Transportation Tech Institute (VTTI) has done a lot of research on distracted driving and suggest that you:

- Don't text—you're 23 times more likely to crash your truck when texting.
- Use hands-free mobile phones—you're six times more likely to cause an accident when dialing your cell phone.
- Don't drive drunk—alcohol increases the risk of fatal crashes by seven times.

Expert Tip: If you feel fatigued, stop your truck and take a break. You don't want to fall asleep while driving your 18-wheeler on an expressway.

Message #4: Always Wear Your Seat Belt

The impact of a collision can throw you out of your vehicle, through the windshield, and cause fatal injuries. Wearing a seat belt restrains you and keeps you secured in your seat, even during a collision.

According to a 2020 NHTSA report, over 90% of Americans buckle up when driving.

On the other hand, long-haul truckers have a reputation for ignoring seat belts. A CDC survey found that 33% of truckers who died in road accidents were unbelted.

Review how to wear your safety belt properly.

Myth	Fact
Safety belts are uncomfortable, especially for long trips.	A properly worn safety belt causes no discomfort.
The truck's strong body will protect you from injuries.	A collision can cause you to lose control and throw you out of the vehicle. Besides, if you get into an accident with another trailer, then you have no size advantage.
Experienced drivers don't need to buckle up.	You may be safety-conscious, but you can't prevent other drivers from hitting you, adverse weather, or mechanical breakdowns from happening.
In the event of an accident, you'd rather be thrown out of the vehicle than stuck inside.	You're four times more likely to die if you're ejected from the truck during an accident.
It takes too much time to buckle up.	It takes less than three seconds to buckle up.

SEVEN IMPORTANT SAFETY MESSAGES

Message #5: Know Your Blind Spots

Drivers of small passenger cars have fewer blind spots, which they can easily view using the rear-view and side mirrors. Big rigs don't have this luxury.

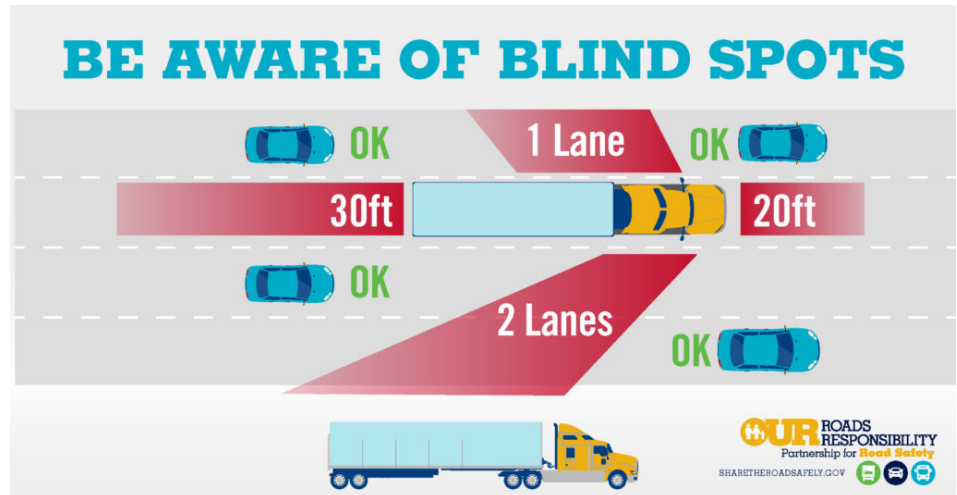
A truck has blind spots on all four sides, putting other road users at risk.

This video by the FMCSA provides a visualization of the dangerous blind spot zones.

Unfortunately, some truckers and other road users falsely assume that since a truck driver's seat is high, they can see all around the vehicle. This can result in cyclists, pedestrians, and other drivers blindly overtaking or changing lanes, causing fatal road accidents.

To avoid blind spot zone truck accidents, a truck driver should:

- Reduce lane changes and signal in advance if you must.
- Check mirrors frequently and be conscious of vehicles entering your blind spots.
- Leave sufficient space all around your truck by maintaining a safe distance from other vehicles.



Message #6: Stay Within the Posted Speed Limit

A speeding truck that loses control can cause multiple crashes and fatalities.

Each state sets its speed limits according to population, road engineering, and traffic patterns. Rural states with lower populations and vast freeways have higher speed limits than urban areas with heavy traffic. Texas has the highest speed limit at 85 mph, while Washington has the lowest at 55 mph.

Besides noting speed signals on highways and interstate roads, truck drivers should also be cautious when driving in school and work zones.

Look out for flag crews that signal unexpected traffic issues such as road workers, school crosswalks, or lane shifts and closures.

Expert tip: Although cruise control can help you drive within the speed limit, don't use it in inclement weather, on busy roads, or when you're tired. At these times, you must remain in total control of your vehicle.

SEVEN IMPORTANT SAFETY MESSAGES

Message #7: Practice Safe Loading and Unloading

Road accidents aside, truck drivers may also get injured during loading and unloading. The most common injuries during loading and unloading occur when:

- Unsecured or overloaded cargo falls on the truck driver or bystanders.
- The truck rolls away because its parking brakes or stabilizers aren't fully engaged.
- The driver falls off of an unrestrained high platform such as a flatbed truck.
- Uncontrolled moving traffic in the parking lot causes confusion and accidents.

Trucking companies should enforce best practices and follow OSHA guidelines to ensure workplace safety during loading and unloading.

Some of these safety practices include:

Activity	Safety Tips
Parking	<ul style="list-style-type: none">• Park the truck only in the designated area• The parking area should be flat, well lit, and restrict pedestrian traffic• Apply parking brakes and stabilizers
Loading	<ul style="list-style-type: none">• Spread the load evenly to distribute weight across the flatbed and ensure stability• Properly arrange and strap the cargo to prevent toppling off• Don't overload goods• Use <u>fall protection systems</u> to prevent personnel falls from the truck bed
Unloading	<ul style="list-style-type: none">• Counter check that the load didn't shift during transit before unloading• Ensure the equipment used to unload is in good working condition

RECIPE OF THE MONTH

Turkey with Herb Butter



Ingredients:

- 1 whole turkey (12-15 pounds)
- 1 cup (2 sticks) unsalted butter, softened
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons chopped fresh thyme
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 onions, peeled and quartered
- 4 garlic cloves, peeled
- 2 lemons, halved
- 4-6 cups chicken or turkey broth

- Preheat your oven to 325°F (165°C).
- Remove the giblets and neck from the turkey cavity.
- Rinse the turkey inside and out, then pat it dry with paper towels.
- In a bowl, mix the softened butter with the chopped sage, rosemary, thyme, salt, and pepper to make the herb butter.
- Carefully separate the turkey's skin from the meat by gently sliding your hand under the skin over the breast and thigh areas. Spread the herb butter evenly under the skin, directly onto the meat.
- Stuff the turkey cavity with the quartered onions, garlic cloves, and halved lemons.
- Tie the turkey's legs together with kitchen twine.
- Place the turkey on a rack in a roasting pan. Pour the chicken or turkey broth into the pan.
- Cover the turkey with foil and roast it in the preheated oven for about 2 to 2.5 hours. After this time, remove the foil and continue roasting until the turkey reaches an internal temperature of 165°F (74°C) in the thickest part of the thigh. Baste the turkey with pan juices every 30 minutes.
- Once done, remove the turkey from the oven and let it rest for about 20-30 minutes before carving. This allows the juices to redistribute, keeping the meat moist.

Carve your beautifully roasted turkey and serve it with your favorite Thanksgiving side dishes!



THE LATEST ON TTNEWS.COM

Tonnage Dips 4.1% in September

Annual Decline Is Steepest Since November 2020

Truck tonnage slumped 4.1% in September compared with year-ago levels, the steepest annual drop in nearly three years and an indication that the U.S. freight market remains turbulent, American Trucking Associations said Oct. 24.

“The year-over-year decrease was the largest drop since November 2020 on a very difficult comparison — September 2022 was the previous cycle high,” ATA Chief Economist Bob Costello said in the Oct. 24 release of the federation’s For-Hire Truck Tonnage Index. “While it is likely a bottom has been hit in truck freight tonnage, there could still be choppy waters ahead as the freight market remains volatile.”

The index equaled 113.9 last month, compared with 118.8 in September 2022. The result was the seventh consecutive annual drop for the seasonally adjusted index and the widest of the year. In August, the index was down 2.4% from a year earlier.

On a month-to-month basis, tonnage decreased 1.1% from August to September after inching up 0.2% from July to August. Costello noted the monthly shifts show the volatility of the current freight market.

“After hitting a bottom in April, tonnage had increased in three of the previous four months, gaining a total of 2.2% before September’s drop,” he said.

“However, this freight market remains in flux,” he added, noting that the September sequential drop erased half of the previous months’ gains.

The ATA index is dominated by contract freight as opposed to spot market freight. In calculating the index, 100 represents 2015.

“The year-over-year decrease was the largest drop since November 2020 on a very difficult comparison — September 2022 was the previous cycle high”

