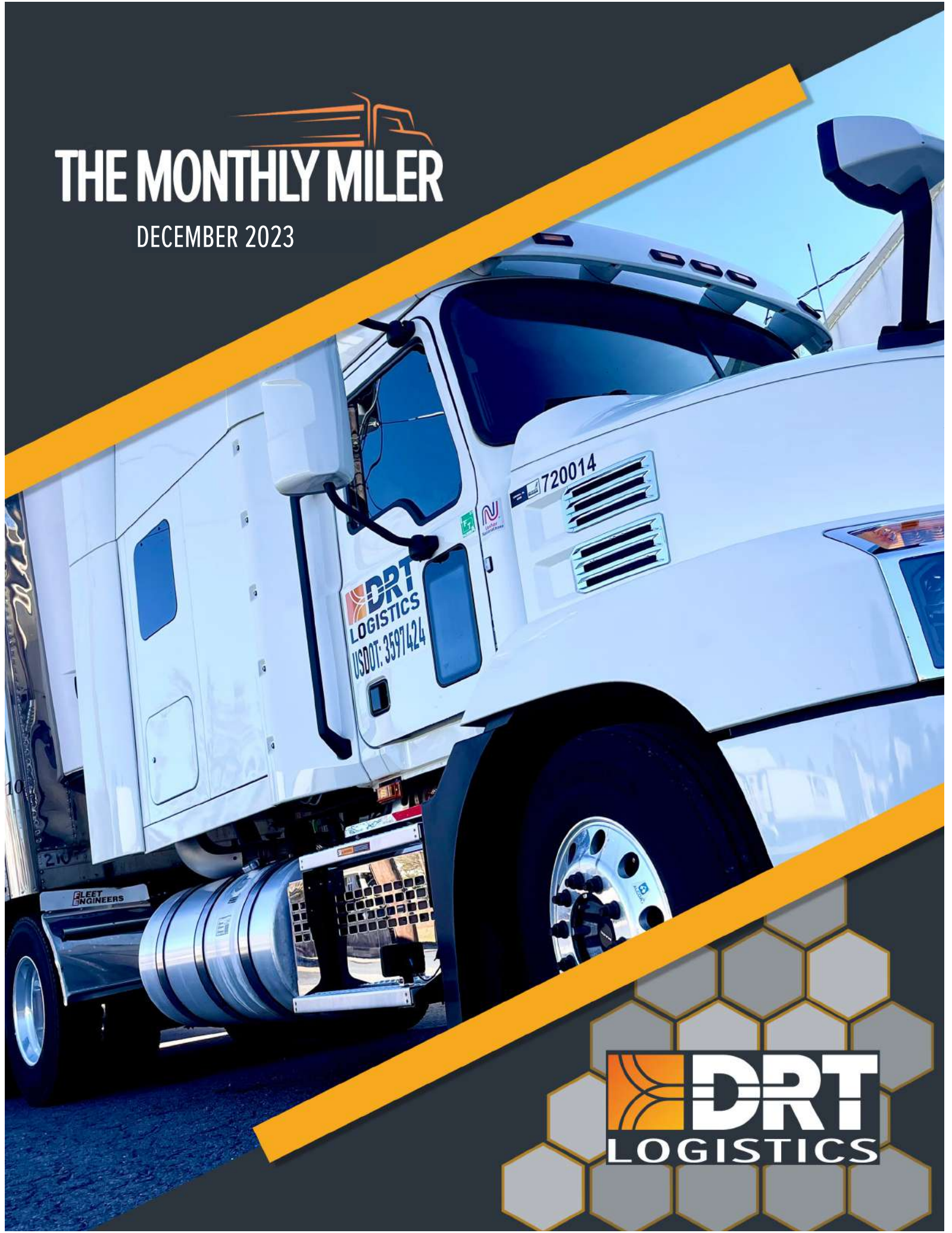




THE MONTHLY MILER

DECEMBER 2023



DRT
LOGISTICS

EMPLOYEE ANNOUNCEMENTS



Nicole Gillen
December 25
Afterhours Coordinator

Ruben Lopez
December 28
MA Driver

Diego Babini
December 6
OTR Driver

Tim Yufer
December 15
OTR Driver



Lance Jeszenka
1 Year
Dispatcher

OUR CUSTOMERS REMAIN CENTRAL

**PEOPLE
HAVE MORE
POWER
THAN LOGISTICS**

In logistics, we recognize that the heart of our operations lies in the personal connections we build. Here at DRT, our unwavering pledge is to deliver unparalleled customer experiences at every touchpoint, reinforcing our belief that people have more power than logistics.

Our Customers Remain Central: When our customers opt for DRT, they don't just engage in a freight service; they enter into a vital partnership. Beyond the movement of goods, we're dedicated to forming enduring connections and acting as an extension of their team. Their triumphs are intricately woven into our own.

Your Input Holds Weight: Within the culture of DRT, we've nurtured a spirit of active listening and open dialogue. We highly value our customers' insights, shaping our logistics solutions to meet their requirements. It's not just about transporting goods; it's a collaborative effort to achieve customer objectives.

Pioneering Change: Innovation runs deep in our DNA. Our objective is to empower you to navigate an ever-evolving world confidently by continuously refining our services, streamlining logistics processes, and devising cost-effective solutions.

At DRT, exceptional customer experiences materialize through respect, collaboration, and an unwavering commitment to empowering our partners. Their victories are our victories, and we remain devoted to ensuring that every interaction with us isn't merely good but genuinely extraordinary.

DRT CORPORATE COAT DRIVE!



As the frosty winds of winter embrace us, DRT Corporate is thrilled to launch a Coat Drive, an excellent opportunity for us to make a positive impact in our community. This year, we focus on supporting a local school district by collecting warm coats to help those in need stay cozy during the colder months.

How You Can Contribute:

We extend an invitation to all DRT employees to partake in this heartwarming initiative. Consider dropping off a donated jacket in person if you're near our Corporate office. Your contribution, no matter how big or small, goes a long way in making a positive difference. Thank you for your generosity and commitment to spreading warmth and kindness in our community!

Collection Deadline and Donation Day:

Please gather your contributions by December 14th. On this date, our Corporate team will ensure the seamless delivery of all collected coats to the local school district, ensuring that they reach those in need just in time for the winter season.

HOLIDAY HOURS

As we approach the festive season, we want to ensure that everyone is well-prepared for the upcoming holidays. Our offices will be closed on December 25, allowing our team to celebrate and spend time with their loved ones. We will resume normal operations on December 26.



DISCUSSING PATTERN DRIVING

Pattern Driving

Every driver has a pattern to the way he or she drives. These patterns, or habits, can be good or bad, or more precisely, safe or unsafe. A driver who integrates safety into all of his or her driving decisions regardless of the environment has established a pattern of behavior that may reduce the risk of a crash. On the flipside, pattern driving refers to practicing unsafe behaviors, like speeding and tailgating. Pattern driving can also occur when a driver gets too comfortable with his or her route or routines and lets his or her guard down. This is common when drivers run dedicated routes to the same customers day after day and become complacent. In this case, complacency becomes a distraction, and drivers lose focus on their surroundings and the potential hazards that could lead to a crash. Read the information below and ask yourself if there are actions you can take to improve your driving skills.

UNSAFE DRIVING BEHAVIORS



DO ANY OF THE FOLLOWING PATTERNS APPLY TO YOU?

Talking or texting on the phone while driving

Tailgating

Speeding

Making frequent lane changes

Driving while ill or fatigued

Driving under the influence of drugs or alcohol

Blocking the path of oncoming traffic

Not wearing a seatbelt

Gawking at passing crash scenes

Daydreaming while driving

Making U-turns

Driving too fast for conditions

SAFE DRIVING BEHAVIORS



AVOID COMPLACENCY

Each day, change your pre-trip inspection routine. If permitted, try new routes to dedicated customers.



AVOID DISTRACTIONS

Do not drive if taking any medication that can cause drowsiness. Get plenty of rest, stay hydrated, and avoid heavy meals to reduce fatigue. Wear sunglasses and use the visor to reduce sun glare.



OBSERVE PROPER SPEED FOR CONDITIONS

Reduce speed by at least 2-3 mph below the flow of traffic, not to exceed the posted speed limit. Before entering ramps, curves, and turns, reduce speed by at least 10-15 mph below the posted speed limit, or more based on conditions.



REACT PROPERLY TO HAZARDS

Make quick glances to mirrors and return your focus to the road ahead. At the first sign of vehicles slowing in front of you, get off the accelerator and apply controlled braking.



MAINTAIN PROPER FOLLOWING DISTANCE

Keep a minimum of six seconds behind the vehicle in front, and add one second for each additional hazard, like snow, freezing rain, sun glare, or black ice, as the hazard presents.



MAINTAIN ONE LANE

Avoid making erratic or unnecessary lane changes. Stay in one lane as much as possible.

Pattern Driving

A DRIVER'S STORY

A local driver for a short haul, regional motor carrier was assigned to a dedicated route for one of the company's largest customers. Each day, the driver would shuttle refrigerated trailers between two facilities. Around lunchtime one day, he pulled over at a local truck stop to eat. When he was finished, he did not bother to conduct another vehicle inspection before pulling away. He realized his mistake right away. The trailer king pin was not fully seated in the fifth wheel, and the trailer came crashing down in the middle of the parking lot. Fortunately, no one was injured, but the crates of eggs he was hauling were a complete loss.

TEST YOUR KNOWLEDGE

Name: _____

- Which of the following is a good driving habit?
 - Staying in one lane as much as possible*
 - Maintaining at least six seconds of following distance*
 - Slowing down in adverse road conditions*
 - All of the above*
 - When a driver runs the same route each day, complacency and distractions can be avoided if the driver practices the Essential 7 Driving Techniques.
 - True*
 - False*
 - All of the following are examples of bad driving habits EXCEPT:
 - Tailgating.*
 - Speeding.*
 - Observing the proper speed for conditions.*
 - Entering a curve or turn too fast.*
 - Pattern driving, whether good or bad, reflects a driver's approach to driving and the decisions made behind the wheel.
 - True*
 - False*
 - All of the following are examples of distracted driving EXCEPT:
 - Talking on a cell phone while driving*
 - Scanning the road ahead for slowing or stopping traffic*
 - Eating or drinking while driving*
 - Gawking at a passing crash scene*
-

SAFETY AROUND THE VEHICLE

Safety Around the Vehicle

Working on and around dry van trailers can expose a driver to potential injuries that could be costly to one's livelihood and lifestyle. Read the information below about preventing injuries around the truck, and then ask yourself how you can better protect yourself from harm.

RECOGNIZE THE HAZARDS



ENVIRONMENT

The weather can create hazards around the truck. For instance, ice, snow, rain, and mud make surfaces slippery and can cause your feet to lose traction. These conditions can cause a driver to fall off the tractor, trip in a pothole, or slip and fall. Likewise, wind gusts can catch trailer doors and cause injuries.



EQUIPMENT

Cargo can shift while en route and fall on top of an unsuspecting driver when the driver is opening the trailer doors. Likewise, performing tasks like cranking the dollies, pulling the fifth wheel pin, and sliding the tandems often leads to shoulder and back injuries.



PERSONAL BEHAVIORS

Hurrying and ignoring safety procedures are key factors in work-related injuries. Drivers who fail to perform a thorough pre-trip inspection or do not utilize PPE increase the risk of personal injury.

KNOW THE DEFENSE



CONDUCT PROPER VEHICLE INSPECTIONS

Walk around the vehicle and note defects thoroughly. Report issues to maintenance immediately for repair.



USE THREE POINTS OF CONTACT

Always face the equipment when climbing on or off and use three points of contact, meaning both hands and one foot or both feet and one hand are always in contact with the equipment.



UTILIZE PPE

Always wear gloves to protect your hands when handling freight or performing tasks, like sliding the trailer tandems. Wear proper footwear with slip-resistant soles and steel toes, and ensure the footwear is made of puncture-resistant material. Utilize door straps to protect yourself from shifted or fallen cargo.



FOLLOW ESTABLISHED PROCEDURES

Stretch your back, shoulders, arms, and legs before performing tasks like uncoupling the trailer, cranking the dollies, sliding the tandems, or opening the trailer doors. Use the proper technique to avoid muscle strains and reduce the risk of cuts and abrasions. Also, do not inhibit your range of motion when performing these tasks. If parked too close to another truck or object, reposition your truck to give yourself more room to maneuver.



BE ATTENTIVE TO SURROUNDINGS

When working on or around the truck, be mindful of slip, trip, and fall hazards such as potholes, ice patches, and puddles. If working in the dark or low-lit areas, use a flashlight. Remember to slow down, and do not hurry.

Safety Around the Vehicle

A DRIVER'S STORY

A mechanic for a mid-sized motor carrier in the Southwest experienced an excruciating injury one day while inspecting a tractor-trailer. He was in a hurry to leave work early for his daughter's soccer game and got distracted trying to do too much. After completing his walk around inspection of the vehicle, the mechanic went to climb into the cab to test the horn and lights. In his haste, his foot missed a step. The mechanic slipped, hitting the vehicle with his chin and inadvertently biting his tongue. His injury required a dozen stitches and the incident resulted in additional bumps and bruises that could have been prevented had the mechanic taken time and paid closer attention to the task at hand.

TEST YOUR KNOWLEDGE

Name: _____

1. All of the following can help reduce the risk of a slip, trip, and fall EXCEPT:
 - A. *Using three-point contact when climbing on/off equipment.*
 - B. *Walking around the truck in the dark without a flashlight.*
 - C. *Facing the equipment when climbing on or off the truck.*
 - D. *Wearing proper footwear.*
 2. If you encounter a mechanical defect or serious safety hazard when conducting a pre-trip inspection, it is okay to wait until you return from your trip to report it to maintenance.
 - A. *True*
 - B. *False*
 3. All of the following can help reduce the risk of an injury when working around the truck EXCEPT:
 - A. *Stretching.*
 - B. *Wearing proper footwear and gloves.*
 - C. *Hurrying.*
 - D. *Repositioning the truck.*
 4. Maintaining three points of contact with the truck at all times means using two hands and one foot or one hand and both feet while facing the vehicle.
 - A. *True*
 - B. *False*
 5. Which of the following are hazards that can increase the risk of a slip, trip, or fall?
 - A. *Potholes*
 - B. *Ice*
 - C. *Hurrying*
 - D. *All of the above*
-

RECIPE OF THE MONTH

Grilled Lemon Herb Chicken Salad

Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Zest of 1 lemon
- Juice of 1 lemon
- 4 cups mixed salad greens
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- 1/2 red onion, thinly sliced
- 2 tablespoons balsamic vinaigrette dressing (or dressing of your choice)



- Preheat the grill or grill pan over medium-high heat.
- In a small bowl, mix together olive oil, oregano, thyme, salt, pepper, lemon zest, and lemon juice to create a marinade.
- Place the chicken breasts in a resealable plastic bag and pour half of the marinade over them. Seal the bag and let it marinate for at least 30 minutes in the refrigerator.
- Grill the marinated chicken breasts for about 6-7 minutes per side or until fully cooked.
- While the chicken is grilling, prepare the salad by arranging mixed greens, cherry tomatoes, cucumber, and red onion on serving plates.
- Once the chicken is cooked, slice it into strips and place it on top of the prepared salads.
- Drizzle the remaining marinade over the salads and finish with a drizzle of balsamic vinaigrette dressing.
- Toss lightly and serve immediately.

This Grilled Lemon Herb Chicken Salad is not only low in calories but also bursting with flavor and nutrients. It's a perfect choice for a fresh and healthy start to the new year!



FMCSA Warning: Drivers Who Drug-Test Positive Will Lose CDLs

Federal trucking regulators have issued a warning that late next year truck drivers who test positive for drug use will not only be placed on prohibited driving status, but will lose their commercial driver licenses and not be issued learning permits until they complete the federal return-to-work process.

“A driver with a drug-and-alcohol program violation is prohibited from performing safety-sensitive functions, including operating CMVs, for any DOT-regulated employer until the return-to-duty process is complete,” said a Federal Motor Carrier Safety Administration notice on Nov. 28. “By November 18, 2024, as part of new federal regulations, drivers with a ‘prohibited’ status in the Drug and Alcohol Clearinghouse will lose or be denied their state-issued commercial driving privileges.”

FMCSA’s final rule was issued in October 2021, but the message went out this week to remind drivers that positive drug tests will require state driver licensing agencies to take action when the drug test failures are posted in the Clearinghouse, said an agency spokeswoman.

“A CDL license will remain prohibited until FMCSA has received notification that the driver has satisfied and completed the return-to-duty process,” the spokeswoman said. “Subsequently, FMCSA removes the violation from the Clearinghouse.”

The final rule said it will help keep unsafe drivers off the road by increasing compliance with the CMV driving prohibition.

A driver’s employer is required to provide a driver a list of DOT-qualified substance abuse professionals for education and treatment. Drivers can then select their SAP based on their own research. The SAP will then evaluate when a driver has successfully completed his or her eligibility to be retested.

“To remain in a ‘not prohibited’ status, your employer must complete the follow-up testing plan with you as specified by the SAP, which must include a minimum of six unannounced follow-up tests in the first 12 months of returning to performing safety-sensitive functions,” according to FMCSA. “If you are an owner-operator, your designated consortium/third-party administrator must complete your follow-up testing plan.”

“Final Rule
Goes Into
Effect in Late
2024”



