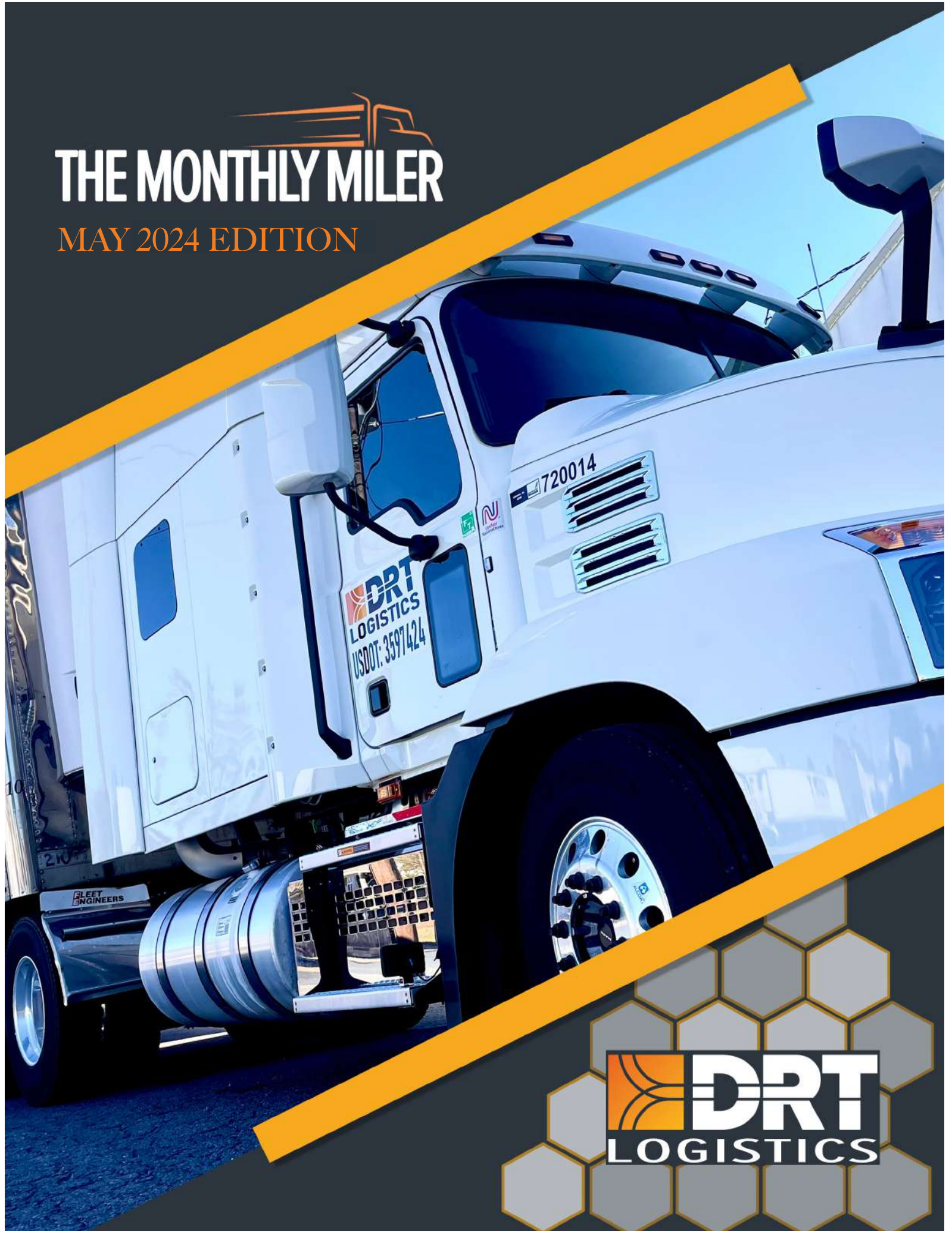




# THE MONTHLY MILER

MAY 2024 EDITION



**DRT**  
LOGISTICS

# EMPLOYEE ANNOUNCEMENTS



Chaz Anderson  
May 11  
Chicago Driver

Alex Diaz  
May 8  
DRT Cold Chain Driver

Roberto Juan  
May 29  
OTR Driver

Ronald Deiter  
May 26  
DRT Cold Chain Driver

Tony Holliman  
May 16  
PA Driver



Robert Gaillard  
2 Years  
DRT Cold Chain Driver

Rubin Martinez  
2 Years  
NJ Driver

Curtis Zuk  
2 Years  
DRT Cold Chain Mechanic

## WHERE TO GET CARE ER, DOCTOR, OR URGENT CARE



You have more options for care than you may realize, and some could help you save time and money.\* Know the benefits of each.

### Primary care provider (PCP)

Your PCP will know your health history best and may offer same-day appointments. And they will keep you on track with preventive care (annual physicals, vaccinations, etc.). If you don't have a PCP,

visit MyCare Finder to find one close to home.

### Capital Blue Cross VirtualCare

See a doctor from the comfort of your home or on the road by live video using your smartphone, tablet, or computer. They are available 24 hours a day, 365 days a year. As a Capital Blue Cross member, you can: Download the app to use on your smartphone or tablet, use your desktop, or call 833.433.5914. You'll need your Capital Blue Cross ID card to register.

### Urgent care

For minor injuries (stitches included) and illnesses that require immediate care, urgent care is a great option. They offer same-day, walk-in treatment, and many can take X-rays and write prescriptions.

For a medical emergency, like chest pain, difficulty breathing, poisoning, severe dizziness or confusion, or heavy bleeding, call 911 or go to the nearest emergency department. In less serious situations, these other options could help you get the care you need.

\* Generally, costs are lowest for office visits and highest for emergency department care. Copays and deductibles may apply to healthcare services you receive. For cost-share details, check your Evidence of Coverage or call Member Services at the number on the back of your Capital Blue Cross ID card.



## Exercise on the Road

Persons who sit for long periods of time, lead sedentary lifestyles, or work in high-stress environments are prone to many serious health problems, such as type 2 diabetes, heart disease, depression, deep vein thrombosis, and more. Exercise is a great solution. It can help you feel better, boost your energy, manage your weight, and prevent work-related injuries.

Below are several exercises that use your own body weight as resistance. These can be performed in the office, around the truck, or at home. Be sure to consult your physician before starting any exercise program.

### EXERCISE OPTIONS



#### STRETCH

Before starting any exercise program, take a few minutes to stretch your body thoroughly and warm up your muscles.



#### JUMPING JACKS

Choose a flat and sturdy surface. Stand straight with your feet together and hands at your sides. Raise your arms quickly above your head while jumping and spreading your feet apart. Reverse the movement to jump back to the starting position.



#### STEP UPS

Place your right foot on a stair step or tractor step. Bring your left foot up so you are standing on the step. Use the grab bar for stability. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor.



#### BENT OVER TWIST

Stand straight with feet shoulder width apart. Raise your arms to your sides and bend over, rotating your torso and touching your left shin with your right hand. Stand and touch your right shin with your left hand. As you progress, try reaching for your feet instead of your shins.



#### PUSH UPS

Lie in a face-down position with palms down on the floor. Lift yourself up with your arms, keeping your back and legs straight until your arms have straightened. Lower yourself slowly, keeping your elbows pointed close to your body. Start out with a few reps and build from there. You can also modify your technique by placing your knees on the ground.

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

# CVSA RELEASES CMV BLITZ SCHEDULE

## CVSA Releases CMV Blitz Schedule

- **International Road check** is scheduled for **May 14 – 16, 2024**. Road check is a compliance, enforcement and educational initiative that is described as the largest targeted enforcement program on commercial motor vehicles in the world.
- **Operation Safe Driver Week** is scheduled for **July 7 – 13, 2024**. Operation Safe Driver Week is an annual one-week enforcement and educational campaign targeting unsafe driving by passenger and commercial vehicle drivers.
- **Brake Safety Week** is scheduled for **August 25 – 31, 2024**. During Brake Safety Week, commercial motor vehicle inspectors conduct brake system inspections (primarily Level IV Inspections) on large trucks and buses throughout North America to identify brake-system violations.
- \*There is also an unannounced **CVSA Brake Safety Day** planned that can happen at any time during 2024.

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### This year's International Road check will focus on:

- **Controlled Substance and Alcohol Possession**
- **Tractor Protection and Anti-Bleed Back Systems**

In addition to highlighting the 2024 focus areas, the International Road check campaign aims to:

- Affix the CVSA decal to commercial motor vehicles that successfully pass a Level I or Level V Inspection.
- Remove commercial motor vehicles and drivers with out-of-service conditions from our roadways until the out-of-service condition is resolved.
- Advance CVSA's efforts to ensure uniformity, consistency, and reciprocity of commercial motor vehicle inspections.
- Educate industry and the public about the importance of safe commercial motor vehicle operations and the roadside inspection program.
- Gather data to be reported publicly later this year.
- Provide a snapshot of the out-of-service rate during a fixed period.
- Work toward our goal of preventing commercial motor vehicle crashes, injuries, and fatalities.

# TRUCKING SAFETY CALENDAR

We've compiled a comprehensive safety calendar featuring daily topics promoting a safety culture across our organization. Each calendar date highlights a specific safety topic, followed by corresponding talking points to facilitate discussions and reinforce the safety message for the day.

The calendar includes a collection of recommended practices that can greatly benefit our organization. Our proactive approach to safety awareness is essential in controlling and reducing claims and associated expenses.

These safety topics include slip, trip, and fall prevention, powered material handling, manual material handling, cutting safety, fire extinguisher safety, sprinkler system testing, industrial rack/module safety, and many others. By prioritizing safety and adhering to these guidelines, we can create a safer and healthier work environment for everyone at DRT.

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Visually inspect the scene	2 CDL on board	3 Being a mentor and a role model	4 Inability to provide a specimen
5 Consuming alcohol	6 Before backing up, take a walk.	7 Federal cell phone restrictions	8 Watch for school buses	9 Eliminate distractions near schools	10 Top ten driver distractions	11 Space and speed
12 Adjusting following distance	13 Be aware near schools	14 The right stuff	15 At fault	16 Never pass school buses on the right	17 Hours-of-Service	18 Changing weather
<i>Mother's Day</i>						
19 Overweight	20 Fire extinguisher basics: use the PASS system to put out the fire.	21 Footwear	22 Do you have a working fire extinguisher in your home?	23 Healthy choices	24 Hand washing basics.	25 Relating
26 Rear-end collisions	27 Slow down for school buses	28 What thieves want	29 Clearances	30 Grip	31 Nutrition	
	<i>Memorial Day</i>					



# DAILY REVIEW ITEMS FOR SAFETY CALENDAR

Day	Statement	Response
1	Visually inspect the scene	If you are involved in a crash, visually inspect the scene, and take photos that show contributing factors such as road conditions, traffic signals, lane markers, and skid marks. Take pictures from different angles, and, if possible, begin at 20 steps from the scene and then again at 30, 50, and 100 steps.
2	CDL on board	<p>Make it a habit to ensure your medical card is with you when driving as required by the Federal Motor Carriers Safety Regulations. Not having a medical card during a roadside inspection will result in a violation, and the points can affect the US DOT CSA rating for you and the motor carrier.</p> <ul style="list-style-type: none"> <li>* Do you always check your CDL before you leave home or your vehicle each day? Driving without a CDL in your possession can result in a violation of eight points charged to you and the motor carrier.</li> <li>* Do you know your CDL expiration date; do you have endorsements needed to perform your duties? Driving without the proper endorsements results in an 8-point severity rating for each missing endorsement.</li> </ul>
3	Being a mentor and a role model	If you exhibit the qualities of a professional vehicle driver, other drivers value your advice and help. To be an effective <i>coach</i> , be sure to demonstrate these traits: expertise, enthusiasm, clarity, empathy, and respect. Remember to lead by example.
4	Inability to provide a specimen	The collector will allow you to consume up to 40 ounces of fluid, distributed reasonably for up to three hours, or until a sufficient urine specimen can be produced, whichever comes first.
5	Consuming alcohol	<p>No driver shall perform safety-sensitive functions within four hours after using alcohol (FMCSA Section 382.207: Pre-duty use).</p> <p>Using alcohol means even one drink. No driver required to take a post-accident alcohol test shall use alcohol for eight hours following the accident or until after he/she is tested.</p>
6	Before backing up, take a walk.	<p>Follow the fundamental rule of safe backing: always follow through and meet your GOAL:</p> <p style="text-align: center;"><b><i>Get Out And Look!</i></b></p>
7	Federal cell phone restrictions	All regulated commercial vehicle drivers must follow the requirements regarding distracted driving, e.g., using cell phones and other mobile communication devices. There are driver penalties up to \$2,750 for the first offense and for each offense thereafter. CDL privileges could be suspended, and employers could be fined up to \$11,000.

# DAILY REVIEW ITEMS FOR SAFETY CALENDAR

Day	Statement	Response
8	Watch for school buses	Obey all posted highway signs including changing speed limit zones and school zone area information signs. Anticipate that children may be present at other times as well, for example, attending after school activities.
9	Eliminate distractions near schools	Eliminate distractions in your vehicle. Consider turning off or turning down the radio, do not use your cell phone, or adjust any other electronic devices, and increase your alertness in and around school zones. Anticipate the children will disobey posted crossing signs and be prepared to stop.
10	Top ten driver distractions	The National Highway Transportation Safety Association (NHTSA) has published a list of the top ten driving distractions. Do any of them apply to you? <ol style="list-style-type: none"> <li>1. Using built-in car devices (touch screen, GPS, etc.)</li> <li>2. Adjusting vehicle controls (climate, audio, mirrors, etc.)</li> <li>3. Eating or drinking</li> <li>4. Using or reaching for a device brought into the vehicle</li> <li>5. Occupants — infants, children, teenagers, adults</li> <li>6. Looking at surroundings (rubbernecking)</li> <li>7. Operating a cell phone (dialing/texting)</li> <li>8. Smoking</li> <li>9. Reading</li> <li>10. Applying makeup</li> </ol>
11	Space and speed	Are you driving a safe distance from the vehicle ahead? If it suddenly and unexpectedly stops, can you stop in time? Drive at a speed that allows you time to see and react to a panic stop of the vehicle in front of you.
12	Adjusting following distance	When road and weather conditions deteriorate, or traffic volume increases, you should add more time between you and the vehicle ahead. Extreme conditions such as rain, ice, snow, and fog require adding space until you are sure you have time to suddenly stop without striking the vehicle ahead.
13	Be aware near schools	Be aware of the likelihood of inexperienced and reckless drivers in and near schools. Youthful drivers may make mistakes in judgment so be sure you are looking out for yourself by looking out for the mistakes of other drivers. Drive defensively.
14	The right stuff	Professional drivers know they have a responsibility for the safety of other drivers, co-workers, other motorists, company vehicles, and equipment.
15	At fault	If you strike a vehicle from the rear, you may be partially (if not solely) responsible, especially when visibility, weather conditions and vehicle controls are degraded.
16	Never pass school buses on the right	Because state laws vary, it is best to review the laws of the state where you operate. However, a best practice is to never pass a school bus on the right side as this is the side that children exit the bus. In most State's when the bus's lights are flashing yellow and/or red it is illegal. Laws regarding divided highways also vary from State to State. Expect delays.  The opening of schools means an extra half million school buses on the road, in addition to the extra millions of vehicles operated by teachers and students returning to school.
17	Hours-of-Service	Hours-of-Service do not include any time resting in a parked vehicle (also applies to passenger-carrying drivers). In a moving property-carrying CMV, up to three hours riding in the passenger seat of the vehicle, either immediately before or after the sleeper berth time, can be used to in combination with seven consecutive hours in the Sleeper berth to accrue 10 consecutive hours off-duty.



# DAILY REVIEW ITEMS FOR SAFETY CALENDAR

Day	Statement	Response
18	Changing weather	From summer to fall or winter to spring, changing seasons will require being prepared to handle different weather and road conditions. One precautionary step includes ensuring you have supplies to handle winter weather. Check the condition of snow removal tools and equipment, stores of salt, windshield washer fluid and appropriate bad weather gear (including warm clothing, gloves, hats, and windshield scrapers).
19	Overweight	Overloading your trailer or tanker can have serious consequences to the handling characteristics of the vehicle. The additional weight can place stress on frame, suspension, wheels, and tires causing metal fatigue and failure as well as flatten tires. Be sure to distribute loads over the length of the trailer to distribute the weight more evenly and in accordance with bridge weight regulations.
20	Fire extinguisher basics: use the <i>PASS</i> system to put out the fire.	<p>Pull the pin.</p> <p>Aim the extinguisher nozzle at the base of the fire.</p> <p>Squeeze or press the handle.</p> <p>Sweep from side to side slowly at the base of the fire until it goes out.</p> <p>Remember to never endanger yourself. If the fire is too large to put out, sound the alarm immediately, and follow evacuation protocols.</p>
21	Footwear	Wear sturdy footwear with slip-resistant soles. You should know the situations and climate you will face each day.
22	Do you have a working fire extinguisher in your home?	<p>Include a working fire extinguisher in your disaster preparedness plans at home.</p> <p>Like all fire extinguishers, regularly inspect it to guarantee you have full charge when you need it.</p>
23	Healthy choices	<p>You are what you eat when it comes to good health, so the more you understand how to make good dietary choices, the better for your health. The same applies to understanding the benefits of counter measures to ward off fatigue. Fatigue countermeasures include:</p> <ul style="list-style-type: none"> <li>* Obtaining a minimum number of hours of restful sleep.</li> <li>* Employing napping strategies.</li> <li>* Taking sufficient rest breaks from driving.</li> <li>* Paying attention to variations in mood, motivation, and performance.</li> </ul> <p>With increased awareness, it is more likely you can act on the telltale warning signs of the onset of fatigue and waning alertness while driving.</p>
24	Hand washing basics.	<p>When washing your hands:</p> <ul style="list-style-type: none"> <li>* Place hands together under water (preferably warm).</li> <li>* Apply soap (according to the manufacturer's directions) and rub your hands together for at least 20 seconds.</li> <li>* Wash all surfaces well, including wrists, palms, backs of hands, fingers, thumbs, and under the fingernails.</li> <li>* Clean dirt from under your fingernails.</li> <li>* Rinse the soap from your hands.</li> <li>* Use a towel to turn off the faucet.</li> <li>* Dry your hands completely with a clean towel, if possible. If towels are not available, it is okay to air dry your hands.</li> <li>* Pat your skin rather than rub to avoid chapping and cracking.</li> <li>* Avoid turning off the water with your clean hands. Use your paper towel or elbow. Then use your towel to open any doors before towel disposal.</li> </ul>



# DAILY REVIEW ITEMS FOR SAFETY CALENDAR

Day	Statement	Response
25	Relating	Improving and maintaining your health will improve your chances of living longer, spending more quality time with your family, enjoying your hobbies, and other fun and important parts of life. In addition, your ability to be effective at your job can be enhanced by staying healthy.
26	Rear-end collisions	Maintaining a safe following distance is vital to help reduce a rear-end collision. Rear-end collisions are historically one of the most common and easily avoidable types of collisions. Do not tailgate. Leave yourself enough space to react.
27	Slow down for school buses	Slow down while approaching children that are awaiting school buses. Always stop for buses and wait patiently until all of the children have crossed the street safely. Pay attention to bus signals and wait until the bus has begun moving before you proceed.
28	What thieves want	After just a few minutes of casual conversation at a truck stop or on the CB radio, it can be easy to discern what a driver is hauling. Watch for unusual chatter on the CB radio, such as discussion of what someone is hauling and where they are going. Others may be very chatty about what they have and where they are going, to try to get you to discuss your plans.
29	Clearances	Collisions with bridges and overpasses can cause serious damage and injury. You should always measure the height of your load, especially if you are hauling material that sticks out of the top of a dump trailer or truck or any type of equipment. Special permits are required if your load is over 13' 6" high.
30	Grip	Be sure to look before exiting or entering a truck cab and use the three points of contact when climbing on equipment. Three limbs must be in contact with the vehicle or climbing apparatus at all times, preferably on a hand hold and step or rung. Use your entire hand to grip the hand holds and face the equipment. <i>Avoid jumping from the equipment!</i>
31	Nutrition	Did you know that half of your plate for each meal should be fruits and vegetables? Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling. Source: <a href="https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html">https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html</a>

# THE LATEST NEWS IN THE INDUSTRY

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## Cargo Ship Rams Baltimore Bridge

BALTIMORE — The operators of a cargo ship issued a mayday call moments before slamming into a Baltimore bridge, enabling authorities to limit vehicle traffic on the span, the Maryland governor said.

The ship hit the bridge early March 26, causing it to snap and plunge into the river below. Several vehicles fell into the chilly waters, and rescuers were searching for survivors.

Two people were rescued from the waters under the Francis Scott Key Bridge, one in serious condition, according to Baltimore Fire Chief James Wallace. He said authorities “may be looking for upwards of seven people” but said that number could change. It was not clear if the two rescued were included in the seven.

It was not immediately clear what caused the cargo ship to crash into the bridge long before the busy morning commute in what one official called a “developing mass casualty event” in a major American city just outside of Washington.

The ship crashed into one of the bridge’s supports, causing the structure to snap and buckle at several points and tumble into the water in a matter of seconds — a shocking spectacle that was captured on video and posted on social media. The vessel caught fire, and thick, black smoke billowed out of it.

“Never would you think that you would see, physically see, the Key Bridge tumble down like that. It looked like something out of an action movie,” said Baltimore Mayor Brandon Scott, calling it “an unthinkable tragedy.”

Sonar has indicated that there are vehicles in the water, where the temperature was about 47 degrees in the early hours of March 26, according to a buoy that collects data for the National Oceanic and Atmospheric Administration.

CONTINUE READING AT: <https://www.ttnews.com/articles/cargo-ship-baltimore-bridge>

“Ship Issued  
Mayday Call,  
Enabling  
Authorities to  
Limit Traffic on  
Bridge”

