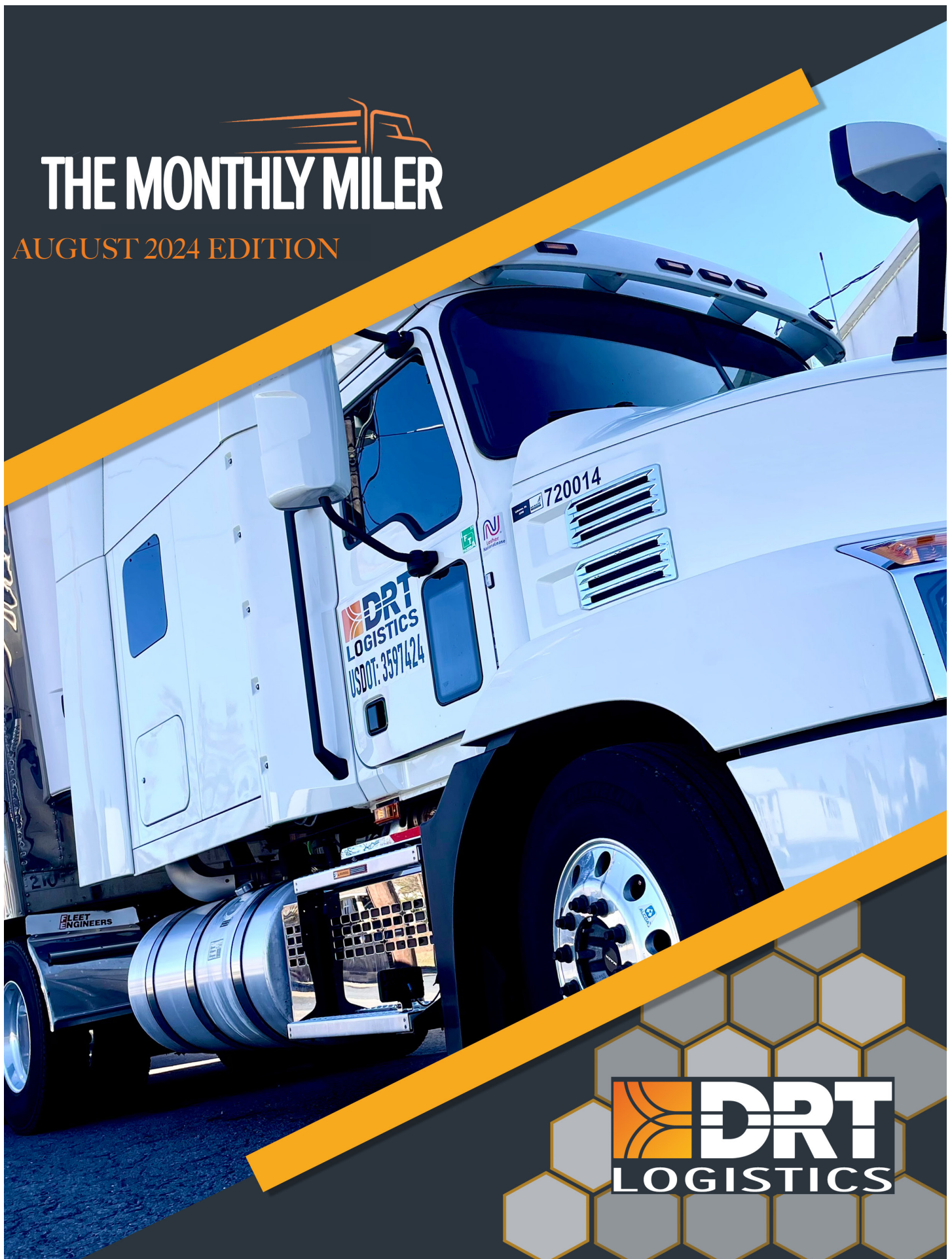




# THE MONTHLY MILER

AUGUST 2024 EDITION



**DRT**  
LOGISTICS

# DRT'S COMMITMENT TO BETTER DECISION-MAKING

In today's fast-paced logistics and transportation industry, accessing and utilizing data quickly is crucial for making informed decisions and maintaining a competitive edge. At DRT, we recognize the importance of data-driven decision-making and are committed to empowering our employees with better data access. This initiative is designed to streamline operations, improve efficiency, and enhance customer satisfaction.



## Why Enhanced Data Access Matters

Data is the lifeblood of modern logistics. Having timely and accurate data at our fingertips enables our employees to:

- **Make Informed Decisions:** Access to real-time data allows our team to make better-informed decisions, reducing the risk of errors and improving overall efficiency.
- **Enhance Customer Service:** Quick access to customer data helps us promptly respond to inquiries and resolve issues, leading to higher customer satisfaction.
- **Optimize Operations:** Real-time data analytics enable us to identify and address inefficiencies and manage resources more effectively.
- **Adapt to Changes:** In a dynamic industry, quickly accessing and analyzing data allows us to adapt to changes and disruptions more swiftly.

## DRT's Initiatives for Better Data Access

To ensure our employees have the data they need when they need it, we have implemented several key initiatives:

- **Upgraded Data Management Systems:** We have invested in data management systems that integrate data from various sources. This data hub ensures that all relevant information is easily accessible in one place.
- **Real-Time Data Analytics:** Our analytics platform provides real-time insights into our operations. In the future, employees can access dashboards and reports that comprehensively view key performance indicators.
- **Automated Reporting:** We have automated reporting tools to reduce the time spent on manual data entry and reporting. These tools will generate accurate and timely reports, giving our employees the information they need to make quick, data-driven decisions.
- **Enhanced Security Measures:** Data security is a top priority at DRT. We have implemented security protocols to protect sensitive information and ensure that data access is granted only to authorized personnel. This safeguards our data and builds trust with our customers and partners.

## Benefits for Our Employees and Customers

These initiatives are already yielding significant benefits for our employees and customers:

- **Better Decision-Making:** Real-time insights empower our team to make well-informed decisions, leading to better outcomes and enhanced service quality.
- **Enhanced Customer Satisfaction:** Faster response times and more accurate information improve our ability to meet customer needs and exceed their expectations.

## Looking Ahead

At DRT, we are committed to continuous improvement. We will explore new ways to enhance data access and analytics capabilities as technology evolves. We aim to create a data-driven culture where employees have the tools and information to excel in their roles and contribute to our company's success.



# EMPLOYEE ANNOUNCEMENTS



Seneca Carter  
August 4  
Chicago Driver

Jeff Dicken  
August 9  
OTR Driver

Robert Gaillard  
August 6  
DRT Cold Chain Driver

Gustavo Gonzalez  
August 2  
NJ Driver

Jacob Nelson  
August 13  
PA Driver



Jacob Nelson  
2 Years  
PA Driver

Ken Clute  
3 Years  
PA Driver

Jason Dillow  
2 Years  
DRT Cold Chain Driver

Ken Mase  
2 Years  
DRT Cold Chain Driver

Anaclet Ngabonziza  
1 Year  
MN Driver

## NEW HIRE ANNOUNCEMENT



JOHN GOULD  
MAINTENANCE MANAGER  
PENNSYLVANIA OFFICE

- From: Middletown, PA
- Interesting Fact: Rescued a puppy named Elvis
- Previous Job: Maintenance Supervisor
- Favorite Hobby: Riding my Harley's



SCOTT HEISEY  
DIRECTOR OF SAFETY  
PENNSYLVANIA OFFICE

- From: Camp Hill, PA
- Interesting Fact: I enjoy doing construction work on the side.
- Previous Job: Director - Safety at CRST
- Favorite Hobby: Restoring old race cars

# DISCUSSING READ END CRASHES

Rear-End Crashes: According to the NHTSA, nearly 30% of roadway collisions in the U.S. are rear-end crashes, making them the most frequent type of collision.

Stopping Distance: The FMCSA states that the average stopping distance for a loaded tractor-trailer traveling at 55 mph is 196 feet.

## Maintaining a Safe Distance:

- Allows time to react to traffic.
- Helps avoid sudden or hard braking.
- Reduces wear and tear on tires and braking components.
- Ideal Following Distance: At highway speeds, an ideal following distance is 8 or more seconds.

## Smith System:

- Aim High in Steering: Keep a broad view of the road ahead.
- Get the Big Picture: Stay aware of the entire driving environment.

Adverse Conditions: In conditions like snow, ice, rain, and high winds, it's recommended to double your following distance.

## Driving Tips:

- Be a "pebble in the river": Choose a lane and stay in it, allowing traffic to flow around you.
- Use road markings to gauge distance: A white dashed line on the road typically measures 10 feet with 30-foot gaps, which can help in estimating safe following distances.

These points emphasize the importance of maintaining a safe following distance to prevent accidents and ensure smooth traffic flow, particularly under varying road and weather conditions.

## Remember The Smith5Keys®



### Key 1. Aim High In Steering®

Look ahead a minimum of 15 seconds

### Key 2. Get The Big Picture®

4 second minimum following distance

Scan at least one of your mirrors every 5 to 8 seconds

### Key 3. Keep Your Eyes Moving®

Avoid focusing on any object for more than 2 seconds

### Key 4. Leave Yourself An Out®

Surround yourself with space

### Key 5. Make Sure They See You®

Seek eye contact

# UNDERSTANDING THE 16-HOUR EXEMPTION

## Regulatory citations

- [49 CFR 395.1\(o\)](#) — *Property-carrying driver*

## Key definitions

- **Duty tour:** While not defined in the regulations, the term “duty tour” is generally accepted to mean the period from the time the driver begins to work until the time of release from work. It can also be referred to as the driver’s workday.
- **Normal work-reporting location:** While also not defined in the regulations, the term “normal work-reporting location” is generally accepted to mean the location at which the driver normally goes on duty at the start of the workday.
- **Property-carrying commercial motor vehicle:** A self-propelled or towed vehicle used on a highway to transport property when the vehicle:
  - Has a gross vehicle weight rating (GVWR) or gross combination weight rating (GCWR), or gross vehicle weight (GVW) or gross combination weight (GCW), of 10,001 pounds or more, whichever is greater; or
  - Is transporting hazardous materials of a type or quantity that requires placarding.

## Summary of requirements

The so-called “16-hour short-haul” or “big day” exception allows eligible drivers to extend the 14-hour period by up to two hours once per week. Under the exception, drivers must:

- **Meet certain conditions.** A driver can drive a CMV after the 14th hour after coming on duty, but not after the 16th hour, if the driver:
  - Was released from duty at the normal work-reporting location for the previous five duty tours, and
  - Returns to the normal work-reporting location and is released from duty within 16 hours on the day the exception is used, and
  - Has not used this exception in the previous six consecutive days or since the driver’s last 34-hour restart, if the driver had a restart in the previous six days.
- **Comply with the 11-hour driving limit.** Drivers claiming this exception must still comply with the 11-hour driving limit, but they essentially have an extra two hours in which to complete that driving.

# 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.

August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The new school year is coming, watch for buses!				1 Police and emergency services	2 Lining up	3 Do you know the consequences?
4 Improving your odds	5 Reducing risks	6 Rest Breaks	7 Refueling	8 Heart disease	9 Why do my shoulders ache after a hard day at work?	10 Responsible to whom?
11 Bend at your knees; save your back.	12 Load security	13 Pre-plan flags	14 Seat belt requirement	15 Fatigue warning signs	16 Communicate defects	17 Rejuvenating
18 Healthy habits	19 Engine and cab compartments	20 Counter measures	21 What is the proper way to lift a carton/object?	22 Stay calm	23 Health and fatigue	24 Crash statistics
25 Arrive Safely	26 Information collection	27 A visit to Real Ville	28 Driver education and training	29 Use the 4 second rule when following another vehicle.	30 Driving privilege	31 Compliance, Safety, Accountability/Safety Measurement System, and you

# DAILY REVIEW ITEMS FOR SAFETY CALENDAR

Day	Statement	Response
1	Police and emergency services	Call for help from police and emergency services and notify your company contact person.
2	Lining up	Be sure that you begin the backing maneuver by avoiding blind side backing. If needed, you should go around and re-position your vehicle. Having your mirrors aligned and in good condition will increase your visible line of sight. Remember, it is the responsibility of the driver to always back up safely whether using an assistant or not.
3	Do you know the consequences?	Driving decisions are often affected by outside influences that cause a shift of focus away from the driving task. Glancing down at a cell phone or other device for even a few seconds can be the equivalent of driving the length of a football field blindfolded. Remember, the consequences could be permanent.
4	Improving your odds	During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are the best defense against impaired, aggressive, and distracted drivers. Source NHTSA <a href="https://www.nhtsa.gov/risky-driving/seat-belts">https://www.nhtsa.gov/risky-driving/seat-belts</a>
5	Reducing risks	As a professional driver, you are expected to comply with the posted speed limits. For large vehicles, the stopping distances are greater than smaller vehicles, and highway speed limits are often set differently for trucks. Lowering speed gives you the time to see ahead and the ability to adjust to adverse conditions as they develop.
6	Rest Breaks	Drivers may drive only if 8 hours or less have passed since end of driver's last off-duty or sleeper berth period of at least 30 minutes. This rule does not apply to drivers using either of the short-haul exceptions in section 395.1. <i>Mandatory in attendance time</i>
7	Refueling	Maintaining a healthy diet helps you to sustain the necessary energy and alertness needed to drive safely.  Pack healthy snack options and water before setting out to drive. This will prevent the need to pick up unhealthy options from gas stations and fast-food restaurants.
8	Heart disease	Heart disease is the leading cause of death for both men and women. According to the Centers for Disease Control (CDC) approximately 697,000 people die of heart disease in the United States every year.  That is, one in every five deaths is caused by heart disease. To help prevent heart disease: <ul style="list-style-type: none"> <li>* Eat a healthy diet.</li> <li>* Maintain a healthy weight.</li> <li>* Exercise regularly.</li> <li>* Do not smoke.</li> <li>* Limit alcohol use.</li> </ul>
9	Why do my shoulders ache after a hard day at work?	Are you practicing good posture? Although there may be other reasons for your shoulder ache, lack of proper posture is often the root cause. Lack of good upper body strength to safely perform your job duties may also be a contributing factor.  Consider the value of daily stretching as a key component of injury prevention.
10	Responsible to whom?	Drivers are responsible for observing company work rules and motor vehicle laws and knowing the consequences of poor judgment, including those affecting your loved ones. <ul style="list-style-type: none"> <li>* Your employer relies on you completing your assignments as expected to remain a viable business, and the public relies on you not to harm others.</li> <li>* Your family may rely on your financial support, emotional support but more importantly, they rely on you being there for future holidays and other life events.</li> </ul>





# DAILY REVIEW ITEMS FOR SAFETY CALENDAR

Statement		Response
11	Bend at your knees; save your back.	This old familiar message is still important.
12	Load security	Thieves most often target consumer goods, both high-value and routine commodities that can be easily resold at nontraditional or secondary retail outlets. Thieves often steal industrial products where the black market in industrial commodities is alive and menacing.
13	Pre-plan flags	The Federal Motor Carrier Safety Regulations 49 CFR Part 393.87 requires that warning flags must be used on loads that project or stick off the rear of the trailer or the sides of the trailer. The warning flags must be red or orange fluorescent and be at least 18 inches square. Flags must be placed to show the maximum width and length of the load projecting or sticking out over the rear and sides of the trailer.
14	Seat belt requirement	Seat belt requirement needs text
15	Fatigue warning signs	Examples include: <ul style="list-style-type: none"> <li>* Unable to stop yawning.</li> <li>* Trouble keeping your eyes open and focused, especially at stop lights.</li> <li>* Driving becomes sloppy and you weave between lanes, tailgate or miss traffic signals.</li> <li>* Finding yourself hitting the grooves or rumble strips on the side of the road.</li> <li>* Finding yourself opening a window or turning up the radio to say alert.</li> <li>* Driving aggressively to get to your next destination faster.</li> </ul>
16	Communicate defects	Submit written vehicle condition reports after every trip to maintenance personnel to ensure all defects are repaired before becoming a danger to safe operation of vehicles.
17	Rejuvenating	You can improve your physical health by maintaining a regular exercise routine that includes activities like walking, biking, or other forms of exercise.
18	Healthy habits	By necessity, drivers have long hours of physical inactivity while driving. Seek help in developing an exercise and fitness program to help improve stamina and strength. If you are fit from exercising routinely, you can also reduce stress and improve your mental wellbeing.
19	Engine and cab compartments	Check for correct coolant level, inspect defrosting and heating equipment and check wipers and windshield washers to ensure that they are working. Carry spare wiper blades and extra washer fluid. Check tire chains to ensure they are free of broken or missing links and straps. Check exhaust systems for signs of soot marks indicating possible exhaust leakage.
20	Counter measures	Here are some tips to help reduce driving fatigue. Pull off in a safe area and take a brief nap (15 to 20 minutes). Longer naps may result in sleep inertia, leaving you groggy and disoriented, which can be detrimental to driving. Drinking a caffeinated beverage may promote short-term alertness, but it takes about 30 minutes for caffeine to enter the bloodstream. Keep in mind that caffeine will not have much of an effect on people who consume it regularly.
21	What is the proper way to lift a carton/object?	When lifting cartons or objects: stand with your feet apart for good balance, with shoulders and hips aligned, bend at your knees, not your waist. Maintain the natural curve in your back. When lifting, let your leg muscles do the work. Keep the load you are lifting close to your body to ease the pressure on your spine. Turn with your feet; do not twist the trunk of your body. When you set the load down, squat down slowly by bending your knees.



# DAILY REVIEW ITEMS FOR SAFETY CALENDAR

Statement		Response
22	Stay calm	Be patient; do not let the behavior of others change your attitude about driving safely and making safe driving choices.
23	Health and fatigue	Drivers who are generally more health conscious in their beliefs and behaviors, and who are more physically fit, are more likely to maintain continuously high levels of driving alertness and attention.  Source: <a href="http://www.nhtsa.gov/people/injury/drowsy_driving1/listening/Sect3.htm">http://www.nhtsa.gov/people/injury/drowsy_driving1/listening/Sect3.htm</a>
24	Crash statistics	Use of, or reaching for, an electronic device made the risk of crash or near-crash event 6.7 times as high as non-distracted driving; and Text messaging made the risk of crash or near-crash event 23.2 times as high as non-distracted driving.
25	Arrive Safely	Once a trip begins, arriving at your destination depends on making safe driving decisions. As the driver, you must make safe driving decisions to arrive safely at your destination.
26	Information collection	Collect information at the scene including exchanging information with others including names and phone numbers. Make no statements, admission of fault, or otherwise volunteer information.
27	A visit to Real Ville	Is the risk of a crash worth answering a text, answering a call, adjusting the radio, or eating a meal while driving? Here is one of many faces of victims of a distracted driving crash; In May of 2008, a young woman and her parents attended her college graduation ceremony. On the way home, a young driver talking on his cell phone ran a red light, causing a tractor-trailer to swerve and crash into that vehicle. The young woman was critically injured, and both of her parents were killed instantly.
28	Driver education and training	Employers are required to provide educational materials about alcohol and controlled substance regulations, along with the employer's policies and procedures regarding meeting the requirements of the regulations. Drivers must sign a form confirming receipt of this information.
29	Use the <i>4 second rule</i> when following another vehicle.	At a minimum, there should be at least 4 seconds of separation between your vehicle and the vehicle ahead of you. This allows for a safe cushion if unexpected hazards appear, road conditions change, or the vehicle ahead of you suddenly stops or changes direction. To calculate the following distance, watch the vehicle in front of you pass a non-moving object (e.g., overhead bridge, streetlight, billboard, etc.) and begin to count (one thousand one, one thousand two, etc.). By the time you get to the same fixed object you should have counted at least 4 seconds. If conditions are adverse (wet pavement, poor lighting, etc.) add one second for each.
30	Driving privilege	Avoid losing driving privileges due to administrative cancellation resulting from a failure to pay tickets, non-driving-related reasons, or not reporting a change of address.
31	Compliance, Safety, Accountability/ Safety Measurement System, and you	Violations charged to you may also affect your motor carrier's scores. Many shippers require that regulated fleets doing business with them meet certain violation score limitations and exceeding those limitations may potentially cause the loss of business. Likewise, a driver's score may impact the driver's ability to obtain future employment.



# THE LATEST NEWS IN THE INDUSTRY

## Aurora, Waymo Seek Alternative to Roadside Warning Triangles

Drivers whose trucks are sidelined along a busy highway with service issues have for decades been required to place warning triangles behind the trailer to alert oncoming traffic, sometimes requiring them to walk precipitously in the often narrow space between the trailer and the highway as traffic whizzes by.

Now, a potentially easier and safer option is being proposed by two unlikely sources — autonomous technology developers Aurora and Waymo — and the idea has backing from the trucking industry.

The companies in a petition filed in January 2023 with the Federal Motor Carrier Safety Administration asked how those triangles would get placed roadside if an autonomous truck were ever sidelined along a highway. Their proposed solution: front- and rear-facing amber lights that would signal the vehicle is parked and out of commission.

“Waymo and Aurora seek an exemption from the regulations that require specific placement of warning devices around a stopped [commercial motor vehicle],” the companies said in the petition. “Waymo and Aurora believe it is possible to achieve the safety purpose of the warning device in an alternative way by using forward- and rearward-facing amber flashing lights mounted on the cab at a height above the upper edge of the side-view mirrors.” While Waymo is no longer actively developing self-driving trucks for North America, Aurora and others are still actively pursuing the market.

The two companies in the petition said they have tested variants of such devices and maintain that the cab-mounted warning devices are “equally or more effective in enabling road users to recognize and react to the potential hazard presented by the stopped CMV.”

“FMCSA should grant this exemption, collect the data needed to evaluate the five-year exemption and consider potential renewals, and use the data to determine a long-term regulatory approach to warning triangle alternatives that is as safe or safer than the current regulations,” ATA said in a letter to Larry Minor, the agency’s associate administrator for policy. Specifically, ATA said the agency should permit driverless truck manufacturers to use an “alternative lighting solution” in lieu of the triangles.

CONTINUE READING AT: <https://www.ttnews.com/articles/aurora-waymo-hazard-triangles>

“ATA SUPPORTS MOVE  
TO LIGHTING SYSTEM  
FOR TRUCKERS PARKED  
PRECARIOUSLY  
ALONGSIDE HIGHWAYS”

