

GUARANTEED GAZETTE

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Bendix Wingman Fusion

Following Distance Alert (FDA)

IN CRUISE

2.8 Seconds Following Distance—Wingman will try and maintain a 2.8 following distance

TRUCK IS NOT IN CRUISE AND AT SPEEDS LESS THAN 37 MPH

0.5 seconds you will have an alert, with this distance being a shorter following distance, it is possible, depending on speed, if the system sees that a collision is imminent, Wingman can apply brakes.

TRUCK IS NOT IN CRUISE AND AT SPEEDS GREATER THAN 37 MPH

Driver can experience 3 different alerts:

- 1.) First Alert—when the driver is 1.5 seconds away from impact from the forward vehicle, slow audible beep.
- 2.) Second Alert—when the driver is 1.0 seconds away from impact from the forward vehicle, dual beep audible alert.
- 3.) Third Alert—when the driver is 0.5 seconds away from impact with forward vehicle, haptic alert, continuous audible beep. If the driver does not respond, Wingman will dethrottle, engage engine brake, then can apply brakes if a collision is imminent or depending on speed, could appear to apply brakes to mitigate the collision.

BLINDSPOTTER

ALWAYS AVAILABLE

- YELLOW—No cars detected
- RED—Radar has picked up a metallic object / vehicle
- System will only beep if the RED light is illuminated and you put on a turn signal to move to the right lane.
- Sound IS adjustable.



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10 Tips for Driving in a Construction Zone Safely

Summer road construction season is here, and truck drivers and motorists alike need to be prepared. Whether you've been driving for decades or got your driver's license last week, the tips below are important reminders to make sure you and road construction workers get home safely.

1. Expect the unexpected in road construction zones.

Normal speed limits may be reduced, traffic lanes may be changed and people and vehicles may be working on or near the road.

2. Slow down, be alert and pay attention to the signs.

Diamond-shaped orange warning signs are generally posted in advance of road construction projects.

3. Comply with the directions given by the flagger.

Stay alert and be prepared to obey the flagger's directions. In a construction zone, a flagger has the same authority as a regulatory sign, so you can be cited for disobeying his or her directions.

4. Be patient in road construction zones.

Construction zones aren't there to personally inconvenience you. They're necessary to improve the roads for everyone. Each state has numerous construction sites in progress.

5. Use the "Take 10" technique to change lanes.

Flashing arrow panels or "lane closed ahead" signs mean you need to merge as soon as safely possible. Don't zoom right up to the lane closure and then try to barge in. If everyone cooperates, traffic moves more efficiently. The "Take 10" technique involves putting on your turn signal at least three seconds before starting a lane change and using at least seven seconds to complete the lane change, looking at your mirrors throughout.

6. Slow down — don't drive too fast for conditions.

A truck traveling at 60 mph travels 88 feet per second. If you're going 60 and you pass a sign that says "Road Work 1,500 feet," you'll be in that work zone in 17 seconds.

7. Drive defensively — don't follow too close.

The most common crash in a highway work zone is the rear-end collision. Remember to leave seven seconds of braking distance between you and the vehicle in front of you. Most rear-end accidents occur because of following too close and traveling too fast for conditions.

8. Keep using defensive driving techniques to save lives.

Keep a safe distance between your vehicle and traffic barriers, construction equipment and construction workers. Just like you, highway workers want to return home safely after each day's work.

9. Obey the posted signs until you see the ones that say you've left the work zone.

Some work zones — like line painting, road patching and mowing — are mobile, moving down the road as the work is finished. Just because you don't see the workers immediately after you see the warning sign doesn't mean they're not out there.

10. Expect delays; plan for them and leave early to reach your destination on time

Highway agencies use many different ways to inform motorists about the location and duration of major work zones. Often, the agencies will suggest a detour to help you avoid the work zone entirely. Plan ahead, stay alert and stay safe so you get home safely.

Fun Facts

- The average person falls asleep in 7 minutes.
- Lifespan of a squirrel is 9 years.
- A person swallows on average 295 times during a meal.
- The oldest word in the English language is “town”;
- A bear has 42 teeth.
- The human brain contains 78% water.
- Birds need gravity to swallow.
- 1 googol is the number 1 followed by 100 zeros.
- A person will consume around 100 tons of food and 45,424 liters of water in their lifetime.
- Koalas sleep around 18 hours a day.
- All the blinking in 1 day equates to having your eyes closed for 30 minutes.
- The side of a hammer is called a cheek.
- Armadillos have 4 babies at a time and are all the same sex.
- You burn more calories sleeping than watching TV.
- An ostrich’s eye is bigger than its brain.
- The ball on top of a flag pole is called the truck.
- Camel’s milk does not curdle.
- Blonde beards grow faster than darker beards.
- A group of whales is called a pod.
- You shed a complete layer of skin every 4 weeks.
- A group of geese is called a gaggle.

6 Tips for Eating Healthy on the Road

1. Healthy eating starts where you stop—stop at a grocery store instead of a fast food restaurant. Reduce junk food temptations!
2. Eat frequently, and in smaller amounts—eating small amounts of healthy food throughout the day sends a signal to your brain that the food supply is plentiful. Limiting your calorie load at a single sitting also gives you lots of energy.
3. Eat plenty of protein—eating plenty of protein enhances concentration, and keeps you lean and strong.
4. Pack snacks so you are not skipping meals—when you miss a meal your metabolism slows down to prevent you from starving. Examples of snacks to pack are almonds, hummus, raw veggies, yogurt and berries.
5. Avoid “feel bad” foods—these are foods you crave but leave you feeling sick or depleted after you eat them. Examples, sugary snacks, sodas, chips and baked goods.
6. Drink lots of water—your body needs water for virtually all of its functions. Drinking plenty of water will flush your body of toxins, keep your skin fresh and help you eat less.

Making better food choices will have a positive impact on your leisure time. Healthy food and plenty of water sustain your energy levels and fuel your muscles. The food you eat on the road will serve as your traveling repair kit.

“You miss 100% of the shots you don’t take.”

- Wayne Gretzky

“The way I see it, if you want the rainbow, you gotta put up with the rain.”

- Dolly Parton

#SteeringTowardKindness: Moving Toward a Better Trucking Industry

Editor's note: This guest post, originally published on the [Women In Trucking blog](#), is republished with permission.

Remember the book, "All I Really Need to Know I Learned in Kindergarten" by Robert Fulghum? If you've never read it, let me give you a few of the author's reminders.

- Share everything
- Play fair
- Don't hit people
- Put things back where you found them
- Don't take things that aren't yours
- Say you're sorry when you hurt someone
- Live a balanced life

These are actually pretty simple to understand, even for adults, and I'm guessing you were told these "rules" when you were a child. If not, I am truly sorry if you didn't learn these effortless ways to get along with the people around you.

Unfortunately, it seems as if many of us have either forgotten or just ignore these minimal ways to avoid conflict with others. I cannot understand how people can be so cruel and negative. Look at the social media posts and you'll see hatred and anger. Listen to the CB radio and you'll hear some pretty nasty things from those anonymous voices coming over the radio.

Why?

When someone says something rude or hateful to me, my response to them is always, "Was that meant to be helpful?" You can also ask them if they are intentionally trying to hurt you. Sometimes people don't realize how angry they sound and maybe they don't mean to sound so hurtful.

Another thing to consider is whether it is about you or if it's really about them. In other words, don't assume YOU are the focus. One of the best pieces of advice I ever received is to "Assume good intent." When someone does something that YOU find offensive, ask yourself if it was really directed at you, or maybe it's something they're dealing with.

For example, that person who left you in the dust at an intersection just might have an ill child or a pregnant wife in the back seat. Maybe they were just diagnosed with a terminal illness. You just don't know the reason for their haste or their distraction. But ... it's not always about you.

If giving them the finger makes you feel better, then you need to reconsider how your actions reflect your character. Swearing at anyone doesn't help create a positive relationship. My mother always said that using profanity means you're not smart enough to find the proper word. BLEEP!!!

The trucking industry seems to have its share of anger. People tweet, post and blog such nasty things about others, and I can tell you I have been the target often. My response is that these people must have a lot of frustration and they want to spread it. That's their problem. I refuse to allow it to negatively affect MY day.

In fact, this blog is to start a movement. Let's change the trucking industry and start helping one another. Let's remind ourselves what we learned in Kindergarten. Say you're sorry when you hurt someone, and don't hit people. Hitting may be physically or figuratively, like on social media. Stop hitting!

My challenge to you is to be kind. I've started this movement with the hashtag #SteeringTowardKindness. It's similar to the Women In Trucking tag line, #SteeringTowardDiversity. Let's work on making our industry a more accepting and warm environment.

A recent Gallup report claimed that 65 percent of employees have not received ANY recognition or appreciation for a job well done in the past 12 months. Maybe you feel the same. Maybe you haven't had someone thank you in over a year. Let's change that.

Help me transform the trucking industry into a more welcoming place. Maybe we can reduce turnover. Maybe we can retain the drivers who enter this industry without a true understanding of the challenges and opportunities. Let's help them, not ridicule them. Let's show them some kindness.

My challenge for you is to take one week, yes, only one week. Say one thing nice to someone EVERY day. Share your experience with us on #SteeringTowardKindness. Thank the person who cleans your shower or pours your coffee. Help the driver who needs a spotter to back into the dock. How did it make you feel to share a smile with that person?

Let's make the trucking industry a better place for everyone. Give it a week and let me know how it changes you.

#SteeringTowardKindness

Did you know?

Eating an apple is a more reliable method of staying awake than consuming a cup of coffee.