

# GUARANTEED GAZETTE

[www.guaranteedtransportservice.com](http://www.guaranteedtransportservice.com)

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## Lane Departure Warning System by Bendix

### Protect against unwanted lane changes

Did you know that one in five truck fatalities are linked to unintended lane departures? A truck drifting out of its lane even for a second could result in a devastating accident. What if you could mitigate the chance of this catastrophe taking place? The AutoVue® Lane Departure Warning (LDW) system by Bendix CVS helps combat lane drift due to fatigue, distractions and unfavorable weather conditions.

The AutoVue LDW system detects when a vehicle drifts across a lane marking. When this occurs and the turn signal is not activated, the unit automatically emits a distinctive “rumble strip” or other warning, alerting the driver to make a correction. AutoVue works both day and night, and in most weather conditions where visibility is limited.

The AutoVue LDW System can help you:

- Minimize losses
- Promote and reinforce safe driving habits
- Develop targeted driver training
- Boost success in CSA environment

Our AutoVue system combines advanced hardware and proprietary image recognition software packaged in a camera and ECU. Data generated by AutoVue is gathered and reported in SafetyDirect by Bendix CVS, a web based portal that displays safety information. This gives fleet management the ability to develop targeted training programs to address the real issues occurring on the road.

The system is not intended to take the place of a driver but to assist in a drivers everyday safe driving!



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# TRUCK DRIVING SAFETY TIPS

1. **Be alert.** Know everything going on around you. Always *look well ahead down the road* and around your rig. When rolling down the highway, especially in heavy traffic, *always plan an 'escape route'*. Be aware of who's in front of you, beside you and behind you at all times. Be aware of everything, so you can act accordingly.
2. **Check weather reports.** Be aware of weather conditions prior to departing on a trip, and check the reports as often as you're able while traveling. Keep an eye on your outside temperature to watch for changing road conditions. Knowing what to expect, helps a [trucker](#) be better prepared for [bad weather driving](#) and necessary precautions can be taken. Good [trip planning](#) is essential.
3. **Avoid traffic.** Whenever possible, avoid traveling at high volume traffic and peak traffic times. The more traffic, *the greater the odds of an accident*.
4. **Check out delivery spots, on foot.** Many times a [truck](#) can get trapped in a place and unable to turn around or the docking facility isn't suitable for big rigs. This way, you'll see obstacles that may be in your way, such as low fire hydrants, posts, ditches, etc. Take a mental picture of the area. If you just drive in, you will NOT see the hazards. A large percentage of truck accidents happen when backing up. Accidents are costly for everyone, and can seriously impair [your driving record](#).
5. **Be extra cautious at night.** Always exercise 'extra' caution at night, especially in tight maneuvering situations. I've seen too many truckers leaving a [truck stop](#) at night, thinking they're headed for the road, and drive straight into a ditch, slam into the back end of a trailer and hit light posts head on. *Be alert, be aware, move slowly and cautiously.*
6. **Leave room in front of your rig.** Always, always **leave plenty of room in front of your vehicle**. It can be very frustrating if you are only traveling 50 mph, and everyone else is doing 65 mph, BUT it can keep you out of trouble. This 'buffer zone' or 'cushion' in front of your rig, will protect you and your truck. Usually, if anything goes wrong, there's a good chance it will be ahead of you. The more empty space you have in front of you and your unit, the more **time you'll have to 'correct'** and slow down, if necessary.
7. **Change lanes as little as possible.** Pick a lane and STAY in it. Cars will dodge and change lanes no matter what. If you do find it necessary to change lanes, **move over very carefully**, being aware of your blind spots and constantly check your mirrors. The odds of an accident increases dramatically, each time a vehicle makes a move to another lane. If you have maintained your lane position, in the event of an accident, the other vehicle will most likely be at fault, not you. When entering a city from the freeway, take the 2nd lane from the right, to avoid merging vehicles. Cars love to hug the right lane and dodge all over.... they tend not to merge. *Merging seems to be a 'lost art'.*
8. **Use a trucker's GPS.** A [GPS designed especially for truckers](#), will show vital information such as which exit to take, distance before exit, when to change lanes, traffic reports etc. They are well worth the cost. These units can be a huge help and can alleviate a lot of stress for the driver, especially when traveling in unknown area. They are another great tool, but not to be relied on.... compare results with a good old fashioned map.
9. **Slow down....THE most important of driving safety tips for truckers.** I can't stress this point enough. Always take the **corners and ramps very slowly**. Speed signs on ramps are for cars, not big rigs. It doesn't matter if you hold up traffic. The main focus is to get around a corner and be 'upright'.  
**Travel slowly and maintain control.**
10. **Take breaks and check your rig.** Stop and stretch yourself as needed. Do a [walk around the vehicle and trailer](#). Look for soft tires, air leaks, check under the truck for any dripping coolant or oil.

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*"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."*

*- Albert Einstein*

*"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."*

*- Charles Darwin*

**1-833-GTS-TANK**

## Fun Facts

- A lobsters blood is colorless but when exposed to oxygen it turns blue.
- Scotland has the most redheads.
- At birth dalmations are always white.
- The safest car color is white.
- The rarest type of diamond is green.
- Crocidiles are color blind.
- Blonde beards grow faster than darker beards.
- Black on yellow are the two colors with the strongest impact.
- The “black box” that houses an air-planes voice recorder is actually orange so it can be more easily detected amid the debris of a plane crash.
- Turnips turn green when sunburnt.
- Spiders have transparent blood.
- Red light has the highest wavelength.
- Blue and white are the most common school colors.
- The color of a chili pepper is no indication of its heat—usually the smaller the hotter.
- Lettuce is the worlds most popular vegetable.
- Green tea has 50% more vitamin C than black tea.
- A garfish has green bones.
- All owls lay white eggs.
- Dark roasted coffee beans contain less caffeine than medium roasted ones. The longer a coffee is roasted the more caffeine it burns off.
- Humans are the only primates that do not have pigment in the palms of their hands.

# Payroll — CertiPay

CertiPay offers easy access to payroll and benefits information through the Internet. You will be able to view information such as your address, wages, date of employment, emergency contact(s), federal and/or state tax elections, benefit elections, check history, W2 history and view time punch detail, in addition to printing your paycheck stub and W2 copy.

Follow these guidelines to access the new Employee Self Service site.

Either type or copy and paste this link into your web browser address line:

Populate the following fields

\* **Company Code** = CB036

\* **Employee Number** = enter the last 4 of your S.S.#

\* **SS Number** = enter your social security number (no dashes)

\* **User Name** = create your user name; must be between 4 and 20 characters long, can not include any spaces and can be all letters, all numbers or a combination of both. (Example: jsmith)

\* **Password** = create your password; must be alphanumeric, between 6 and 10 characters long and can not include any spaces (Example:smith123)

\* **Confirm Password** = reenter password

\* **Email** = enter your email address

**Security Questions** = using the drop down field, choose a security question. In the field below the question you will enter the answer. This must be completed for each question.

**Please complete the information below to activate your account:**

Company Code:	<input type="text"/>
Employee Number:	<input type="text"/>
Social Security Number:	<input type="text"/>
User Name:	<input type="text"/>
Password:	<input type="text"/>
Confirm Password:	<input type="text"/>
Email:	<input type="text"/>
Security Questions:	<input type="text" value="- Please select a question"/>
	<input type="text"/>
	<input type="text" value="- Please select a question"/>
	<input type="text"/>
	<input type="button" value="Submit"/>

Click on the Submit button

On the next screen you will receive a message stating that your registration is complete.

# Think Healthy, Be Healthy!

## Hot mind-body trick

Your powers of make-believe can help you control cravings, get motivated to work out, and even improve your vision, according to several recent studies.

"If you imagine an experience, the brain stimulates itself in the same way as if you were doing it," says Joachim

## Distract yourself

In one study, volunteers were able to reduce food hankerings by imagining a rainbow or the smell of eucalyptus.

## To get to the gym

Taking a few minutes to conjure up what your sweat session will feel like (pounding heart and all) may make you more likely to get off the couch.

## To boost confidence

Researchers found that striking a confident stance actually stimulates a hormonal response that can make you feel more self-assured in minutes.

## To improve your eyesight

Study practices who took on roles associated with perfect eyesight, such as pilot, showed marked improvement in vision tests compared to those who didn't.

Not everyone can match this man's indestructible optimism. But we can all take some control over the attitudes that might help steer our fate. As Idler puts it, "People should occasionally turn their attention away from risks to their health and focus on the resources they have to stay healthy."

## Did you know?

No wonder people say: "Laugh and you will live longer". People who laugh a lot have much better health and happy life because laughter is also a powerful antidepressant.

# Cash in While You Can!

A reminder the Driver Referral Bonus is \$2,500.00 until July 1st. We already have a driver that has made \$25,000.00 in referrals, that's right \$25,000.00!!! WOW. This could be you, talk to other drivers about the monthly bonus, paid holidays, free life insurance, free short term disability, affordable major medical, detention pay, family atmosphere and all the other good things we have to offer.

Payout:

\$500.00 when the driver has been here 30 days

\$500.00 when the driver has been here 60 days'

\$500.00 when the driver has been here 90 days

\$1,000.00 when the driver is here 6 months.

\$\$\$\$\$ It's easy FREE money!! \$\$\$\$\$

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