

GUARANTEED GAZETTE

www.guaranteedtransportservice.com

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\$\$\$ Driver Referral Bonus Extended \$\$\$

As you know, here at Guaranteed Transport, we are looking to grow our team with talented drivers, just like you. That's why we are excited to announce the driver referral bonus has been extended for 1 more month. Up until August 1st the Referral Bonus is \$2500.00.

If you meet or already know a great driver and they put your name on their application here's how it works:

\$500 when the referred driver has been employed 30 days

\$500 when the referred driver has been employed 60 days

\$500 when the referred driver has been employed 90 days

\$1000 when the referred driver has been employed 6 months

We know from past experience that the best source for finding good drivers is our own people. Who else knows better what it takes to be a successful tanker driver for GTS? Also, we know our drivers see more drivers each day than anyone else. For those of you who have referred drivers in the past, GREAT job!

Not sure what to say when recruiting a driver? Talk about the GREAT benefit package, monthly bonus, paid holidays, free life insurance and short term disability, rider policy, pet policy and MOST important your experience with working for GTS!

You can pick up referral cards at the Terminal to hand out with your name and the Company information on how to apply. Any questions or to talk about a potential driver give Amy a call.

\$\$\$ FREE money – who does not need or want FREE money \$\$\$



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Water: How much should you drink every day?

Water is essential to good health, yet needs vary by individual. These guidelines can help ensure you drink enough fluids.

Studies have produced varying recommendations over the years. But your individual water needs depend on many factors, including your health, how active you are and where you live.

No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Health benefits of water

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Your body depends on water to survive.

Every cell, tissue and organ in your body needs water to work properly. For example, water:

- * Gets rid of wastes through urination, perspiration and bowel movements
- * Keeps your temperature normal
- * Lubricates and cushions joints
- * Protects sensitive tissues

Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- * About 15.5 cups (3.7 liters) of fluids for men / * About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20 percent of daily fluid intake usually comes from food and the rest from drinks.

Factors that influence water needs

You might need to modify your total fluid intake based on several factors:

- * **Exercise.** If you do any activity that makes you sweat, you need to drink extra water to cover the fluid loss. It's important to drink water before, during and after a workout. If exercise is intense and lasts more than an hour, a sports drink can replace minerals in your blood (electrolytes) lost through sweat.
- * **Environment.** Hot or humid weather can make you sweat and requires additional fluid intake. Dehydration also can occur at high altitudes.
- * **Overall health.** Your body loses fluids when you have a fever, vomiting or diarrhea. Drink more water or follow a doctor's recommendation to drink oral rehydration solutions. Other conditions that might require increased fluid intake include bladder infections and urinary tract stones.

Beyond the tap: Other sources of water

You don't need to rely only on what you drink to meet your fluid needs. What you eat also provides a significant portion. For example, many fruits and vegetables, such as watermelon and spinach, are almost 100 percent water by weight.

In addition, beverages such as milk, juice and herbal teas are composed mostly of water. Even caffeinated drinks — such as coffee and soda — can contribute to your daily water intake. But water is your best bet because it's calorie-free, inexpensive and readily available.

Sports drinks should be used only when you're exercising intensely for more than an hour. These drinks help replace electrolytes lost through perspiration and sugar needed for energy during longer bouts of exercise.

Energy drinks are different from sports drinks. Energy drinks generally aren't formulated to replace electrolytes. Energy drinks also usually contain large amounts of caffeine or other stimulants, sugar, and other additives.

Staying safely hydrated

Your fluid intake is probably adequate if:

- * You rarely feel thirsty
- * Your urine is colorless or light yellow

A doctor or registered dietitian can help you determine the amount of water that's right for you every day.

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to:

- * Drink a glass of water or other calorie-free or low-calorie beverage with each meal and between each meal.
- * Drink water before, during and after exercise.
- * Drink water if you're feeling hungry. Thirst is often confused with hunger.

Although uncommon, it's possible to drink too much water. When your kidneys can't excrete the excess water, the sodium content of your blood is diluted (hyponatremia) — which can be life-threatening.

1-833-GTS-TANK

Fun Facts

- Initially adopted by Congress on July 2, 1776, the revised version of the Declaration of Independence was not adopted until two days later.
- The Declaration of Independence was penned by Thomas Jefferson and signed by 56 men representing 13 colonies.
- The oldest, continuous Independence Day celebration in the United States is the 4th of July Parade in Bristol, Rhode Island; it began in 1785.
- The “Star Spangled Banner” was written by Francis Scott Key during the War of 1812 and not decreed the official national anthem of the United States until 1931.
- Three U.S. Presidents, John Adams, Thomas Jefferson, and James Monroe, died on July 4th; Adams and Jefferson died within hours of each other in 1826 while Monroe died in 1831.
- The Pennsylvania Evening Post was the first newspaper to print the Declaration of Independence.
- In 1870 Congress made Independence Day an official unpaid holiday. In 1938, it was changed to a paid federal holiday.
- To avoid cracking it, the Liberty Bell has not been rung since 1846. To mark the quintessential day, every July 4th it is symbolically tapped 13 times.
- John Adams and Thomas Jefferson are responsible for the bald eagle as the national bird, Benjamin Franklin wanted it to be the turkey.
- Americans began observing the 4th of July as early as 1777, when the first-ever major celebration in Philadelphia included a parade and a thirteen-shot cannon salute and fireworks.

Pay Increase

Congratulations! Effective 7/2/18 your pay has increased as follows: Teams went from .52 a mile up to .54 a mile split and solo drivers went from .42 a mile up to .45 a mile. Loads that only go up to 300 miles stayed at 24% of the load as there are rate increases periodically and the monthly bonus stayed at .02 a mile for every mile ran without a preventable accident/incident/ticket or violation and of course on time pickup and deliveries. Bendix Wingman Fusion along with our safety conscious drivers has kept us from the costly accidents. Thanks to road inspections and our drivers the CSA scores are in a very good standing. Keep up the GREAT work!!

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Teladoc is provided to you by Guaranteed Transport Service, not your Insurance provider, at no cost to you!



“Whenever you find yourself on the side of the majority, it is time to pause and reflect.”

- Mark Twain

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”

- Vince Lombardi

KEEP YOUR EYES ON THE ROAD, HANDS ON THE WHEEL, HEAD IN THE GAME.

Buckle Up

It is your last line of defense. Remember, seat belts save lives.

Prepare For the Drive

Adjust mirrors and instrument panel lighting, and get directions or program the GPS before you hit the road.

Drive Safely

Obey speed limits and traffic signs. Excessive speed reduces your ability to avoid a crash, extends your vehicle's stopping distance and increases the severity of a crash if it occurs. Slow down in bad weather and at construction zones.

Avoid Distractions

Avoid distractions such as adjusting the radio, eating, personal grooming or other activities that remove your attention from the road.

Be Aware of Other Drivers

Never forget that far too many of the drivers sharing the road with you might be driving distracted.

Never Text or Email While Driving

Pull off to a safe location if you must text. An in-cab driving study of commercial motor vehicle drivers by the Virginia Tech Transportation Institute indicated that the most dangerous distraction is texting. Truck drivers who texted while driving had 23 times the risk of being involved in a crash or a near-crash incident. It's best to turn off your cell phone or put it on silent mode and let calls go to voicemail while you're driving.

Avoid Aggressive Driving

Don't provoke or allow yourself to be provoked. If another driver is acting aggressively, don't take the bait. Simply ignore them.

Only Make Safe and Necessary Lane Changes

Pick a lane and stay in it for as long as possible. Lane changes increase risk of an accident. When you do have to change lanes, always signal any lane change or turning movement well ahead of the event.

Don't Tailgate

Following too closely reduces your visibility of the road ahead and impacts your reaction time.

Allow Plenty of Time

Allow plenty of time to reach your destination so you will be less likely to speed.

Never Drive Under the Influence

And watch out for other motorists whose driving behavior suggests they may have been drinking.

Get Enough Sleep

Sleep deprivation and fatigue causes lapses in attention, slowed awareness and impaired judgment.

Don't Multi-Task Behind the Wheel

Glancing away from the road for more than one second – for any reason – can be extremely dangerous. At 55 miles per hour, during a three-second glance away from the road, your vehicle will move nearly 250 feet down the road without your attention; that's almost the length of a football field. Short glances at vehicle instruments, mirrors, installed communication devices, GPS systems or other technology can be done safely, if these scans are limited to less than one second and are related only to the driving task.

If a Driver Had:

Increase in Crash Likelihood:

| | |
|--|-----|
| A Failure to Use/Improper Signal Conviction | 96% |
| A Past Crash | 88% |
| An Improper Passing Violation | 88% |
| An Improper Turn Conviction | 84% |
| An Improper or Erratic Lane Change Conviction | 80% |
| An Improper Lane/Location Conviction | 68% |
| A Failure to Obey Traffic Sign Conviction | 68% |
| A Speeding More Than 15 MPH Over the Speed Limit | 67% |
| Any Conviction | 65% |
| A Reckless/Careless/Inattentive/Negligent Driving Conviction | 64% |

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BREAKDOWN

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