

GUARANTEED GAZETTE

www.guaranteedtransportservice.com

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Happy Anniversary Guaranteed Transport Service

We want to thank everyone who has helped make our 1st year in business such a huge success. Without the hard work of all our dedicated employees it would have been impossible to get off to such a great start. We are now at 100 trucks, 128 tanks, 99 drivers and 11 office employees. Guaranteed Transport prides itself on maintaining safe vehicles and this is evident by the Awesome Safety Ratings that we are able to maintain during our first year in operation:

Unsafe driving 18%

HOS—0%

Driver Fitness—0%

Controlled Substance and Alcohol—0%

Vehicle Maintenance—0%

These ratings are due to our drivers due diligence in maintaining our equipment in a safe working condition on a daily basis and this is accomplished thru pre/post trip inspections. A huge “Thank You” to all drivers that made these numbers possible.

We look forward to continuing to grow our business and celebrate many more annual anniversaries with all the members of the GTS Family.

Once again, Thank you for all you do to help make Guaranteed Transport one of the best trucking companies in the country!



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Thermo King TriPac Evolution APU

CONFIGURABLE, EASY-TO-USE IN-CAB CONTROLLER



Controller Functions

Turning the System On—Press and hold the Mode Selection knob:

- 1 second—turns the system **ON**.
- 3 seconds—turns the system **OFF**.

Note: The system will dim after 2 mins. If no selections are made. "Bump" the On/Off mode selection knob to activate the display for an additional 2 mins.

Mode Selection—Rotate the Mode Selection knob to choose between A/C, Fan or Heat.

Temperature Selection—Rotate the Temperature Selection knob to raise or lower the temperature set point.

Fan Speed Selection—Rotate FAN Speed knob to desired fan speed (Off-Low-Medium-High).

Note: Groups of four LED's will illuminate to represent the selected fan speed..

System Status Display

Standby Icon—The STBY Icon is illuminated when the system is in Standby or Monitor mode. To change the mode from Standby to HVAC, bump the Mode Selection Knob or turn any one of the knobs.

Alarm Icon—The Alarm Icon is illuminated either red or yellow if the system has an active alarm:

- **Yellow**—Check Alarms
- **Red**—Shutdown Alarms

Along with the Red Shutdown Alarm Icon, one of the green alarm LED's (ENG, ALT, ACS) will also illuminate to help identify the problem area:

- ENG—engine related alarms
- ALT—alternator or charging system alarms
- ACS—air conditioning system related alarms

Note: Turning the controller off and back on will clear all alarms displayed. Contact the nearest Thermo King Dealer if alarms continue to appear.

Mode Selection—Air Conditioning

This selection provides sleeper compartment air conditioning. The A/C will shut off when sleeper compartment temperature reaches the set point selected by the control panel. If the sleeper compartment temperature rises several degrees above set point the APU will restart.

With the APU system ON:

- Rotate Mode knob (A) to A/C position
- Rotate TEMP knob (B) to raise/lower desired temperature.
- Rotate FAN knob © to desired fan speed (Low-Medium-High).

When the A/C system is on, the fan speed will default to low. There is no off setting while the A/C is operating.

Note: Groups of four LED's will illuminate to represent the selected fan speed.

Mode Selection—Fan Only

This selection allows circulation of the air inside the sleeper compartment.

With the system ON:

- Rotate MODE knob (A) to FAN position.
- Rotate FAN knob © to desired fan speed (Off-Low-Medium-High).

Note: Groups of four LED's will illuminate to represent the selected fan speed..



Fun Facts

- German chocolate cake is named after a guy named Sam German, not the country.
- A sloth takes 2 weeks to digest the food he's eaten.
- The American football huddle was invented in 1892 by Paul Hubbard, a quarterback from an all-deaf Gallaudet University, to stop the opposing team from reading their signs.
- There are approximately 100,000 hairs on an average human head.
- Our ears and our nose never stop growing.
- An apple in the morning will keep you more awake than a cup of coffee.
- Grocery stores in France are forbidden by law to throw away the food they haven't sold. They must donate unused edible food to charities or make sure it gets processed into animal food or composted.
- Camels can hold a grudge and wait patiently for their opportunity to take revenge.
- Traveling decreases risk of heart attack and depression and supports brain health.
- Women have twice as many nerve receptors as men and so they feel pain more intensely, but they also have a higher tolerance for it.
- Intelligent people have more traces of copper and zinc in their hair.
- Every day, around 18 acres of pizza are eaten in America.
- The eye of an ostrich is bigger than its brain.
- An average raindrop falls at the speed of roughly 7 miles an hour.
- The hashtag is really called an "octotroph".

8 Safe Driving Tips

- 1. 3 Points of Contact:** Remember to employ three points of contact at all times when entering or exiting the tractor. This means always having both hands and one foot or both feet and one hand in contact with your equipment. Making this a habit can prevent slips, trips and falls!
- 2. Seven Second Rule:** Consider seven seconds to be the minimum safe following distance under ideal conditions. Remember to leave extra space if conditions are less than ideal.
- 3. Cruise Control:** Do not use cruise control in less than ideal conditions. Using cruise control can be dangerous on wet or icy roads, as well as in areas where many speed corrections need to be made, such as on winding or hilly roads, in heavy traffic, and in urban areas.
- 4. Avoid Distractions:** Keep both hands on the steering wheel in the 9&3 o'clock position. This allows the maximum steering wheel movement in either direction without having to reposition your hands, giving you the most leverage and control of your vehicle.
- 5. School Zones/Construction Zones:** For everyone's safety, slow down to posted speeds when approaching school and construction zones and be prepared to stop.
- 6. Tractor & Trailer Lights:** Keep your headlights and clearance lights on at all times when driving. Also, always make sure to keep your lights clean. Being visible is extremely important to your safety. Driving with lights on will allow a fellow motorist to see your equipment sooner.
- 7. Seatbelts:** Wear a properly adjusted seatbelt at all times. Seatbelts are the most effective vehicle safety device, saving thousands of lives annually.
- 8. Speed Limit:** To ensure your personal safety and the safety of those around you, travel at or lower than speeds of 62 mph (100 kph) or the otherwise posted speed limit of the roadway being travelled. Always adjust your speed to a safe level as determined by the various driving conditions.

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us"

- Helen Keller

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do."

- Mark Twain

Heat Stroke Symptoms & Prevention

Heat stroke is a medical emergency that occurs when the body can no longer cool itself. The body suffers from dehydration because it can't release internal heat into the environment, resulting in core temperatures of over 104 degrees Fahrenheit. The scary part is that most people aren't aware that they are in danger of heat stroke — the most severe heat-related illness — until it's too late. And by then, they have become confused and delirious as a result of nerve damage. To reduce your risk of becoming ill, the first step is to become aware of heat stroke symptoms and the warning signs of heat-related illness. A quick diagnosis is crucial in order to avoid organ failure, cognitive impairment and death. But to ensure that your health is never put in harm's way because of the heat, take preventative measures to keep your body cool and stay hydrated. It's also important to avoid actions that increase your risk of developing heat-related illnesses, like engaging in physical activity that increases your chances of heat stroke, such working and exercising in the direct sun. Heat stroke is the most serious of all heat-related illnesses. It is a medical emergency because it can lead to serious brain damage, organ failure and even death.

The most common heat stroke symptoms include:

- rapid and strong pulse
- shallow breathing
- hot, red, dry or moist skin
- severe headache
- Fatigue
- minimal or no sweating, despite the heat
- nausea and vomiting
- muscle weakness / muscle cramps
- dark-colored urine
- delirium / confusion
- Seizures
- unconsciousness

7 Natural Ways to Treat & Prevent a Heat Stroke

- Drink Plenty of Water
- Eat Hydrating Foods
- Avoid Sugary Drinks, Alcohol and Caffeine
- Avoid Direct Sunlight
- Stay in an Air-Conditioning
- Check your Medications
- Check on Those at Risk

On those really hot days, make sure to check on people who are at a greater risk of developing heat stroke symptoms. This includes people over the age of 65, people with chronic medical conditions, infants and children and people who don't have air conditioning in their home. Research also shows that social isolation is associated with an increased risk of heat-related illness. This includes people who are unmarried or widowed, living alone or those who tend to stay home all day.

If you're with someone who is displaying heat stroke symptoms, call 911 immediately. Then move the person to a cool place. Try to cool him down by applying a cool compress to his forehead or even pouring cool water over his body. Then wait until medical professionals take over. Don't hesitate to call for help, as heat stroke is a serious medical emergency. Immediate treatment is vital.

Did you know?

Idling the tractor engine to provide cab power causes excessive engine wear and run time, increases maintenance costs, may lower the residual value of the tractor and releases unnecessary emissions into the environment. Adding an APU virtually eliminates tractor engine idling which decreases down time and puts more money in the drivers pocket.

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BREAKDOWN

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