

GUARANTEED GAZETTE

www.guaranteedtransportservice.com

October 2018 Issue 14

Operation Safe Driver Week Results

Commercial motor vehicle (CMV) enforcement personnel patrolled roadways during Operation Safe Driver Week, July 15-21, to identify CMV drivers and passenger vehicle drivers engaged in unsafe driving behaviors. Throughout the week, officers issued 57,405 citations and 87,907 warnings.

51,000 law enforcement officers made contact with 113,331 CMV drivers and passenger vehicle drivers. A total of 42,144 CMV contacts were made with 10,709 citations issued, and 71,187 passenger vehicle contacts were made with 46,696 citations issued.

In addition to the citations, officers issued a total of 87,907 warnings. CMV drivers were given 29,908 warnings, while 57,999 warnings were given to passenger vehicle drivers.

The top five citations issued to CMV drivers were:

1. State/local laws—6,008 citations
2. Speeding—1,908 citations
3. Failing to use a seat belt while operating a CMV—1,169 citations
4. Failure to obey a traffic control device—754 citations
5. Using a handheld phone—262 citations

Operation Safe Driver Week results also of note include:

- A total of 1,822 drivers (1,699 passenger vehicle drivers and 123 CMV drivers) were cited for reckless, inattentive and/or careless driving.
- 366 drivers were cited for possession/use/under the influence of alcohol or drugs or both. Forty-two of the citations were issued to CMV drivers, and 324 were issued to passenger vehicle drivers.
- Specific to CMV drivers, 17 were cited for operating their vehicle while ill or fatigued, and 14 received citations for using/equipping their CMV with a radar detector.

Operation Safe Driver Week, a safety initiative of the Commercial Vehicle Safety Alliance (CVSA), aims to call attention to driver behaviors, the main cause of crashes, and combat those behaviors through heightened traffic safety enforcement and educational outreach.



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Healthiest Fast Food Restaurant Meals

- At Subway, the oven-roasted chicken sandwich with honey mustard sauce, which has 23 grams of protein and 5 grams of fiber, is a nutrient combo that will keep you satisfied on the road.
- Burger King's fish sandwich is easy to eat on the go, rich in heart-healthy omega-3 fats and relatively low in calories and saturated fat, especially when you skip the tarter sauce.
- Wendy's grilled chicken wrap with cheddar and honey mustard for a quick grab-and-go meal when you're away from home.
- Starbuck's protein bistro box is packed with easy-to-nibble foods including a hard-boiled egg, apple slices, cheddar cheese, muesli bread and peanut butter. A cool lime refresher beverage has a 1/3 of the calories of a typical lemonade and is lightly caffeinated with green coffee extract.
- Taco Bell's grilled steak soft tacos aren't just easy to hold, they also offer a moderate amount of carbs and fat, with a dose of protein for long trips.
- McDonald's sandwich is a quick and easy grab and go option. The Filet-o-fish sandwich is made with omega-3-rich pollock.
- Dunkin Donut's multigrain bagel with reduced-fat plain cream cheese and an iced latte with skim milk.
- Panera Bread's tuna salad sandwich on honey wheat, with apple and baked crisps, is easy to manage while you are eating healthy.
- Chipotle's tacos with chicken, brown rice and fajita vegetables, a mandarin orange and organic milk.

Fast food tips: Skip the combo meals. Just order a sandwich and a drink (preferably water or unsweetened tea) . Pass on the fried foods and look at chicken or turkey without the cheese. Load up on lettuce, tomatoes and veggies but not mayo and dressings.

Snacking options on the road: look for protein snacks, like cans of nuts, rather than chips or candy bars. Run into a supermarket for a bag of apples or pre-cut carrots to eat while on the go.

Drink lots of water, eat vegetables, salads and make yourself take small portions or half the other things that you may be craving. Skip heavy sides likes French fries or potatoes—choose salad or veggies, also try lighter choices like soup or a healthy appetizer instead of a meal.

United Healthcare Update

Everyone should have their medical card by now, if you do not then you can go to myuhc.com or call 855-874-6699 and put in a request for another card to be mailed to you, At this time you should double check that the correct address is in the system also. If you did not list a physician on your insurance application then United Healthcare assigned you one, you can change your physician by going online or calling, it only takes around 10 minutes to change it.

The Insurance premiums have lowered:

Employee only = \$29.21 with Base Dental / \$30.20 with Buy-up Dental

Employee + Spouse = \$112.17 with Base Dental / \$114.15 with Buy-up Dental

Employee + Children = \$72.97 with Base Dental / \$75.79 with Buy-up Dental

Employee + Family = \$163.38 with Base Dental / \$ 167.47 with Buy-up Dental

Deductible for Employee only is \$3,000 per yr. = \$1,500 is reimbursable

Deductible for all others is \$6,000 per yr. = \$3,000 is reimbursable

1-833-GTS-TANK

Fun Facts

- Halloween is the 2nd highest grossing commercial holiday after Christmas.
- The first Jack-O-Lantern was made from turnips.
- The word “witch” comes from the Old English word meaning “wise woman”. Wiccans were highly respected people at one time, according to popular belief, witches held one of their two main meetings, or sabbats, on Halloween night.
- Samhainophobia is the fear of Halloween.
- 50% of kids prefer to receive chocolate candy for Halloween, 24% prefer non-chocolate candy and 10% prefer gum.
- The owl is a popular Halloween image. In Medieval Europe, owls were thought to be witches, and to hear an owl’s call meant someone was about to die.
- The first known mention of trick-or-treating was in 1927 in Blackie, Alberta Canada.
- Halloween is short for “Hallow’s Eve” or “Hallows Evening”, which was the evening before All Hallows Day on November 1st.
- Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold stands for harvest and autumn. Black is typically a symbol of death and darkness and is a reminder that Halloween once was a festival that marked the boundaries between life and death.
- Scottish girls believed they could see images of their future husband if they hung wet sheets in front of the fire on Halloween.
- Halloween originated around 4000 B.C. which means it has been around for over 6,000 yrs.

Correct # to Call

Just a reminder to every employee calling GTS to speak with someone you should be calling 833-487-8265 and then selecting the appropriate option. Please do NOT call cell phone’s—if the Dispatchers are on the phone they cannot answer their cell phone.

After hours and weekends continue to use the 833-487-8265 to talk with someone, when you select 2 (Dispatch) the phone will automatically rollover to the individual that is on call.

833-487-8265:

Option 1—**Recruiting**

Option 2—**Dispatch**

Safety for accidents & incidents—863-333-1918

Maintenance—863-812-4685—24hrs a day / 7 days a week

Thank you!

Three Position Regeneration Switch

START - Depressing the button in the START direction for 4 seconds will initiate a parked regeneration.

CENTER—Center is the normal position of the switch. The center position will allow an automatic regeneration to occur.

STOP—When STOP is pressed the system will not regenerate under any conditions. Do NOT leave the switch in the Stop position unless you need

“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”

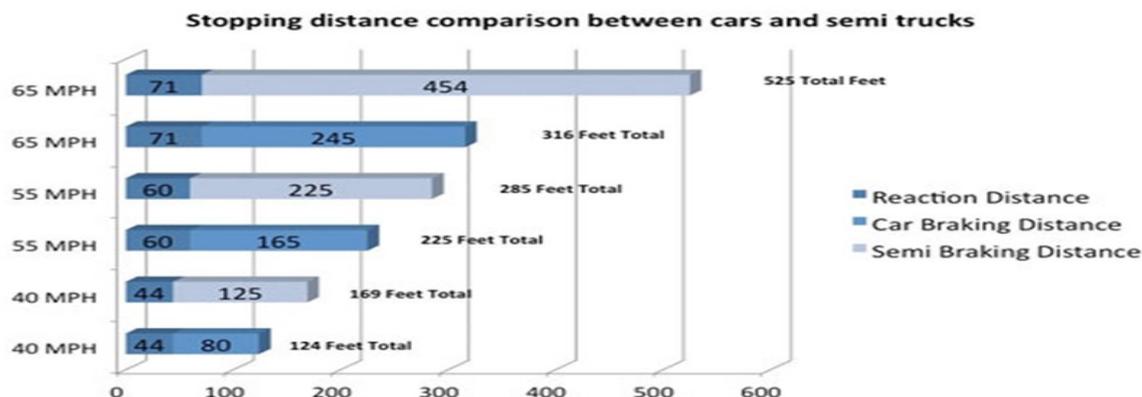
- Helen Keller

“Great minds discuss ideas; average minds discuss events; small minds discuss people.”

- Eleanor Roosevelt

Tips to Avoid a Rearend Collision

- Increase the distance between the vehicle you are driving and the vehicle in front of you. Statistics show the 4-second rule gives the driver a better chance of stopping in time to prevent a collision.
- Keep your eyes scanning ahead of you as far as possible to detect potential hazards and give yourself time to react if needed.
- Always know the location of each vehicle around you, including vehicles behind you.
- While stopped at an intersection, always make sure you can see the rear tires of the vehicle in front of you from your normal sitting position.
- If a vehicle cuts you off, stay calm and maintain the correct following distance to include slowing down if needed.
- Avoid conversations in your vehicle and thoughts that keep your mind off your driving.



Source: TruckSmart at Utah.gov

The data shows stopping distance for vehicles operating in perfect weather conditions. If you add inclement weather such as rain, snow or ice to the equation, the stopping distances increase. Darkness potentially increases stopping distance even more, as it affects the driver's reaction time. So add 1 second for each variable.

Guaranteed Transport have installed Bendix Wingman Fusion to every vehicle to assist the drivers while out on the road. The system is radar-based designed to help drivers maintain a set following distance behind a forward vehicle to avoid a rearend collision. The system is also equipped with collision mitigation braking. This means if the system determined a collision was imminent, it alerted the driver and, if necessary, applied the brakes to help the driver with the potential collision. The system also helps with excessive speed, run-off-the-road type accidents, jackknives and side-swipes. Bendix safety technologies are not intended to enable or encourage aggressive driving but to complement safe driving practices. Responsibility for the safe operation of the vehicle remains with the driver at all times.

Did you know?

The National Highway Traffic Safety Administration (NHTSA) reported that over 3,000 people were killed in distraction related accidents with an additional 424,000 injured. NHTSA also reported that truck drivers who text and drive are 23 times more likely to be in a crash or near-crash.

Contact Us

833-487-8265

Dispatch — Option 2

Recruiting — Option 1

Payroll - Option 3

MAINTENANCE

863-812-4685