

GUARANTEED GAZETTE

www.guaranteedtransportservice.com

February 2019 Issue 18

Parking Lot Incidents/Accidents

Parking lot accidents, either with fixed objects or other vehicles are the most common/frequent vehicle collisions. Whether you are making a delivery, a pickup, stopping for lunch or a break at a shopping center, shipper location, or truck stop, you may encounter dangerous conditions while driving into, out of and through parking lots. When drivers are in a hurry or distracted they may stop looking for cross traffic and/or assume others will automatically stop when they see them coming.

Some of the most common parking lot hazards include:

- Pedestrians may be difficult to see while backing and may run out into traffic unexpectedly
- Poor lighting may inhibit a person's ability to see at night
- Tight spaces may limit your ability to back and turn around corners
- Potholes and debris or objects (such as shopping carts may cause other drivers to swerve or stop suddenly.
- "Evil Yellow Poles"
- Faded parking lines and lack of signage may inhibit proper traffic flow.
- Overgrown shrubbery may obscure sight lines (especially at night) at intersections where pedestrians or other vehicles may appear suddenly.



The "Evil Yellow Pole" cost thousands of dollars every year, we as drivers have to be aware of our surroundings every day. Do not let one of these gremlins catch you not paying attention to where you're driving.



In This Issue

- Healthy Note
- The Mission
- Fun Facts
- Incidents/Accidents

5 Tips To Avoid The Flu

As a busy truck driver, the last thing you have time for is the flu. Unfortunately, working over the road can mean that you're exposed to a lot of germs that can make you sick, both from other people and communal surfaces you may make contact with. Avoid contracting the flu this season by following these tips:

1. Get Vaccinated

The Centers for Disease Control (CDC) says a yearly flu vaccination is the "first and most important step" you can take to guard yourself against the flu. While the CDC recommends the vaccine for everyone over 6 months of age, high-risk persons, in particular, are strongly encouraged to get vaccinated to reduce their risk of potentially severe flu illness. Individuals with asthma, diabetes, heart or lung disease and individuals over the age of 65 are considered to be high risk, among others. The [St. Christopher Truckers Fund](#) provides free flu vaccinations for CDL holders. Truckers can [print an electronic voucher from the SCF website](#) and redeem it at a participating location for a free flu vaccine.

2. Avoid Touching Your Eyes, Nose and Mouth

Truckers are well traveled and may touch several germ-covered surfaces as they touch door knobs, truck stop counters, sit-down diner counters, and more. According to WebMD, flu germs can remain on surfaces for up to 8 hours after the infected person has touched it. Prevent the spread of germs by avoiding touching your eyes, nose, and mouth. Wash your hands frequently throughout the day with soap and water or use an alcohol-based hand rub. Keeping an alcohol-based hand rub within quick reach in your truck is a good idea. Keep the surfaces in your truck clean and disinfected using disinfectant wipes or sprays.

3. Maintain A Healthy Diet and Sleep Schedule

A poor diet and poor sleep can weaken your immune system, giving the flu virus an opportunity. To better your chances of preventing the flu, try to maintain a well-balanced diet and get 7-9 hours of rest per day.

4. Avoid Physical Contact with People Who Have The Flu

Be wary of anyone who is sneezing or coughing and limit your physical contact with them by avoiding handshakes and sharing space too closely with them. If you have a significant other as your team driver that you share bedding with, designate them a specific pillow to sleep on while they're sick. Germs can linger on shared pillows and blankets, and you could both get sick unless you take precautionary measures and divide things up while the sick person recovers. Also, keep your own pen in the truck for any documents you may need to sign, so you can avoid touching germ-covered pens that have been used by many others.

5. Take Flu Medicine, If Prescribed

There's no absolute way to prevent the flu. If you do find yourself with flu symptoms, consult your doctor and take any flu antiviral drugs that you may be prescribed. According to the CDC, antiviral drugs can help prevent serious complications, especially for people who are considered to be high risk. Flu antiviral drugs typically work best when started within 2 days of getting sick, so don't delay. Symptoms to look out for include fever, cough, sore throat, a runny or stuffy nose, body aches, headaches, chills, and fatigue.

Parking on a Shoulder or Ramp

When a CMV driver parks a large truck and trailer in a shoulder designed to be a "recovery zone" the driver is placing an eminent hazard to any vehicle which may depart, for whatever reason, from the travel portion of the roadway.

There is also a recognized condition known as the "Moth Effect" which stems from a vehicle parked on the shoulder. The "Moth Effect" is where drivers are attracted to a vehicle's flashing lights. Frequently the "Moth Effect" causes the unwary driver to run into the parked CMV. The "Moth Effect" is heightened when visibility is hampered such as at night or during dust storms or fog. It is very important to determine if it's absolutely necessary to pullover in a shoulder. You should always ask yourself, Did I have the ability to stop in a safer location? Was it an actual emergency or mechanical failure? Did I fail to follow safety rules and simply stopped for a "break".

You should always find a safe place to stop and in case of a real emergency, follow FMCSA's guidelines for placing emergency equipment on the road to alert other drivers.

Contact Us

833-487-8265

Dispatch — Option 2

Recruiting — Option 1

Payroll - Option 3

MAINTENANCE CALL CENTER

863-812-4685

Fun Facts

- The oldest evidence for soup is from 6,000 B.C. and called for hippopotamus and sparrow meat.
- Ripe cranberries will bounce like rubber balls.
- An average ear of corn has an even number of rows, usually 16.
- Pound cake got its name from its original recipe, which called for a pound each of butter, eggs, sugar and flour.
- Chocolate was once used as currency.
- The tea bag was created by accident, as tea bags were originally sent as samples.
- Fruit-flavored snacks are made with the same wax used on cars.
- No matter what color Fruit Loop you eat, they all taste the same.
- When taken in large doses nutmeg works as a hallucinogen.
- Eating bananas can help fight depression.
- Honey is made from nectar and bee vomit.
- "SPAM" is short for spiced ham.
- The popsicle was invented by an 11 year old in 1905.
- The most popular carrots used to be purple.
- One of the most hydrating foods to eat is the cucumber, which is 96% water.
- Apples float in water, because 25% of their volume is made of air.
- The twists in pretzels are meant to look like arms crossed in prayer.
- Yams and sweet potatoes are not the same thing.

The Mission

Great job on donating items for the month of January! The fundraiser on Facebook did really well, \$1295., WooHoo!!

For the month of February we are collecting soup for the Soup R Bowl so we will be collecting canned soups, stews and Chef Boyardee to take to The Mission. The smaller cans go into their open pantry for families to take with them and the bigger cans are used to cook with since they serve 2 hot meals a day.

The Mission appreciates everything we have done so far and you guys did great giving for the month of January so let's make February just as awesome!

In March we will be collecting canned or dry beans since March is National Kidney Awareness Month.

Relationship with Customers

As a driver, you are the face of the company. Your behavior on customer's property either leaves a good impression or can ruin a business relationship. Here are some of the things you can do to help us leave a good impression with the customers:

1. On time pick up and deliveries. It is a key factor to arrive to the customer on time for both our pick-ups and deliveries. It shows our customers we are committed to a "Guaranteed Transport" of the product.
2. Accurate Bill of Lading information, correct seal #'s and a correct wash ticket. Please inform your dispatcher if the number on the BOL does not match the BOL you were given when dispatched, if the seals are not correct or if there is not a wash ticket.
3. Courtesy. Since you are the face of the company at the customer, please treat others with respect and politeness. Make sure you follow the customer's rules inside the yard, including but not limited to speed limits, bobtail parking, trailer drop, idling provisions, etc. if you have any issues with the load don't argue with customer's workers, contact your dispatcher so they can help resolve the issue.
4. Cleanliness. Make sure when you will walk into a customer's facilities that you have showered recently, have your work issued work uniform on, long pants, and the proper footwear. Also make sure your truck is clean on the outside along with the tank.

There are many times our drivers have been complimented on their appearance, attitude and overall friendliness, it has never gone unnoticed. And as a company it is greatly appreciated. Keep up the great work!

1-833-GTS-TANK

10 Healthier Fast-Food Meals

Hey, it happens to the best of us. When you're [hungry](#) and have only a few minutes (or a few bucks), fast food calls out to you. Yes, fast food is higher in sodium than it should be. Yes, fast food tends to be devoid of fruits, vegetables, and fiber. But, there are some healthier fast-food options out there. You just need to know how to order.

I'm going to list 10 healthier fast food entrees below, but that's only part of the story. First, keep these three restaurant rules in mind:

Healthier Fast-Food Rule No. 1: Be Cautious About Condiments

Half the fat grams in Arby's Southwest Chicken Wrap and their Ultimate BLT Wrap come from the ranch sauce or mayonnaise. Believe it! Some fast food [condiments](#) add a lot of fat and calories -- like mayonnaise- and oil-based sauces. Others are lower in calories and have no fat, though they will add some sodium. Use a little catsup, mustard, marinara, or BBQ sauce instead of creamy sauces and spreads. Half a packet of BBQ sauce or honey-mustard sauce from most fast-food chains, for example, will add about 23 calories, no fat grams, and about 80 milligrams of sodium.

Healthier Fast-Food Rule No. 2: Watch Out for Side Dishes

Anything on the side that's fried is suspect, like French fries and onion rings. If you need something to keep your entree company, look for fresh fruit cups or side salads (and use half a packet of the reduced-calorie dressing). The other option is to bring your own [fruits and vegetables](#) from the truck.

Healthier Fast-Food Rule No. 3: Look Out for Liquid Calories

The last thing you need when eating at a fast-food chain is to drink something that gives you calories without [nutrients](#), like soda, sweetened tea, lemonade, and fruit drinks. It's even worse if your drink is also loaded with fat -- like shakes. Choose either a no-calorie beverage (like water, unsweetened tea, or diet soda) or one that contributes some [nutrients](#) along with its calories (like low-fat milk or 100% orange juice).

That said, here are 10 healthier entree alternatives from popular fast-food chains:

1. KFC Honey BBQ Sandwich

* 280 calories

2. McDonalds Grilled Snack Wrap with Honey Mustard OR Grilled Snack Wrap with Chipotle BBQ Sauce. Each:

• 260 calories

3. Chick-fil-A Chargrilled Chicken Sandwich

• 270 calories

4. Hardee's Charbroiled BBQ Chicken Sandwich

• 340 calories

5. Carl's Jr Charbroiled BBQ Chicken Sandwich

• 360 calories

6. Wendy's Ultimate Grilled Chicken Sandwich

*320 calories

7. Arby's Grilled Chicken Cordon Bleu Sandwich (without mayo)

• 390 calories

8. In-n-out Hamburger (with onion, mustard, and catsup instead of spread)

• 310 calories

9. Taco Bell Fresco Style Bean Burrito

*330 calories

10. KFC Oven Roasted Twister (without sauce)

* 330 calories

You can always make healthier decisions no matter where you are going to eat and hopefully this list helps!

