

# GUARANTEED GAZETTE

www.guaranteedtransportservice.com

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## \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$ PAY INCREASE \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

We appreciate the drivers for everything they do and saying “Thank you” only goes so far, so how about acknowledgement of your hard work with more money. The company has been very successful and that is due to everyone’s hard work and commitment. The increase will be effective April 1st and is as follows:

- \* .48 cents per mile plus .02 safety bonus if eligible = .50 cpm
- \* .01 cent per mile after 1 year of employment plus .02 safety bonus if eligible = .51 cpm
- \* .01 cent per mile after 2 years of employment plus .02 safety bonus if eligible = .52 cpm

\$1000 a week Guarantee:

- Must be available for work all 7 days and not refuse dispatch.
- Must have on time pick-up and deliveries
- Effective the 1st of the month following your hire date
- Must be approved by Management
- Must be willing to move into another truck on day 2 of breakdown if requested

This is a great pay package and well deserved for so many. As we continue to grow we look forward to many more successful years here at Guaranteed Transport Service.

**Thank you for all you do everyday!**



### In This Issue

- Pay Increase
- Roadside Breakdown
- Fun Facts
- Healthy Note

# Truck Driving and Staying Fit on the Road

Truckers spend so much time on the road that it can be difficult to get exercise in. However, truckers know that exercise is possible by knowing the right exercise and creatively scheduling. There are also truck-stop gyms and in-cab workout systems cropping up nowadays that help keep truckers in shape.

Here are a few exercises and steps that drivers can take to stay in shape despite their many days on the road that can be done from the drivers seat:

**Shoulder Stretches**—shoulder shrugs are a great way to reduce tension and stress from your shoulder area. When stopped, raise your shoulders up to your ears, hold for 10 seconds, release and repeat.

**Hand stretches**—Long-haul truckers spend a significant amount of time gripping the steering wheel causing their hands to cramp up and feel stiff. To reduce the risk of this happening, you can perform hand stretches. Try rolling your wrists in a circle or gently pulling your fingers toward your body.

**Stretch Your Legs** - Walking or running, this is a great way to stay in shape. Cardio helps to strengthen your lungs and lose weight. We understand it may be difficult to find time to do cardio, however walking or running is an easy exercise to complete while waiting to pick up your loads. Plus, it allows you to stretch your legs and no longer be cooped up in your cab!

## Workouts in Your Cabin:

**Pushups**—pushups only require body weight and minimal space which makes them the perfect exercise for truckers. In addition to increasing your strength, push-ups can improve your posture and flexibility, and can help prevent injury.

**Planks**—Similar to pushups, planks only need minimal space to complete. Planks work to strengthen your abdominal and back muscles.

**Sit-ups**—As a staple in many fitness routines, sit-ups are a great workout to strengthen your core. It only takes a few minutes to crank out a few sets of sit-ups. You can easily complete this exercise before beginning your morning routine.

**Tricep Dips**—Another easy effective arm workout to do in your cabin is tricep dips. You can do them on the ground or by using your bunk as support to lower your body by bending at the elbow.

**15 Minutes, No Matter What**—try to exercise vigorously for 15 minutes a day. It could be as simple as push-ups, planks, or crunches on the ground. Those 15 minutes add up to hours per week.

**Don't Skip a Meal**—this could cause you to binge-eat later in the day, which makes it harder to keep weight off. By eating 3 meals a day you will keep hunger cravings down and snacking to a minimum.

Whichever exercises you choose to complete, it is essential to add physical activity to your everyday routine. It will help you feel better and live a healthier life.



**1-833-GTS-TANK**

## Fun Facts

- Listening to music while exercising can improve work out performance by 15%.
- Laughing is good for the heart and can increase blood flow by 20%.
- Cardiovascular exercise helps create new brain cells.
- Nearly 30% of the world's population is obese.
- If you run at a 10 minute per mile pace you can burn 104.3 calories per mile.
- Reading can lower levels of unhealthy stress hormones.
- The more muscle mass you have, the more fat your body burns while resting.
- Drinking coffee can reduce the risk of depression.
- If you exercise 3 times a week for 45 minutes you can help prevent signs of aging.
- Smelling rosemary may increase alertness and improve memory.
- Drinking 5 glasses of water a day can reduce your chances of suffering from a heart attack by 40%.
- Sweat releases dirt through your pores which reduces acne and breakouts. Workouts improve the overall look of your skin.
- Chewing gum makes you more alert, relieves stress and reduces anxiety levels.
- Regular activity can ease the severity and reduce the frequency of lower back pain.
- Cardio exercise before breakfast can burn more fat.
- Breathing deeply can improve circulation, decrease anxiety levels and reduce blood pressure.

## 5 Safety Tips for Roadside Breakdowns

You're heading down the highway when trouble strikes. Whether it's a tire going down, a dying battery or an electric issue, you'll need to know how to react. Use these five tips to stay safe during a roadside breakdown:

1. **Find a safe place to pull over.** If your truck is still drivable, pull over on the side of the road, as far away from traffic as possible. Try to avoid areas where visibility may be bad, such as tight curves or a hillside.
2. **Turn on your four-way flashers.** If it's at night, also keep your headlights on and turn on the dome light in the truck.
3. **Put on your high-visibility safety shirt.** The uniform shirt will make sure you are seen, even on the darkest roadways.
4. **Set up your truck's warning devices.** All trucks must carry warning markers. Your truck should have 3 triangles under the bunk in a brown box.  
Placement of triangles:
  - \* Place the first warning device on the traffic side of and about 10 feet (four paces) from your stopped truck in the direction of approaching traffic.
  - \* Place a second device about 100 feet (40 paces) from your stopped vehicle in the center of the traffic lane or shoulder occupied by your truck and in the direction of approaching traffic.
  - \* Place a third device about 100 feet (40 paces) from your stopped vehicle in the center of the traffic lane or shoulder occupied by your truck and in the direction away from approaching traffic.
  - \* On a divided highway or one-way road, place the first warning device at 200 feet and the second at 100 feet in the direction toward approaching traffic in the center of the traffic lane or shoulder occupied by your truck. Place the third marker within 10 feet of the rear of your truck.
  - \* If your truck breaks down on a curve or in an obstructed area, place warning signals 100 feet to 500 feet from your truck. Warning devices are required in a business or residential district only at night.
5. **Return to your truck and stay inside.** Notify Maintenance Call Center at 863-812-4685, do not try to fix the truck yourself. Remain in the cab until help arrives.

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*"An investment in knowledge pays the best interest".*

*- Benjamin Franklin*

*"The real measure of your wealth is how much you'd be worth if you lost all your money".*

*-Anonymous*

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# CSA Points

How does “Unsafe Driving” affect me?

If your personal record includes Unsafe driving violations, your safety scores and also your company’s safety scores will be affected. Once the safety score exceeds a certain threshold your company could be targeted by FMCSA with either a warning letter or a targeted inspection. Violations from the past 36 months are on your safety record and those same violations are on your company’s safety record for 24 months. So as you can see the points that you accumulate takes a while to vanish from your record. Below are some unsafe driving violations that will affect your safety score:

Violation	Severity Score	Time Weight	Total Score
Driving a CMV and using/holding your cell phone	10	3	30
Reckless Driving	10	3	30
Speeding: 15+ MPH over the limit or construction zone	10	3	30
Speeding: 11-14 over the limit	7	3	21
Driving a CMV without wearing a Seat Belt	7	3	21
Failing to obey a traffic control device	5	3	15
Following too close	5	3	15
Improper lane changes, turns or passing	5	3	15
Failing to yield right of way	5	3	15
Having or using a Radar Detector	5	3	15
Speeding: 6-10 MPH over the limit	4	3	12
Having unauthorized passengers	1	3	3

Drivers have to know that driving unsafe can have serious consequences including crashes, injuries, or death. Unsafe driving can have serious effects on your career as a professional driver, remember the safety scores follow you for 36 months.

## The Mission

This month for The Mission we collected beans, next month for April we will be collecting razors, shampoo, lotions, soaps and deodorant. Every little bit does help!

On the Fund Me page setup on our GTS Facebook page we have collected \$1,125.00 for The Mission. We will continue to do a Fund Me page every other month until November.

The Mission appreciates ALL you do!

## Contact Us

**833-487-8265**

Dispatch — Option 2

Recruiting — Option 1

Payroll - Option 3

**MAINTENANCE CALL  
CENTER**

**863-812-4685**