

# GUARANTEED GAZETTE

www.guaranteedtransportservice.com

February 2020 Issue 29

## Blood Pressure and Your DOT Physical

Truck drivers are required to have blood pressure under 140/90. The medical examiner electronically transmits the result of your physical to the DOT. Instead of stressing over your blood pressure before a physical, it's best to address and find ways to keep it lower, not only for your livelihood but for your overall health.

Drivers with blood pressure over 140/90 can still get certified to drive, but the certification will only be for 1 year or less depending on the level of hypertension. To keep your certification and have it for 2 years your blood pressure will have to be below 140/90 .

For example: 140/90 or lower for a 1 yr card

140/90 and above but NOT exceeding 159/99 for a 3 month card

### Here are some short-term ways to reduce your blood pressure:

- Drink water instead of soda, coffee and juice. Water lowers your sodium levels, which contribute to high blood pressure. Coffee is known to increase blood pressure.
- Stop smoking and drinking alcohol.
- Increase your intake of potassium. Bananas, oranges, carrots and leafy greens are packed with potassium.
- Reduce your stress. Meditate. Take deep breaths.
- Eat more fruits and vegetables. The Dietary Approaches to Stop Hypertension – or DASH diet can give you some good guidelines. Reduce the amount of salt you eat. Beet juice has been shown to measurably reduce blood pressure.
- Get plenty of sleep. Sleep deprivation increases your risk of hypertension and other cardiovascular diseases.

As a CMV driver, maintaining a healthy lifestyle can be challenging. Because of the nature of the job, drivers face an increased risk for health problems. These health problems are frequently associated with a poor diet and a lack of exercise. Make an effort to be healthy so you can live longer and be healthier.



## In This Issue

- Fun Facts
- Blood pressure
- Hygiene
- Rollover Prevention

# Cleanliness and Hygiene

It's a shame that there are still some adults who don't realize the importance of basic personal hygiene and grooming. Bathing, washing your hair and hands are easy to do yet they don't make these a habit. In our line of business it is extremely important to maintain your hygiene and appearance. We deal with FOOD PRODUCTS and you the driver also deal with the Customer almost on a daily basis. For some of you here is a few basic things that need to be added to your daily routine:

- Wash, shower or bathe regularly
- Use deodorant or anti-perspirant
- Wash your hair on a regular basis
- Wear clean clothes on a daily basis.
- Keep your nails trimmed and clean.
- Cover any cuts on your skin after cleaning them.
- Wash and change bed linens regularly.
- Wash your hands with soap after using the bathroom and before / after eating.



Proper sanitary practices are important because it affects your wellness, your relationship with others, your self confidence and in this case your job. You interact with Customers and people on a daily basis. Having bad breath, body odor, dirty fingernails and being unkempt is a huge turn off and very offensive . I know that Dispatch does not like to have to tell an adult to bathe so please be conscious of your hygiene.

Remember The 4 S's in Tanker: Seals - Samples - Soap & Scope!

**Hooking / Unhooking**

PAL	LAP
P—pin	L—landing gear
A—airlines	A—airlines
L—landing gear	P—pull the pin

## Fun Facts

- \* A small airplane can fly backwards.
- A broken clock is always right twice a day.
- “Bimbo” is a brand of soft drink manufactured and marketed by Coca-Cola Inc.
- All species of beetles are edible.
- A snail can sleep for 3 years.
- After eating, a housefly regurgitates its food and then eats it again.
- Most lipstick contains fish scales.
- Castor oil is used as lubricant in jet planes.
- In Nepal, cow dung is used for medical purposes.
- More than 400,000 U.S. houses still lack indoor plumbing.
- Dating back to the 1600’s, thermometers were filled with Brandy instead of Mercury.
- In West Virginia if you run over an animal, you can legally take it home and cook it for dinner.
- If you put a raisin in a fresh glass of champagne, it will rise and fall continuously.
- Most people who read the word ‘yawning’ will yawn.
- Worms reportedly taste like bacon.
- President George W. Bush and playboy founder, Hugh Heffner are cousins.
- Some toothpastes and deodorants contain the same chemicals found in anti-freeze.
- Slugs have 4 noses.
- The most productive day of the work week is Tuesday.
- The 1st telephone book was 1 page long and had only 50 names in it.

## 10 Commandments of the Road

- 1.) Conduct a thorough pre-trip inspection of brakes, lights, tires and other equipment before and again periodically during the trip.
- 2.) Park all personal problems at the curb when starting to drive.
- 3.) Stay off your phone and pay attention to your surroundings.
- 4.) Watch out for pedestrians, children and school buses.
- 5.) Do not tailgate. Keep enough distance between our vehicle and the one ahead of you.
- 6.) Always yield the right of way.
- 7.) Never be under the influence of alcoholic beverages, narcotics, amphetamines or other dangerous drugs while driving.
- 8.) Don’t fight sleep. If drowsy, get off the road and take a short rest.
- 9.) Drive so that your vehicle is under control at all times.
- 10.) Respect all other motorists on the road.



---

*“If life were predictable it would cease to be life, and be without flavor.”*

*- Eleanor Roosevelt*

*“The way to get started is to quit talking and begin doing.”*

*- Walt Disney*

---

# Rollover Prevention

Commercial Motor Vehicles are more susceptible to rollover crashes than any other type of vehicle due to their high center of gravity, high rollover threshold and susceptibility to the forces of physics including centrifugal force and gravity. Due to the inherent instability associated with many CMV's and the risk of tipping over, CMV drivers must be educated about the risks and ever vigilant in working to maintain stability and control of the commercial vehicle. There are at least 3 factors that make rollovers one of the most serious of all types of crashes including:

**Property damage cost:** Rollover accidents are among the costliest of all accidents in terms of property damage. A typical rollover crash can easily total the entire truck, trailer and load. The DOT has estimated an average rollover costs approximately \$85,000. it is not uncommon for rollover accidents to exceed \$250,000 in total costs.

**Cost in lives:** Rollover accidents are also the most deadly type of crash for commercial drivers. Single vehicle rollover crashes claim more professional driver lives than any other type of accident.

**Degree of exposure:** The risk of a rollover is a common daily occurrence, which can result from a wide variety of factors. Rollover can happen very quickly in otherwise normal conditions, sometimes so fast that the driver is barely aware of what is happening until it is too late.

The root causes of rollover accidents are varied and are frequently the result of multiple related or unrelated causes. Rollovers most commonly can be categorized as a result of the following:

1. Excessive speed around ramps/curves in the road.
2. Excessive speed in slippery conditions.
3. Swerving to avoid obstacles, resulting in loss of control.
4. Simple inattention.
5. Driver fatigue.
6. Turning to sharply at intersections.
7. Leaving and then trying to return to the highway .



To prevent rollover related accidents drivers need to make certain the vehicle is safe and well maintained with special attention to the brakes, tires and suspension system. Drivers must understand the nature of the load and the center of gravity of the load. To prevent unwelcome surprises, a trip plan should be completed taking into consideration the types of roads along the route, traffic patterns, weather and other conditions that may be encountered. Drivers should always wear a seat belt, at all times!

## KNOW Safety — NO Accidents

### Did you know?

Alexander Winton, in Cleveland, Ohio invented the semi-truck in 1898 and sold his first manufactured semi-truck in 1899.

Winton went into the business of "horseless carriages" in 1896, so today he would be known as a carmaker. The Winton Motor Carriage Company of Cleveland sold their first twenty-two manufactured cars in 1898, and this created the need for the cars to be delivered to their buyers. As the buyers lived all over the country the cars had to be delivered to places hundreds of miles away from Cleveland. This presented a major problem; if the cars were driven to their customers, miles and wear and tear would be placed on the car and also the actual delivery would be expensive.

This led him to inventing the concept of the semi-truck to handle the delivery of his manufactured vehicles.

[www.guaranteedtransportservice.com](http://www.guaranteedtransportservice.com)

### Contact Us

**833-487-8265**

Dispatch — Option 2

Recruiting — Option 1

Payroll - Option 3

### SHOP IN WINTER HAVEN

863-594-1928

### MAINTENANCE CALL CENTER

863-812-4685