

GUARANTEED GAZETTE

www.guaranteedtransportservice.com

September 2020 Issue 36

Hours-of-Service Changes

Hours-of-Service changes that will take effect September 24, 2020. on September 24th you will need to log off and then log back into Peoplenet, your tablet in the truck.

* Adverse Driving Conditions

○ Current: 2 hours of additional drive time not to exceed 14 hours

○ New: 2 hours of additional driver time not to exceed 16 hours

○ 30- Minute Break

○ Current: 30 break must be taken in **off duty status** within the first 8 hours of being on duty

○ New: 30-minute break must be taken in **off duty, sleeper berth, or on duty** not driving

○ Sleeper Berth (Split)

○ Current: 8 hours is the minimum in the sleeper and this period is excluded from the 14 hours, the other rest period of 2 hours or more and is included in the 14 window

○ New: One period off duty and at least 2 to 3 hours long and the other has to be minimum 7 to 8 hours long in the sleeper berth, as long as both times equal 10 hours

○ When paired, neither time period counts against the 14 hour driving window

8 hours in the sleeper berth period counts towards your 14 hours of on duty and can no longer be excluded.

Any questions please call the Safety Department and talk to Tony Hobbs



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Preventing a Sideswipe Collision

Sideswipe collisions occur more frequently than any other type of crashes in both the inner and outer lanes. Sideswipe collisions occur more frequently in **outer lanes** than inner lanes. A blind spot is never a valid excuse for lane-encroachment collisions. Drivers must make extra allowances to protect themselves in areas of limited sight distances.

Sideswipes and cut-offs are preventable when the professional driver fails to yield to the passing vehicle by slowing down. If the professional fails to move to the right when possible, the collision is also preventable

Unsafe Driving Acts

The top 2 [ranked](#) Unsafe Driving Acts of drivers are:

- * Driving inattentively (e.g., reading, talking on the phone, etc.)
- * Merging improperly into traffic, causing a truck to maneuver or brake quickly.

Truck drivers behaviors leading to crashes also include inattention, distraction, and failure to follow correct procedures. Sideswipe collisions usually occur while merging or passing.

Sideswipe Countermeasures

Accident countermeasures are examples of Defensive Driving strategies designed to reduce preventable accidents. The objective of countermeasures is to reduce motor carrier fleet accident rates by establishing a company standard for safe driving.

A sideswipe collision is considered preventable if the:

- * Driver was not entirely in their proper lane of travel
- * Driver did not pull to right and slow down or stop for vehicle encroaching on their lane of travel when such action could have been taken without additional danger
- * Driver was passing slower traffic near an intersection and had to make sudden stop
- * Driver made a sudden stop to park, load or unload
- * Driver rolled back into vehicle behind them while starting on a grade
- Vehicle was improperly parked.

Additionally, drivers should . . .

- * Avoid changing lanes unless really necessary.
- * Signal lane change intentions well ahead of time.
- * Take time to look carefully before changing lanes.
- Slow down and always maintain a generous following distance and space cushion based on traffic conditions and the vehicle's size, weight, and stopping distance.

While most of this appears to be common sense, the number one safety tool is awareness, at all levels of operations. Once made aware, drivers can change or modify their driving behaviors and choices.



1-833-GTS-TANK

7 Things You Can Do for Your Health Today

Eat Slowly

This gives your brain the chance to get the signal that you're full, so you're less likely to overeat. And if you take it slow, you're more likely to think about what you're eating and make sensible, healthy choices.

Ditch the Juice, Eat the Fruit

If you like orange juice, have an orange instead. Even 100% pure juice loses nutrition when you process it, and it can put a lot of hidden sugar in your diet. On the other hand, actual fruits are good sources of vitamin C, potassium, fiber, and folic acid. And they're low in fat, sodium, and calories.

Watch the Fat

It's not as clear-cut as it sounds. You definitely want to keep an eye on trans fats, which are added to some foods (like frozen pizza and baked goods) to keep them fresh. They've been linked to heart disease. But some fat -- from dairy, whole eggs, fish, avocado, or nuts, for example -- is good for you as part of a balanced diet. And high-fat dairy may even help you lose weight better than low fat. This may be because the fat satisfies your hunger better than other calories.

Cut Back on Sugar

Most of us get way more of it than we need. It's not just the added calories and the lack of nutritional value: It also can make your blood sugar spike and then crash, and that leaves you tired, hungry, and irritable -- "hangry."

Be Active

Exercise is a proven way to improve your health, your mental well-being, and even your libido. You don't have to sign up for the New York Marathon -- just get your heart rate up for 30 minutes or so a few times a week. Gardening works, and so does a walk around the block. If you can't make it a habit on your own, try to make it social: Join a local sports league or plan regular runs with a friend.

Eat Your Greens

Kale, spinach, collards, Romaine, arugula, bok choy, broccolini -- make sure you get plenty of these leafy green vegetables. They're chock full of nutrients, low in calories, and have loads of fiber, which fills you up and satisfies your hunger.

Get Your ZZZs

A lack of sleep can lead to diabetes, heart disease, obesity, and depression. If that's not enough reason to get your ZZZs, it also causes car crashes and other accidents. Adults should get 7 to 9 hours each night.



Did you know?

[The Spacemaster placard system](#) was invented by Labelmaster's Abe Samuels in 1976. Thanks to Abe, generations of truckers have saved their fingers (and a ton of time) by simply flipping to the hazmat placards they need, and leaving the pliers in the shop. Abe Samuels worked at Labelmaster until his retirement last summer at the age of 95.



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