

GUARANTEED GAZETTE

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How to Live a Healthy Lifestyle Over the Road

Making your living as an over-the-road (OTR) truck driver can be a great way to see the country and make a living. Of course, as with any job, this too has its risks. Keeping a healthy lifestyle over the road can be challenging.

Though you might assume the biggest risk over the road truckers face is an accident, it's actually the toll of sitting for hours on end takes on your body that is the biggest danger. In fact, according to the [Center for Disease Control](#), the following stats showcase the health risks you might fall into by being a truck driver:

- 14% of truck drivers have diabetes. This is twice the national rate.
- 27% of truck drivers don't get even six hours of sleep at night.
- 88% of truck drivers have obesity or hypertension. The rest of the nation is 54%.
- 54% of truck drivers smoke.
- 69% of truck drivers are obese.
- 22% of truck drivers have high cholesterol.



How to Stay Healthy as a Long-Haul Truck Driver

1.) **Eat Right:** This is difficult when you are living off fast food and gas station fare. However, if you are flexible, you can transform the way you eat, even over the road. Go to the grocery store, there is usually adequate parking, and pick up fruit, veggies, etc. If you want to grill your own meat, invest in a portable grill you can take with you. Also, keep in mind, virtually every restaurant, even fast food these days provide healthier options. Choose grilled over fried foods and substitute a salad or other form of veggies for your fries.

2.) **Exercise:** Again, due to the confines of riding for hours at a time, exercising can be a challenge. Here are a few tips to help you get moving even while on the road:

- Explore truck stops for workout centers, some provide equipment to truckers. If you find one that has a workout center, allow yourself enough time to get at least a quick workout in during your stop.
- Bring along small weights. Sometimes, just getting your blood pumping will help, and lifting even light weights during idle periods is a good idea.
- Take a walk. Even a short 10-minute walk at a rest stop will prevent your muscles from cramping up and get your blood pumping throughout your body.
- Use an app. There is an app for everything and exercise is no exception. Track your heart rate and/or steps during your workout to make your exercise more effective and keep yourself on track.
- Make it a priority. Experts recommend you workout at least two to three times a week for at least 30 minutes. Though this might seem excessive or impossible, by making exercise a priority, you should be able to work it into your schedule.

3.) **Get Enough Sleep:** This is for sure easier said than done. However, in order to reduce your risk of the health problems listed above, you must get enough sleep. Make sure your cab is outfitted with a good mattress and pillow in order to get the most out of each hour of sleep you can squirrel away. Also, make sleep a priority. Remember, not having enough can cause health issues and endanger you as you drive as well. Truck driving is a great profession. Enjoy the open road and these tips. Keep up a healthy lifestyle!



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11 Safety Tips to Drive In Fog

Fog frequently occurs as seasons change in the United States, but it can occur any time of year, creating a dangerous hazard for truck drivers and motorists of any vehicle.

Since fog can come up suddenly and reduce visibility quickly, truck drivers need to adjust quickly to meet the conditions — whether or not other motorists do.

1. Slow down.

Even if you know the road very well, still slow down. The fog may be “covering up” a collision in front of you, which would prevent you from having adequate time to properly react.

2. Use low-beam headlights and fog lights for best visibility.

Turn on your lights even in the daytime fog and be alert for other drivers who may have forgotten to turn on their lights. It's important to be seen.

3. Turn on your four-way flashers.

This will give vehicles approaching you from behind a quicker opportunity to see and notice your vehicle.

4. Watch out for vehicles on the side of the roadway.

Seeing taillights or headlights in front of you may not be a true indication of where the road is ahead of you. The vehicle's driver may be disoriented by the fog, and the vehicle may not be on the road at all.

5. Use roadside highway reflectors as guides.

These reflectors can help you determine how the road ahead of you may curve.

6. Use wipers and defroster.

Maximize visibility in every safe way you can, especially if you're also driving in rain.

7. Listen for traffic.

It may be wise to turn off the radio and listen for vehicles you may not be able to see.

8. Don't drive faster than your vision and reaction time.

Especially for truck drivers with longer stopping distances, limit your speed according to what you can see.



can

9. Don't change lanes or pass, unless absolutely necessary.

There could be a hill or something that would prevent you from seeing opposing headlights, so be patient with cars in front of you who may be most comfortable going slower than you are.

10. Don't stop alongside the side of the road, unless absolutely necessary.

Find a safe parking area to stop at. If you pull off the road, turn on your hazard flashers immediately.

11. Don't drive in heavy, thick fog.

If you see that visibility is dangerously low before you take off, wait it out. Safety First and Always — nothing we do is worth harming ourselves or others.

Practice safety first. Use your best judgement to discern whether or not it's safe to continue driving. When conditions are bad, stop safely at a truck stop and wait until the weather clears up.

There is a duty of “extreme caution” during inclement weather conditions, including fog, snow, rain, smoke, ice and other conditions. The Commercial Drivers License Manual (CDL) states that wet roads can increase stopping distance by 100%, so slowing down to a third of your usual speed is recommended. It's better to be safe than sorry!

Fog is one of the most difficult weather conditions to navigate in. It's important to heed all warnings. Don't allow the pressure to make deliveries on time to cause you to take unnecessary risks.

Fun Facts

- The first Thanksgiving was actually a three day affair.
- Thomas Jefferson refused to declare Thanksgiving a holiday.
- Fall is caused by the earth's tilt, not our distance from the sun.
- Autumn begins when the center of the sun crosses Earth's equator. As Earth continues its path around the sun, days become shorter and nights become longer, with the change most noticeable for those at higher latitudes.
- On November 18, 1963, Bell Telephone Company introduced to the public the push button phone.
- Only male turkeys gobble
- A turkey's wishbone—the one you and your sibling pull from opposite ends to see who gets the middle nodule—is formed by the fusion of the bird's two collarbones.
- Fall colors are caused by the amount of sugar in leaves.
- Americans eat 704 million pounds of turkey every Thanksgiving.
- According to NASA, autumn is "aurora season" because geomagnetic storms are about twice as frequent as the annual average during the fall.
- The Erie Canal was formally opened in New York on November 4, 1825.
- Pumpkin by far is the most craved-for food in autumn.
- According to superstition, catching leaves in autumn brings good luck. Every leaf means a lucky month next year.
- The word "November" is from the Latin, novem, meaning "nine."
- A "Harvest Moon" is the full moon closest to the autumn equinox. Before artificial lighting, such moonlight was essential to a farmer's successful harvest.

Unfamiliar Roadway

Because Commercial Motor Vehicle (CMV) drivers often travel to new cities and towns, they may be unfamiliar with the roadway and feel compelled to read a map or directions while driving. The Large Truck Crash Causation Study (LTCCS) reported that 22 percent of large-truck crashes occurred when CMV drivers were unfamiliar with the roadway.

Review Maps and Plan Your Route Before Driving

Be sure to plan your driving route before getting behind the wheel so you can keep your schedule and prevent distractions that may occur while trying to read a map or directions.²⁹ You may use electronic devices, such as a navigation system, to aid you when you are unfamiliar with the roadway. However, remember to use technology appropriately (pull safely to the side of the roadway or stop and take a break), otherwise it can be a source of distraction.

Do Not Suddenly Change Your Direction of Travel

If you miss a turn or an exit, pass the turn and find a safe way to change direction. Do not take shortcuts. Trying to suddenly correct a missed turn or exit may result in you performing an illegal or unsafe maneuver which may threaten your safety and the safety of the vehicles around you.

Signal Your Intentions

Use turn signals first to indicate your intent to change lanes, next visually scan for adjacent traffic and road hazards, and then execute a safe lane change. By signaling your intentions well in advance, you will be in a safer position to communicate with the surrounding drivers and you will be able to safely execute the desired driving maneuver.



"Success is a journey, not a destination."

- Arthur Ashe

"Pleasure in the job puts perfection in the work."

- Aristotle

A Few Apps for Truck Drivers

Drivewyze

Drivewyze truckers to bypass weigh stations. The app detects the weigh station locations, and then the app sends a bypass request. Drivewyze then informs the driver if they can avoid the station or need to pull in when they are one mile away from the station. Subscription automatically renews every 30 days unless canceled.

Cost: Free for 30 days, then \$15.49/month

Download: [Apple](#) and [Android](#)

Trucker Path

Holding the title as the #1 truck navigation app, Trucker Path is trusted by millions of professional truck drivers. Trucker Path helps truckers by locating weigh stations, truck parking, CAT scales, features over 40,000 truck-related locations.

Cost: Free

Download: [Apple](#) and [Android](#)

iExit

iExit is known as the highway exit guide, and specifically designed for professional truck drivers. With the iExit app, drivers see helpful information about upcoming exits like which are the most truck friendly and which they should avoid. The app also features diesel prices, dealer locations, repair service centers, and more. All this information is easily accessible and helpfully organized by the exit so a driver can see the best option immediately.

Cost: Free

Download: [Apple](#) and [Android](#)



Did you know?

1958 – Peterbilt was purchased by *Pacific Car & Foundry* who primarily manufactured railroad freight cars. Pacific Car had purchased Kenworth in 1944 and was already a competitor in the heavy-duty truck market and replacement parts. The Pacific Car & Foundry later changed its name to PACCAR in 1972

1959 – Peterbilt introduced the 90-degree tilt hood for easier service, then in 1965 built the 1st all-aluminum tilt hood for conventional models.

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