

GUARANTEED GAZETTE

www.guaranteedtransportservice.com

January 2021 Issue 40

TIPS FOR BETTER HEALTH, WHILE ON THE ROAD

STAY HYDRATED

Many people don't know this, but many health issues arise from dehydration.

The body doesn't give signals to 'drink' until it's already in a state of 'dehydration'. When you sense that you are thirsty, really you are already dehydrated.

The common formula says to consume 1/2 your body weight in ounces. Eg. weight 170 lb. = 85 ounces means drink approx. 10.5 cups of water each day. Sounds like a lot, but work up to drinking this amount if you're not already.

Tip — Keep a drinking container with you always, to sip away throughout the day.

EAT FRUITS & VEGETABLES

Yep. Not the first time you've heard this piece of advice I'll bet!

Do try to eat more fruits and vegetables throughout the course of EVERY day.

Not only do they contain lots of great vitamins and minerals for overall health, they help digestion, too. 5-10 per day is good. more is better.

Just a heads up, don't overdo it by eating too much fruit. Fruit is still a source of sugar to the body.

Best nutrition and benefit: #1 – Raw fruit #2 – Frozen fruit #3 – Canned fruit

Tip — Make a 'shake' or 'smoothie' when on the road. It's a great way to get lots of the good stuff you need into you!

EAT LESS JUNK FOOD

Ease up on the junk food, such as potato chips, chocolate bars, fries, burgers etc. They'll plug up your arteries and cause lots of other problems too.

Fatty, high calorie foods are a big reason for poor truck driver health.

Find other healthy things which are easy on the 'bod'

Tips — Some decent snacks to try –walnuts, almonds, apples, whole grain crackers with small amounts of cheese.

SLEEP

Try to get sufficient sleep, at least 8 hours a night/day.

Proper rest is vital — it regenerates the body and helps keep the mind sharp.

Stress can cause you to have trouble sleeping. Try to find ways to really relax and destress, before bedtime. This could be some favorite exercise or reading.

Try to find things you can do to really let your brain 'empty out' and block out the world!

Get out of the truck for breaks at least a few times each day, to avoid what the old-time truckers called 'white line fever'.

Tip — Sleep in a dark area (close curtains for more darkness in the bunk) or with a sleep mask to keep melatonin levels high. High melatonin levels will result in a better quality sleep.

The Greatest Wealth is Health!



In This Issue

- Fun Facts
- Healthy Note
- Accident Prevention

7 ACCIDENT PREVENTION TIPS THAT REALLY WORK

1. Move Slowly. You're now a professional driver. The #1 rule is to take your time.

Whatever you are doing, do it slowly and methodically. Whether you're coming and going from a truck stop, pulling in and out of the drop yard, looking for a customer or backing your rig into a loading dock.

No matter what you are doing in your daily routine as a professional truck driver, I can't emphasize the importance of moving slowly and thinking through about what you are doing.

Speed is often a major contributing factor in many preventable accidents.

2. Be Thorough. Make sure you've covered all your bases and there's nothing you're forgetting like checking your blind spots, a complete circle check etc.

Keep an eye on the entire vehicle as you're just leaving the yard. This is a situation when some drivers take for granted where there are no obstacles.

Watch constantly. You need to watch the entire vehicle, not just around the front of the vehicle.

3. Trip Plan. Another challenge you'll encounter, now that you're on the road alone, is looking for your delivery destination.

Even when you've done your due diligence and planned for your trip and become familiar with the location of the customer on your map and/or GPS, this can still be very stressful.

Driving in traffic and locating a destination where you've never been before can be a scary.

This can be quite stressful for experienced truckers, even after years of doing it. But, it will get easier as time goes on. Best tip for a new driver is to make trip planning a part of your daily routine.

4. Get a Road Map and Use It. One of the best tips, but one which new drivers and experienced truckers tend to ignore, is taking the time to get a good quality road map.

A GPS is a great tool, but they're not the ultimate tool. They sometimes make mistakes.

Be sure to get a road map and compare it to what the GPS is telling you.

5. Call the Customer for Directions. Before going in to deliver your load, call the receiver/customer and get directions to the delivery location.

Don't talk to the receptionist, talk to the receiver: the guys that are guiding trucks in and out every day.

Then, compare what they're telling you with the map and GPS. You then have 3 points of reference, so you minimize your chances of making mistakes.

It is not fun driving around in a tractor trailer in a residential zone or being lost in an unsafe area.

Looking for a delivery location can be extra challenging if the customer is located in a highly populated area.

There's a chance you may also need to deliver in an older area where the streets are narrow, the corners are tight and the bridges are low.

The secret here again is to move along slowly and take your time. Keep your eyes peeled.

6. Walk Into Your Delivery Area and Study It. When you do find your customer, park on the street, walk in and have a look at where you'll be backing the trailer in, study the layout look for obstacles that might be your road that end up in your blind spots when you're backing in.

Look at the area to see if there's a way to avoid blind siding when backing in. This tip can save you surprises.

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7. Don't Trust Your Spotter. When backing up your truck and you have a spotter, there's something you should remember.

9 times out of 10, the spotter is watching only one part of the truck.

Chances are he's not watching for overhead clearance and he's not watching your front right corner.

He's likely just watching the back end of the trailer or a small section of the area. BEWARE.

Even though his intentions may be good, don't trust him completely.

Get out of your truck often and have a look for yourself. This is especially important if you're blind siding in.

Take the time to get out and look numerous times, so you don't hit anything.

There are far too many preventable accidents, many caused by excess speed and the backing up maneuver.

Yes, accidents do happen, but the majority of accidents can be avoided by adopting some simple common sense thinking.



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Fun Facts

- Laughing is good for the heart and can increase blood flow by 20%
- Always look on the bright side: being an optimist can help you live longer.
- Exercise will give you more energy, even when you're tired.
- Learning a new language or playing a musical instrument gives your brain a boost.
- Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, or other unhealthy stress hormones, by 67%.
- The eye muscles are the most active in the body, moving more than 100,000 times a day.
- Drinking coffee can reduce the risk of depression, especially in women.
- The nose knows: it can remember 50,000 different scents.
- Smelling rosemary can increase alertness and improve memory.
- Writing things out by hand will help you remember them.
- Chewing gum makes you more alert, relieves stress and reduces anxiety levels.
- Chocolate is good for your skin: its antioxidants improve blood flow and protect against UV damage.
- The amino acid found in eggs can help improve your reflexes.
- Walking at a fast pace for 3 hours or more at least once a week can reduce your risk of heart disease by up to 65%.
- Drinking at least 5 glasses of water a day can reduce your chances of suffering from a heart attack by 40%.
- Cardio exercise before breakfast can burn more fat.

Winners at GTS

Guaranteed Transport had a couple of winners this month, one for the Pride In Your Ride Program and the other for the Driver Referral Contest.

The Driver Referral Program ran for a little over 2 months, the driver with the most referrals had a choice of winning a T.V. (up to 70 in.), a Laptop or Tablet. The winner was, Robert Jarosi, he chose the T.V. Big shout out to Robert—CONGRATULATIONS!!!

The Pride In Your Ride Program runs all year with a driver winning every quarter and then at the end of the year the drivers that have won throughout the year are put into a hat and a winner is drawn. Big shout out to Jonathan Hedge—CONGRATULATIONS!!!

Reminders going into 2021

Here are a few reminders of programs or benefits at GTS:

- Blue Beacon—free truck wash every month just pull into any Blue Beacon
- Violation free DOT inspections pay \$25 (Level III), \$50 (Level II) and \$75 (Level I)
- Pride In Your Ride Program—nominate drivers thru Email on the website
- Driver Referral Bonus—a driver applies to the GTS and put your name on their application
- Yearly Wellness check-up
- Monthly Safety Bonus—.02 every mile ran in the month—with no accidents/incidents/tickets or violations
- Paid Holidays—\$100 / 6 a year
- Detention pay—\$10 hr starts 4 hrs after your appt. time
- 401k—50% match up to 6% of your income

“Some people feel the rain. Others just get wet.”

- Bob Marley

“You don't have to see the whole staircase, just take the first step.”

- Martin Luther King Jr.

Benefit Contact Numbers, Website by Vendor

Guaranteed Transport offers you and your eligible family members a comprehensive and valuable benefits program. Your benefits package is a significant part of your overall compensation package and it is important to us that you understand how best to utilize and access these benefits.

New in 2021!

- Medical coverage transitioning to Blue Cross Blue Shield of Rhode Island
- Going forward, your medical deductible will now follow a calendar year (January—December) schedule.
- Your deductible reset on October 1, 2020 and then not until January 1, 2022
- Dental & Vision transitioned to The Standard



New hires are eligible for benefits effective the first of the month following 30 days from date of hire.

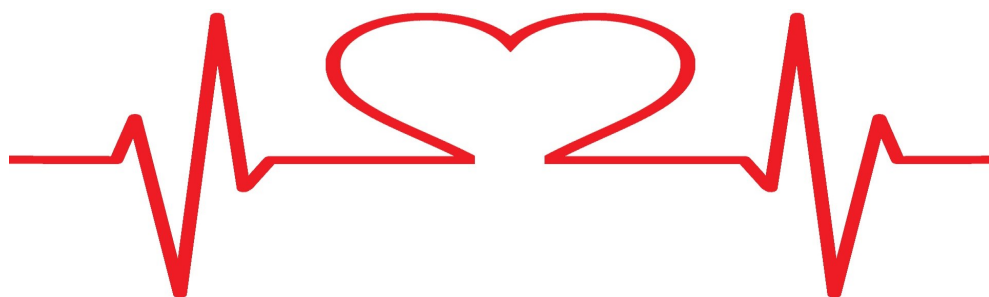
Eligible dependents: legally married spouses and children under the age of 26. Disabled dependents may remain on the plan beyond the age of 26 provided certifying documentation is provided to Human Resources

Benefit Provided	Name of Vendor	Ph Number	Website
Medical & Prescription Drug	BCBS of RI	401-459-5000	BCBSRI.com
Health Reimbursement Arrangement	London Health Administrators	401-435-4700 Fax: 401-435-3937	Londonhealthusa.com Email claim submissions: customerservice@londonhealthusa.com
Dental	The Standard	800-547-9515	standard.com/services
Vision	The Standard	800-877-7195	standard.com/services
Life and AD&D	The Standard	800-628-8600	lifebenefits@standard.com
Voluntary Life and AD&D	The Standard	800-628-8600	lifebenefits@standard.com
Short Term Disability	The Standard	800-426-4332 Fax: 800-378-8361	standard.com/services
Benefit Resource Center	USI Insurance Services	855-USI-6699	BRC.East@usi.com

Wellness Program 2020-2021

Take these steps toward improving your health and earn a reward on your health care premiums

1. See your Primary Care Physician between August 1, 2020 to October 31, 2021
2. Have your Dr. complete the Physician Verification Form
3. Return the form to Amy Ashley at aashley@gtstank.com



Contact Us

833-487-8265

Dispatch — Option 2

Recruiting — Option 1

Payroll - Option 3

MAINTENANCE CALL CENTER

863-812-4685 option 7