

**R&M TRANSPORTATION**  
**SORTINO'S TRANSPORTATION**



**NOVEMBER 2012**

## HELP PREVENT REAR-END CRASHES

Some of the most frequent types of severe crashes are rear-end collisions. These crashes, which are one of the four Critical Crashes, often result in extensive property damage, serious bodily injuries, or death. They are often much more severe when a large truck is involved. Trucks can be 40 or more times heavier than other vehicles in the stream of traffic and are less maneuverable, start more slowly, and take longer to come to a complete stop.

Rear-end crashes are often the result of inattentiveness on the part of the driver. With so much going on around the truck, it can be difficult for drivers to concentrate on driving protectively. Professional drivers have told us repeatedly that when a driver loses concentration, they risk becoming involved in a rear-end crash. Utilizing Protective Driving Techniques will lower a driver's chances of becoming involved in one of these devastating crashes.

It is important for drivers to always follow professional, safe driving rules to prevent rear-end collisions. The following tips may help you reduce the likelihood of a driver being involved in a rear-end crash:

- 1. Maintain at least a six-second following distance.** Under normal highway-driving conditions it is important to keep at least a six-second cushion between the truck and the other vehicles around it. Sometimes six seconds is not enough. In adverse weather/road conditions, additional seconds will need to be added.
- 2. Drive within or under the speed limit.** In heavy traffic, reduce speed to 3-5 mph below the speed of traffic. Cars will cut in front. However, as this happens the cars will continue to move away and they will increase the truck driver's following distance.
- 3. Check brake systems and adjust as necessary.** Test the brakes for proper stopping before starting a trip to assure that the brakes are adjusted properly. Determine if the air system is operating satisfactorily and make sure that low air warning devices are functioning correctly.

**4. Stay alert at all times.** Drivers should avoid distracting behaviors such as talking on the phone, texting, eating, drinking, or day dreaming while driving. It only takes a split second of inattention to rear-end the vehicle ahead.

# THE TIME IS NOW...

## TO FOCUS ON REAR-END CRASH PREVENTION

### Tips for Bad-Weather Driving

#### #1 Be Prepared

You must be ready for whatever you may encounter. Yes, this is common sense. But how many of us jump in our vehicle when the weather looks nice and end up in a storm? **Make sure your vehicle is stocked with the following:**

- Rechargeable flashlight
- Cell phone and charger
- Extra food and water
- Flares
- Tools: jack, lug wrench, shovel
- Road maps
- Blanket/sleeping bag(s)
- Extra warm clothes, boots, hat and gloves
- First aid kit
- Pocketknife
- Matches or lighter
- Battery jumper cables
- Ice scraper and snow brush

#### #2 Complete a Pre-Trip Inspection

Professional drivers are required to inspect their vehicles before every trip. Before traveling to areas that may have hazardous conditions, **Make sure your vehicle is ready:**

- Ensure the heater and defroster are working properly.

- Test all lights. Carry spare light bulbs.
- Use antifreeze that's good to -25°F; check and fill washer and other fluids and make sure hoses aren't loose or brittle.
- Keep wipers clean and in good condition; fill the windshield washer tank.
- Make certain your battery is fully charged (also check battery age and make sure cables are not loose or corroded).
- Ensure your tires are in good condition and properly inflated for best traction, including your spare.
- Carry chains
  
- Have at least a half tank of fuel at all times during the winter

### **#3 Slow down**

Many accidents occur because drivers are going too fast for road conditions. A slower speed gives you more time to react if something occurs. Extra patience and care for other drivers can help a lot.

### **#4 Give yourself extra space**

Allow for more room between yourself and other vehicles. You should always have enough space and time to move out of harm's way.

### **#5 Hold your steering wheel firmly**

Sudden, sharp moves can quickly cause you to lose control of your vehicle. Keep your vehicle steady through ruts in the road, heavy wind and on ice.

### **#6 Brake and accelerate lightly**

Try not to do anything forcefully in bad weather. When you need to slow down quickly in slippery conditions, try lightly pumping your brakes. This reduces your chance of locking your tires and spinning out of control.

### **#7 Watch for black ice**

Black ice is a dangerous road condition. It is a thin layer of transparent ice that forms when the temperature is close to freezing and sometimes makes the road look slightly wet. It is difficult to spot, so when the temperature gets close to freezing, look for clues:

- ice build-up on mirror arms, antenna or the top corners of windshield
- the spray from tires on vehicles in front of truck stops

### **#8 Hazards of Mountain driving**

Mountain weather can be severe in winter and can change rapidly. Be ready for wind gusts and watch and/or listen for emergency vehicles and snowplows. If at all possible, do not stop in avalanche zones. Obey posted rules. Tire chains may be required for certain routes.

### **#9 Obey all road signs**

A simple, yet effective tip. Safety authorities post this information for a reason. Don't get yourself in trouble by ignoring a sign.

### **#10 If stranded or stuck, stay in your vehicle**

If you get stuck in a bad storm or blizzard and you can't see a close place to seek assistance, stay put! It's easy to get confused in a bad storm, and you may get lost.

This is a time to use those supplies mentioned in tip #1. You should also keep moving to stay warm. To avoid carbon monoxide poisoning, keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation. Run your engine for only 10 minutes each hour.

### **#11 IF CONDITIONS LOOK BAD GET OFF THE ROAD**

Don't push your luck. Use your best judgment. Listen to weather reports and warnings and react appropriately.

**PLAN AHEAD NOW. DON'T BE UNPREPARED**

**A Note from Maintenance:  
Winter Fuel Conditioning**

The winter weather season is upon us. Please remember to condition your fuel the same way you Pre-Trip you vehicles. . Adding some conditioner every day to the winter blends of fuel will help keep your fuel conditioned . And keep WATER OUT. Low sulphur fuel is harder to make and transport thru pipelines. Just like the fuel lines in your truck and trailer, a little bit of conditioner will help keep your fuel lines and fuel ready to flow. be ready for a cold snap where the temps drop very cold. You will be ready to run when others are not. The trucks gelled up on the side of the road in the winter failed to condition their fuel properly. Buckle and Drive Safe to get home for the Holiday!

**Note from Payroll Department:**

**EARLY CUTOFF FOR CHRISTMAS PAYROLL**

In order to process your payroll in a timely manner during the Christmas Holiday we will need you to turn in all loads NO LATER THAN THURSDAY at NOON DECEMBER 20<sup>th</sup>!! During this time there will be NO late payroll or exceptions, making it possible for us to pay you on time! Thank you so much for your cooperation! If you have any questions please call.

Have a wonderful Thanksgiving!!

Thank you,

Melissa, Beth and Michelle

**R & M**  
**Road teaM**

**Objective and Purpose**

**To promote cooperative efforts for increased efficiency and safety through:**

- 1. Liaison with other drivers for interchange of ideas and information and answering questions**
- 2. Meeting for discussion**
- 3. Meeting for education**
- 4. Promotion of programs and personnel standards**

**Committee members can be identified by the R & M Road teaM logo on his/her tractor, jacket, shirt or hat.**

**A Road teaM driver is a reliable source of information about the company and has been nominated by fellow employees. Feel free to approach these drivers if you run into them on the road. They will be glad to answer any questions you may have.**

**The Road teaM drivers will also serve as committee members having equal vote on driver issues.**

**The Road teaM drivers will also be part of the accident review committee.**

**If unable to locate a Road team member you may call the office and we will contact a Road teaM driver to contact you. This will be done on a rotation bases.**

**R&M Road Team Members are Veteran Drivers that were nominated to help with driver issues and answer questions that you run into on the road. Listed below are the Road Team Drivers and truck numbers that we will have in place to help you by 1/1/2013.**

<b>CURTIS HALL</b>	<b>TRK 610</b>
<b>TED SNYDER</b>	<b>TRK 687</b>
<b>JR. RUIZ</b>	<b>TRK 9118</b>
<b>DAVE RAFUS</b>	<b>TRK 838</b>

**We WILL ALSO BE ADDING A SORTINO'S DRIVER TO THE ROAD TEAM IF INTERESTED  
CALL LINDA IN SAFETY**



**A Big Congratulations to Michael Cocklin for being selected for the State of Nebraska November**



**Driver of the Month.**

**Above is Paul Turley from the Safety Department with Michael.**

Congratulations to R&M Driver receiving Roadside inspection Bonus

\*\*\*Darrell Foote

Congratulations Sortino's Driver for receiving Roadside inspection Bonus:

\*\*\*Jacob Areys

Both drivers received \$300.00



## **Hello Professional Drivers: A Note From Safety**

**We in safety are here to help keep you - RM/Sortino's Drivers legal, but still get you your miles, get home, etc.**

**There is lots to remember on-duty pre and post trips, when to use off duty driving with E logs, if in sleeper show sleeper-not off duty, remember to do a Vehicle inspection every day you drive.-and much more.**

**E logs are not always easy, especially if a shipper or consignee ties you up..or if roads are shut down by weather, roads are shut down by a accident..the key is if these issues might cause you to be late or run out of hours call safety or dispatch to advise us or to see how we might help. Thank you**

**As we head to the holiday there will be a number of stepped up enforcement areas established by many of the state and local Police agencies.**

**While these are geared heavily to preventing Alcohol related crashes (Thanksgiving is one of the heaviest days for such offenses annually); they will also focus on other bad driver behavior and trucks will not be immune to the impact.**

**The primary item found during these week long pushes around the holidays are the two biggest violations we see for our drivers in the category of "Unsafe Driving" :**

**Seatbelt Use—not wearing them at all when stopped or pulled over**

**Speeding- from 6 to 10 MPH over**

**These are both high violation offenses and we cannot afford any more of these. They will also be targeting Aggressive driving behaviors.**

**Further to this, with the day after being the busiest shopping day of the year, there will be heavier traffic in many areas and the people driving those roads are often over tired from the prior day and an early morning start to beat the**

sales and from other cities; so they are unfamiliar with the roads where they are at as well as very distracted. Many of us will have some level of operations even on Friday so we need to be sure we are careful and minimize our exposure.

Be sure to mention these issues in particular with all driver personnel and remind them they are the Pro's and need to drive Defensively for our safety, theirs, and that of the motoring public during the rest of this week.

The states that are usually particularly focused upon this are the ones you would expect: CA, MI, OH, IL, OH, PA, NY, and others with large metro area's. As you begin to wind down for the holiday remember if you as a driver are running late to "get in for the holiday" that aside from the enforcement issue—no load is worth their life and it is better to be late and be alive going home than to be in a crash.

**Have a safe thanksgiving!**

**BUCKLE UP AND REDUCE SPEED TO ARRIVE SAFE**

