

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 their hands and hair 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 antiperspirant.
- * Wash your hands with soap after using the bathroom and before/after eating.
- * Wash your hair on a regular basis.
- * Wear clean clothes on a daily basis.
- * Keep your nails trimmed and cleaned.
- * Cover any cuts on your skin after cleaning them.
- * Wash and change bed linens regularly.

Proper sanitary practices are important because it affects your wellness, your relationships with others, your self confidence and in this case your job. You interact with people (Customers) on a daily basis. Having bad breath, body odor, dirty finger nails 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.

Wuzzle Answer

Too bad.



The Customer is Always Right?

We realize that our customers may not always be right, but they are still our customers! Getting thrown out of a customers facility or asked to leave and not return is unacceptable and will not be tolerated. Our valued customers make it possible for all of us to make a living in the Transportation Industry. Without our customers we would not need dispatchers, maintenance, office staff, or drivers. Always treat our customers with respect. If you feel a conflict coming on, call dispatch right away and let them resolve the issue. We realize it can get frustrating at times, but jeopardizing our contracts could effect all of us not just one individual. Thank you in advance for your cooperation.

Too Tired To Drive?

Here's a list of items to consider. If you answer four of them yes, your level of alertness is too low — Take a break!

- 1.) Are you constantly shifting in your seat?
- 2.) Are your eyes fixed on the road just ahead?
- 3.) Unable to focus clearly?
- 4.) On-coming headlights really bother you?
- 5.) Are you braking for no apparent reason?
- 6.) Did you roll down the window for fresh air?
- 7.) Do you watch the taillights ahead, instead of the road?
- 8.) Did you just tell yourself—"It's only 100 more miles?"

If you answered yes to any three of these, take a break—You need it!

Tips to Get Rest:

- 1.) Don't sleep sitting up, lie down for a while.
- 2.) Open your window, get some fresh air.
- 3.) Plan to get a good night's sleep, then do it.
- 4.) Try to rest between 3:00 a.m. and 5:00 a.m.

Indian River Journal

Edition #79

April 12, 2017

Passing

Objective: To prevent accidents during passing by anticipating the hazards involved and knowing how to safely avoid them.

Description: Safe passing maneuvers require developed skills and judgement. Passing tasks include checking sight distance ahead, checking mirrors for rear traffic, checking for traffic passing you, estimating speed and position of approaching vehicles; estimating time you need to safely pass, accelerating, steering, checking for traffic entering the side roads, etc. Because the driver must perform several tasks in a short time during passing, the chance of an error is high, unless the maneuver is done cautiously. Because it sometimes takes a long time before an opportunity to pass safely arises, some drivers take risks and assume other drivers will compensate for their own aggressiveness.

Maintenance Checks:

- * Broken mirrors and loose mountings
- * Tail lights, brake lights and turn signal function

Driving Tips:

- * Before you pass, check to be certain no one is passing you.
- * Assume the driver in front of you doesn't know you are passing. That driver may pull to the left to pass a vehicle in front or make a left turn.
- * While you are passing, watch carefully for vehicles that may be entering the roadway from side roads or driveways.
- * Assume vehicles approaching from the opposite direction will not see you or slow down for you to Complete your passing maneuver.
- * Watch out for vehicles passing other vehicles from the opposite direction.
- * If the vehicle you are trying to pass speeds up, let it go. Don't get into a dangerous race.
- * Don't take risks. If in doubt, don't pass.
- * Signal your intentions to pass.

Safe passing allows for safe arrivals!



April Birthdays

Richard Rogers	1st
Tony Davenport	
Dale Shafer	2nd
Michael Kendrex	
Norma Daniel	3rd
Brian Croxford	5th
John Gadbow	
Antenor Isma	
Jason Mayo	
Gary Pipich	6th
Garrett Martin	
Adam Barnhart	
Clyde Senn	8th
Arturo Perez	
Morris Tougas	9th
Stevan Lumston	
Michael Desch	10th
David Coffman	11th
Mathely Samuel	
Wesley Graham	12th
Randell Lawson	
Herman Campos	14th
Jeremiah Schafer	15th
Mohamed Zaytoun	
Vernon Dixon	16th
Thomas Black	19th
Daniel Smith	20th
James Alexander	
Michael Tolbert	
Johnny Dockery	21st
Linda Schafer	
Kendra Tyson	
Richard Dickens	22nd
Donovan Lawson	
Jason Lowrance	
Shawn Rafferty	
Roger Summers	23rd
Thomas King	25th



April Birthdays

Terrance Kinnerson	26th
Gregory Reilly	27th
Christopher Brodbeck	
Marc Harman	29th
Royce Littlefield	
Ashton Babcock	

Stay Healthy

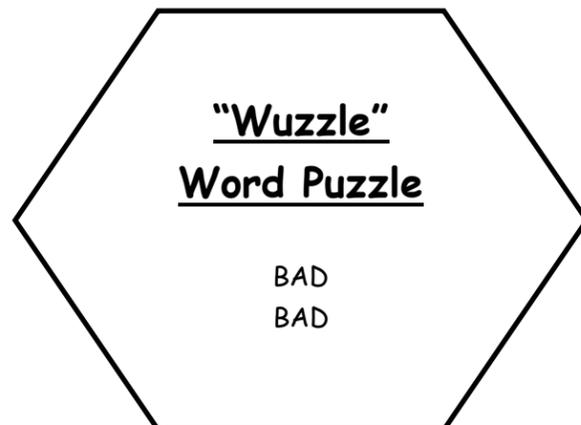
Count your calories—An average diet is 2,000 calories a day. That can change based on your age, gender and level of physical activity.

Swap your snacks—put down the chips, donuts or microwave popcorn instead, grab fruit, nuts and vegetables for a tasty treat.

Watch what you drink—Low-fat (skim or 1%) is a healthier choice than whole milk. Swap the sugar packed soda for water or lower-calorie drinks.

Halt the salt—Choose low sodium foods. The lower your sodium intake, the better your blood pressure.

Watch what you eat on the road— If you're eating fast food, choose grilled chicken, salads, low-fat milk, fruit or oatmeal. At the diner or truck stop, skip the calorie-loaded appetizers, and avoid fried foods and calorie-packed desserts.



Fun Facts

- Drying fruit depletes it of 30—80% of its vitamins and antioxidant content.
- Blueberries will not ripen until they are picked.
- Ketchup was used as a medicine back in the 1930's.
- Honey never spoils.
- A hardboiled egg will spin, but a soft-boiled egg will not.
- Avocados are poisonous to birds.
- Chewing gum burns about 11 calories per hour.
- More people are allergic to cow's milk than any other food.
- Ripe cranberries will bounce like rubber balls.
- Peanuts aren't nuts, they are legumes.
- When taken in large doses nutmeg works as a hallucinogen.
- Eating bananas can help fight depression.
- Honey is made from nectar and bee vomit.
- Chocolate was once used as currency.
- A Cinnabon Classic has less sugar than a 20 oz. bottle of Pepsi.
- Radishes are members of the same family as cabbages.
- Apples belong to the rose family, as do pears and plums.
- An average ear of corn has an even number of rows, usually 16.
- About 70% of olive oil being sold is not actually pure olive oil.
- Apples float in water, because 25% of their volume is made of air.
- There's an enzyme in pineapple called bromelain that helps to break down proteins and can also ruin your tastebuds.
- Yams and sweet potatoes are not the same thing.
- Coconut water can be used as blood plasma.

Who Do I Call?

Melvin/Devon = NC, VA, WV, PA, DE, NJ, CT, NY, RI, NH, VT, MA, GA, AL, SC, Canada
Ph# - 800-877-2430

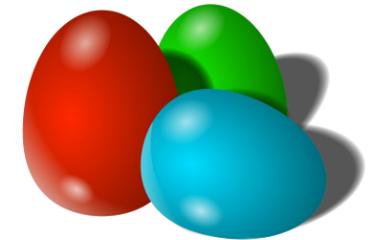
Angel/Alex = OH, IN, IL, MI, WI, MN, KY, TN, IA, MO, AR.
Ph# - 800-877-2430

Angel Jr./Matt = LA, MS, AL, GA, SC, FL.
Ph# - 800-877-2430

Laura/Baca/Craig = Co, KS, OK, TX, NM
Ph# - 877-442-2655

Sherill/Wayne/Randy = WA, OR, CA, ID, UT, NV, AZ
Ph# - 888-895-1275

This is a list of the Dispatcher's you will call when you are in their area.



Odometer Readings

It is important that you enter the correct odometer reading when fueling. DO NOT ENTER 9999 or 1111 to bypass the system. You must enter the accurate information wherever you fuel. This information is vital to our maintenance records system. We need your cooperation in order for us to keep complete and accurate records on our equipment and the fuel that we purchase. Entering the wrong odometer will lock your card up and you will have to call the main office to have it corrected internally. Save yourself time and do it right the first time.