



Ergonomics for Professional Drivers

It is a known fact that driving a truck is one of the hardest jobs on the body. The tasks associated with driving a truck (sitting for long hours, lack of sleep, handling freight, and securing loads) can all take their toll on a driver's body. So what can a driver do to lessen the chances of injury and stay healthy?

- ✓ Change your seat position every 30 to 60 minutes. This avoids putting too much stress on any part of your body for an extended period of time.
- ✓ Vary the position of your hands on the steering wheel and don't squeeze the steering wheel any harder than necessary.
- ✓ When adjusting your seat, your knees should not be higher than your hips and the front of the seat should not contact the back of the knee.
- ✓ The back of the seat should be slightly reclined so that the angle between the back and legs is approximately 110 degrees.
- ✓ Your steering wheel should be positioned to keep your elbows as close to the sides as possible, minimizing your reach.
- ✓ Mirrors should be adjusted so they can be seen without slouching or twisting.
- ✓ After a period of prolonged sitting, it's best to give your back a few minutes to adjust before doing any lifting.
- ✓ Try and walk around the vehicle to "warm up" prior to pushing, pulling and/or lifting.
- ✓ Never twist and lift at the same time.
- ✓ Bend at your knees and not at your waist.
- ✓ Eat right and drink plenty of fluids.
- ✓ Exercise is important to stay in shape; so frequent stretching should become part of your daily routine.



Remember, it's up to you to take care of yourself for the long haul!



~~ SAFETY~~

The Commercial Vehicle Safety Alliance's (CVSA) 29th Annual International Roadcheck will take place June 7-9, 2016.

CVSA's 29th Annual International Roadcheck will take place June 7-9, 2016. International Roadcheck is a 72-hour period when approximately 10,000 CVSA-certified local, state, provincial, territorial and federal inspectors in jurisdictions across North America perform large truck and bus safety inspections.

International Roadcheck is the largest targeted enforcement program on commercial motor vehicles in the world, with nearly 17 trucks or buses inspected, on average, every minute in Canada, the United States and Mexico during a 72-hour period. During the annual three-day event, CVSA-certified inspectors conduct compliance, enforcement and educational initiatives targeted at various elements of motor carrier, vehicle and driver safety.

Each year, International Roadcheck places special emphasis on a category of violations. **The special emphasis for 2016 International Roadcheck is tire safety (i.e., measuring the tire tread depth, checking the tire pressure, checking to make sure that no items are lodged between dual tires and examining the overall condition of the tire to make sure that no deep cuts or bulges exist in the sidewalls of the tire). While checking a vehicle's tires is always part of roadside inspections, CVSA is highlighting tire safety as a reminder to drivers and carriers.**

International Roadcheck is a CVSA program organized in partnership with the Federal Motor Carrier Safety Administration, Canadian Council of Motor Transport Administrators, Transport Canada and the Secretariat of Communications and Transportation (Mexico).

Since its inception in 1988, roadside inspections conducted during International Roadcheck have numbered more than 1.4 million. International Roadcheck also provides an opportunity to educate industry and the general public about the importance of safe commercial motor vehicle operations and the North American roadside inspection program.

During International Roadcheck, inspectors primarily conduct the [North American Standard Level I Inspection](#), which is the most thorough roadside inspection. It is a 37-step procedure that includes an examination of both the driver and vehicle. Drivers are required to provide items such as their license, endorsements, medical card and hours-of-service documentation, and may be checked for seat belt usage and the use of alcohol and/or drugs. The vehicle inspection includes checking items such as the braking system, securement of cargo, coupling devices, exhaust system, frame, fuel system, lights, steering mechanism, driveline/driveshaft, suspension, tires, van and open-top trailer bodies, wheels and rims, windshield wipers, and emergency exits on buses.

~~ Driver of the Month~~



CONGRATULATIONS to our Driver of the Month, New Driver of the Month (January – March) and the 1st QTR top team winners.

The monthly/QTR Team winner's will have their name placed on the awards plaque, a recognition ball cap/ shirt and \$100.00.

Driver of the Month



Wesley Hess (January)



Ed Long (February)



Donald Portell (March)

Just loves driving his truck!

New Driver of the Month



Richard Harris (January)

Likes to ride his 2000 Ultra Classic Harley with his wife going to different rallies that are close to home.



Tanner Peavler (February)

Tanner has been driving for 9 years. Happiest moments has been in his truck with the wide open road, no traffic and the elements.



Timothy Cooper (March)

Tim loves to play video games, his favorite is "Basketball" and fishing. His biggest catch was an 18 lb, Large mouth bass. **WOW!** He states

that his experience since being hired has been "TREMENDOUS".

1st QTR Top Team



Larry & Gloria Trimble

Success to them depends on their dispatcher, Zack! Gloria has been driving for 27 years and Larry has been driving for 45 years. You can't do it without a good backing from the Company, and everybody at Western Flyer are so friendly!!

Top 20, 1st QTR Driver's

These drivers have a choice of Electric Coolers, Blue Parrot Noise Cancelling Wireless headsets, COBRA LTD 29 Classic CB radios and POV Drive Cam Units

1. Wesley Hess
2. Pedro Pena
3. Anthony Wildcat
4. Tanner Peavler
5. Dontrell Montgomery
6. Grant Willison
7. Donald Portell
8. Michelle Boyd
9. Richard Eagler
10. Nelson Garcia
11. Roy Wayne Schlicting
12. Kenneth Nagel
13. Timothy Cooper
14. Garland Roberson
15. Christine Hembree
16. Samuel Doughty
17. Tim Poussard
18. Ralph Holt, Sr.
19. Lonnie Travis
20. Charles Potter

Importance of Pre-Trip Inspections

The pre-trip inspection is one of the most important lessons you will learn as a truck driver. If you don't conduct a pre-trip inspection before every load you deliver, you put yourself as well as others in danger. Today article is about why the pre-trip inspection is so important and how it affects your safety as a truck driver.

The purpose of a pre-trip inspection is to check the working condition of your vehicle. When you conduct a proper inspection, you are reviewing the mechanical and safety parts of your truck, such as:

- Brake system
- Coupling system
- Lights and reflectors
- Fluid levels (oil, radiator, etc.)
- Steering system
- Suspension system
- Security of trailer doors and load
- Tire inflation and tread



If any of the above listed items are not checked or are not operating properly, you could face complications or fatal accidents on the road. By checking these parts, you help ensure that your equipment is safe to operate. You ensure your safe return home to your loved ones, and you help ensure that the people around your vehicle are safe as well.

This list of the top ten vehicle violations from TruckingInfo.com is very interesting. It is amazing how many of these violations we have control over in the trucking industry. I have been preaching for a while now with drivers the idea of **"Controlling the Controllable."** Looking through this list below, you have to ask yourself how many of these violations do we have 100% control over on a daily basis.

- 1) Does not have required lamps
- 2) Defective lighting
- 3) Tire tread depth less than 2/32"
- 4) Inspection/repair and maintenance of parts and accessories
- 5) Brakes out of adjustment
- 6) Oil and or grease leak
- 7) Failing to secure brake hose
- 8) Operating a CMW without periodic inspection
- 9) No or a discharged fire extinguisher
- 10) Automatic brake adjuster, air brakes



"From a commercial vehicle safety inspector's prospective; the point of the NAS inspection is to ensure both your safety and those of other traveling on the highways."

This is a direct quote from the Commercial Vehicle Safety Alliance or CVSA.

Remember, the pre-trip inspection is your friend. It prevents loss of equipment and lives, one of which could be your own. If you perform the entire pre-trip inspection every time, you can rest easy knowing that you, your truck, and fellow drivers will all be safe.

"The Keys are in your hand"

~~ PAYROLL ~~

Registration for Employees/Associates

FYI: Instructions on Registration into the new payroll system (ADP) was emailed on Thursday, April 28, 2016. The ADP service web site is:

<https://workforcenow.adp.com>



www.adp.com 2014/05/16

Once you have completed the registration of your personal information you will be able to Recover your user ID/Password and reset your password by following the simple instructions you received.

We are confident that you will find the new Payroll system with ADP an easier system to navigate through.

If you have any problems with the system, please contact Jon Moore, Stephanie Ogle or Sharon Kroutil.

~~ Human Resources ~~

Please welcome the following new employees who recently joined WFX!

Mechanics & Parts

Elias Barriga (Inbound Inspection)

Christopher Decker (Truck Mechanic)

Alexus March (Inbound Inspection)

William Curtis (Inbound Inspection)

Tyler Limke (Inbound Inspection)

Gregory Mumme (Trailer Mech)

Operations

Monte Stiers (Weekend Dispatch)



Truck Drivers Health - Keep a Positive Attitude!

The secret to happiness is not money, fame or recognition. The secret to happiness is to re-think your outlook on life and adjust your perspective. *By framing your world with the right perspective, you can actually find more happiness and contentment.* Truck drivers sometimes find this difficult when faced with adversity to keep themselves going.

The trucking industry expects a lot from drivers. They expect you to be high-energy, flexible to many situations, and resilient to all they encounter on the job. The trick to loving your job is to *be your own incentive*. What do I mean? I mean, that *you* are the only one that can get yourself excited about every day you live. You are in charge of your feelings and the only one that can fix them. Here's some ways truck drivers can keep themselves positively motivated.

1. Engaging your senses comfortably.

Truck drivers obviously spend a lot of time behind the wheel. And although the visual outdoor scenery is constantly changing on the road, your personal bubble and how items interact with your five senses can have an immense effect on your mood. Something as simple as buying a scented air freshener, that reminds you of home, or a new CD of your favorite band to listen to as you drive can elevate your mood.

2. Filling your life with positive people.

Sometimes, over the road truck driving can get lonely. But, it's important to touch base frequently with important people in your life. ESPECIALLY, ones that will provide you with support. If you're finding that many of your interactions with other drivers revolve around complaining and negative comments, I suggest you rethink their influence on your life. You know how "birds of a feather tend to fly together?" That basically says that our attitudes become like the company we keep. So, if you fill your life with people who share optimistic attitudes, you're likely to pick up on the same vibes and become happier. The same trend happens with negative people so be weary of these types of toxic people. They may just put you in a sour mood, too.

3. Acknowledging when you achieve a goal.

When you feel overwhelmed at your daily tasks you must accomplish, it's important to celebrate as you successfully complete them. Celebrating your daily accomplishments of on time delivery, zero accidents, no CSA violations etc. will motivate you to get more things done. It is nice to know there's a positive light at the end of the tunnel when we are productive and safe.

4. Dropping the negative attitudes.

When you realize that no one is entitled to anything in this life, you realize that hard work isn't a bad thing. Keeping things going is the sign of a strong person. Dropping negative thoughts will help drop the negative attitude. Instead, fill your head with positive thoughts to keep you going.

~~DRIVER RECOGNITION~~

Top 20 VAN Drivers 03/16/2016 – 04/15/2016

1056	Thomas Carrier	15658 miles
3121C	Louis A. Kralicek	15476 miles
5544	James T. Hampton Jr.	14773 miles
4153C	Timothy L. Shelton	14762 miles
4147	James Brocker	14543 miles
2364C	Danny Egbert	14471 miles
5525	William Lloyd Galloway	14384 miles
1053	Tracy Shelton	14247 miles
2520C	Jerrud A. Wilson	14226 miles
9401C	Kevin R. Monroe	14223 miles
2155LP	Larry Piel	14104 miles
2276C	Esiquio Zamora, Jr.	14068 miles
2189	Eddie J. Floyd	14061 miles
3140	Timothy E. Cooper	14022 miles
2285	Bobby R. Fryrear	14018 miles
2533LP	Charles E. McCallon	13982 miles
3127C	Pedro Pena	13883 miles
2290C	Imtiaz Malik	13797 miles
5516	John L. Perry	13761 miles
2287C	Jessee R. Thompson	13731 miles

Top 20 MPG Performers 03/16/2016 – 04/15/2016

3110	Edward Long	8.60
3113	Anthony Wildcat	8.57
2317	Richard G. Eagler	8.56
3116	Wesley Hess	8.55
3150	Ralph A. Holt, Sr.	8.45
3111	Kenneth Nagel	8.41
3115	Michelle Boyd	8.32
3137	Charles Leeb	8.31
3117	Grant Willison	8.27
3131	David Furr	8.24
3105	Samuel J. Doughty	8.24
2316	James Hays	8.22
3118	Daniel L. Castaneda	8.18
3120	Lonnie Dean Travis	8.17
3140	Timothy Cooper	8.17
2298	Tim Poussard	8.16
2368	David Wright	8.11
2288	Fern L. Clark	8.10
3114	James R. Bell	8.10
5533	Richard Sherman	8.10

Top 5 Reefer Drivers 03/16/2016 – 04/15/2016

1054	Phillip Muse	15567 miles
5545	Charles Potter	14795 miles
2274C	William Mullins	13720 miles
2530C	Louis J. Gentry	12684 miles
2334C	Steven M. Stewart	12639 miles

Top 10 Team Drivers 03/16/2016 – 04/15/2016

3119	Larry & Gloria Trimble	9.02
3107	Thomas & Susette Jones	8.60
3124	Charles Charleston & Maria Szkup	8.60
2501	Rosa Kerley & William Alford	8.51
3112	Donna & CE Knox	8.49
3130C	Kimberly & Kenneth Wiggins	8.13
3149C	Laurie Donnelly & Frank Johnson	8.11
5533	Richard Sherman & Lila Wyler	8.04
2528	Michael & Danna Stimac	8.04
2379	Randall & Mary Dague	7.97

Top 5 Team Drivers 03/16/2016 – 04/15/2016

5513LP	Brian Alfred & James Koontz	27659 miles
5542C	Hermelinda & Aday Delgado	27584 miles
3124	Charles Charleston & Maria Szkup	27119 miles
2519	Julie & Russell Pollock	24058 miles
2501	William Alford & Rosa Kerley	23550 miles

MAY Birthdays

Shaun Dewar	1 st	James R. McCoy	18 th
Clifford R. Olsen, Jr.	3 rd	Rick Ashley	18 th
William Simpson	3 rd	Jeffery Cooper	19 th
Timothy Brown	4 th	Thomas S. Quinn	19 th
Brandon D. Jones	4 th	Johnie Turner II	19 th
Glenn A. Cooper	4 th	Eric Barber	20 th
Timmy J. Patterson	5 th	Elvin Shadden	20 th
Edmond Roberts	6 th	Pedro Pena	20 th
John Chaffin	8 th	Christopher W. Hadden	21 st
Russell Pollock	8 th	Teresa Contreras	21 st
Mickey L. Hatley	8 th	Jim Neal	21 st
James B. Koontz	8 th	James Leon Bradley	23 rd
James T. Hampton, Jr.	9 th	Jackie D. Percell	23 rd
Willie Charles Kennedy, Jr.	9 th	Lonnie Dean Travis	24 th
Scott D. Stacy	9 th	Shari L. Farnsworth	25 th
Forrest M. Cooper	11 th	James Hays	25 th
Patrick S. Lumpkin	12 th	Barbara C. Souza	25 th
Donna Knox	13 th	Troy L. Corsey, Sr.	27 th
Michael C. Sellers	13 th	Lynn C. Zick	28 th
Paul P. Finnegan	14 th	Robert A. Crowe, Jr.	29 th
Lila Wyler	14 th	John L. Atherton	30 th
Joseph Mills	15 th	Zeric Thompson	30 th
Pedro Ruvaltaba	16 th	Brian Alfred	31 st

MAY Anniversaries

Donnie Messenger	9 years	Gary Odell Alley	2 years
Ronald A. Mencl	5 years	Jeffery M. Hamm	2 years
Larry Piel	5 years	Joseph W. Williams	2 years
Daniel L. Castaneda	4 years	Tony Q. Willrich	1 year
Keith W. Brock	3 years	Victoria Y. Griego	1 year
Leeroy Bowling	3 years	Gwen L. Kennedy	1 year
Clarence Pacheco	3 years	Claude Shelar	1 year
David Lax	3 years	Tanner Peavler	1 year
John Neville	3 years	Billy J. McConnell	1 year
Richard Allen Harrell	2 years	Todge D. Cameron	1 year
Vicent Bernard	2 years	Edward S. Tolbert	1 year

President's Corner

“DILIGENCE”

MAY 2016



RODNEY IMMS

“Passion, vision & diligence are the most sure fire paths to success, COMBINED, they are unstoppable”