

SST NEWS & NOTES

Volume 1, Issue 4

August 26, 2016

Sept 11-17 is Truck Driver Appreciation Week



Thank you Thank you Thank you! We appreciate you all year, but you are extra special this week ☺ See attached Statistics on the trucking industry! SUCH AS...

Did you know 1 out of every 16 people is a truck driver in the United States? And that trucking hauls the most tonnage? Just some food for thought ☺

We need to draw for a raffle and prizes! Next driver in the office come in and draw for prizes and receive a prize for drawing!!!

ATTACHMENTS:

- ✓ ATA Professional Drivers and the Trucking Industry
- ✓ Smart Driver-Value Driven Driving
- ✓ Living Right September 2016

NEW IN THE SB SHOP:

Folks if you are up and around the Corporate office here in Gering be sure to say HELLO to Don Fry! He is taking over Ed's position in the Shop. Ed has moved on down a different avenue and we wish him luck! Don has many years in maintenance, welding and truck repair! He is a native of the area and will be a great fit for our company!

Did you know Laughter is the best medicine?



"FOR ME, IT'S ALWAYS DRIVER APPRECIATION WEEK"

HA! HA! HA! Laugh your stress away!

Laughter might be the best medicine! Put Humor on your horizon, find something that makes you chuckle or smile. Laughing does a body good and releases endorphins that actually make you feel better! Endorphins cause a feel good-pain relieving action-it is your bodies natural feel good high. Creating natural mood lifting magic! Share a laugh, laugh with friends-spend time with friends that make you feel good about you! Have a giggle today!

Notes from the desk of Helen.....

September 11, 2016 Also marks Brake Safety Week!

Please make sure you are in compliance and checking your brakes!
Also Starting August 8 2016-ALL PASSENGERS-riding in a property carrying commercial vehicle will need to be buckled up! (BTW...This is company policy also) A Commercial Vehicle may not be driven unless the driver and all occupants are wearing seat belts, **the Driver and the Motor Carrier will bear responsibility for compliance.**

We are waiting on a final rule from FMCSA establishing a clearing house for CDL Drivers that have ever tested positive on drug testing....if you have, you may want to keep an ear out for how this rule may affect you...

How Healthy are you?

As we age, being overweight leads to heart disease, cancer, stroke, diabetes, asthma, hypertension, and sleep apnea as well as many more conditions; Only you can make a difference in your health. If you have an extra 10 minutes take a walk, choose to eat healthier, drink more water-AND LAUGH! Sadly many crashes involving trucks are related to issues where the driver was asleep, had a heart attack, or diabetic shock. Whether you are a driver, or have a desk job, find an activity you enjoy, Smile and have a happy healthier life.

Helen

PreTrip/Post Trip Inspections

Be sure to check your fluid levels!!! Pop your hood! Check your Oil, Windshield Wash! Is your trailer maintenance free? Do your due diligence and make sure you unit is ready for the road! This will keep you moving and safe!



SMART DRIVER®

Value-Driven™ Driving

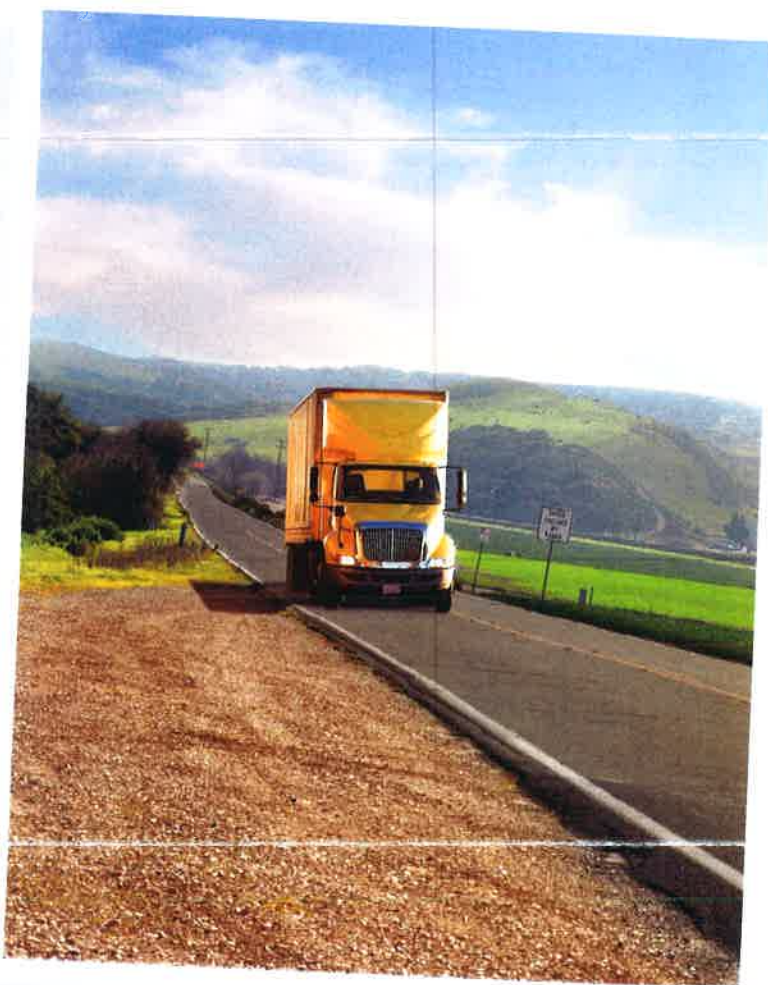
July 2016

What drives the decisions a professional truck driver makes behind the wheel? In today's environment, a driver's decisions can be influenced by government regulations, company safety policies, and state laws to name a few. These influencers may be well-intentioned, but ultimately a driver's decision is based on priorities and/or values.

Priorities can change in importance based on circumstances. For instance, fuel economy is very important to profitability but may need to be compromised in certain situations. Values, on the other hand, are beyond compromise. They are deeply-held beliefs or principles that a driver will stick to no matter the circumstances or outside influences. For instance, it is fair to say that no driver wants to be the cause of a crash. This is bad for everyone involved, so if preventing vehicle crashes is valued by a driver, he/she will do everything within his/her control to prevent a crash from happening. This is what Value-Driven™ Driving is all about, making "values-based" decisions behind the wheel and around the truck.

In discussions with professional truck drivers, the following were commonly shared values. Where do you stand on these?

- **Honesty**
- **Integrity**
- **Accountability**
- **Professionalism**
- **Trust**
- **Protecting Life**
- **The Essential 7 Driving Techniques**



For more information on Value-Driven™ Driving and The Essential 7 Driving Techniques, go to Great West Casualty Company's homepage (www.gwccnet.com) or the online Learning Library at <http://greatwest.infinit-i.net/Login.aspx>.

Please read
Sign

Print

Date

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return to Helen Thanks

PROFESSIONAL TRUCK DRIVERS AND THE TRUCKING INDUSTRY

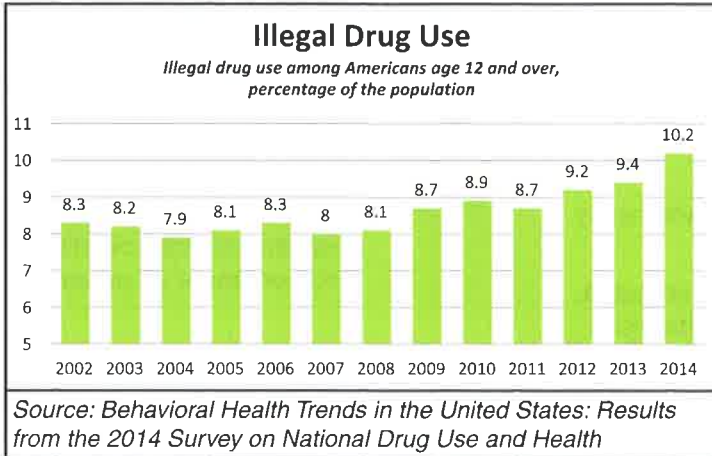
- Professional truck drivers drove over 279 billion miles in 2014, more than double 25 years ago. Those miles accounted for 14.2% of all motor vehicle miles and 29.8% of all truck miles.
- There are 586,014 for-hire carriers and 747,791 private carriers in the United States; 97.3 percent of them have fewer than 20 trucks and 90.8 are operating six trucks or less.
- The trucking industry paid \$39.9 billion in federal and state highway taxes in 2014, and represented 12.1 percent of vehicles on the road. The trucking industry paid \$18.4 billion in federal highway-user taxes and \$21.6 billion in state highway-user taxes in 2014.
- In 2015, the trucking industry hauled 10.49 billion tons of freight, or 70.1 percent of total U.S. freight tonnage. Rail was the next busiest mode, moving 13.8 percent of the nation's freight tonnage.
- The trucking industry consumed 54.3 billion gallons of diesel fuel and gasoline in 2015. Based on consumption and price, ATA reported that motor carriers spent \$142.9 billion in 2015.
- In 2015, the trucking industry was an astounding \$726.48 billion industry, representing 81.5 percent of the nation's freight bill.
- The federal fuel tax for diesel in 2015 is 24.4 cents per gallon; the average state tax for diesel fuel was 27.4 cents per gallon.
- More than 80 percent of U.S. communities depend solely on trucking for delivery of their goods and commodities.
- There are 3.63 million class 8 trucks on the road in the United States and 11.7 million commercial trailers were registered in 2015.
- A new truck produces one-tenth the fine particulate emissions and smog-forming NOx emissions as a similar truck manufactured just seven years ago.
- There are 3.5 million truck drivers in the United States. Total industry employment is 7.3 million or one out of every 16 people working in the United States.
- Fine particulate emissions from on-road diesel trucks have been cut by more than half over the past decade.

Updated 6/16



More Americans using illegal drugs

Illegal drug use is on the rise – the most recent information from the National Survey on Drug Use and Health shows that more than 10 percent of Americans use illegal drugs.



That's higher than any year referenced by the survey, which contains data going back to 2002. That year, the report showed 8.3 of the population used illegal drugs.

The increase in illegal drug use is being seen across all age groups and is driven primarily by the use of marijuana. About 8 percent of Americans age 12 and older use marijuana, according to the survey.

The illegal use of prescription drugs continues to be a problem as well. Pain relievers, tranquilizers, stimulants, and sedatives fall into that category. Although illegal use of these drugs has fallen slightly since 2006, their use continues to be of concern.

An abuser of prescription medication may turn to heroin because it is cheaper and easier to obtain. Use of heroin doubled between 2013 and 2014, and the Centers for Disease Control and Prevention reports that heroin-related overdose deaths quadrupled between 2002 and 2013.

In addition to putting a person at risk for a deadly overdose, illegal drug use can cause brain, kidney, or liver damage. It also impacts a person's cardiovascular health.

Strategies for preventing drug abuse include education and treatment services, as well as community and family support. Workers looking for drug abuse services can take advantage of employee assistance programs or community-based groups such as Narcotics Anonymous.

By the numbers

- Around **27 million** Americans use illegal drugs.
- It costs more than **\$600 billion** to address the impact of substance abuse in the U.S. each year.

Source: Substance Abuse and Mental Health Services Administration

Avoiding addiction to prescription painkillers

When a person experiences significant pain, prescription opioids can provide much needed relief. But when they're not taken as directed, addiction can be the result.



In 2014, almost 2 million Americans abused or were dependent on prescription painkillers, according to the Centers for Disease Control and Prevention.

The pills are most dangerous when a person tries to increase the euphoric reaction, or "high," by crushing and then snorting or injecting the powder, or by taking the pills with alcohol or other drugs.

To help avoid addiction:



- Use all medications as prescribed.
- Never change dosing without the permission of your doctor. Do not take more pills, or take them more frequently.
- Know the possible interactions with other drugs. Be sure to tell your doctor all the medications you are taking — prescription, over-the-counter, and herbal.
- Do not take another person's prescription medication.

If you have leftover medication, or medication that has expired, don't save it just in case it will be needed later. Unused medication should be properly disposed of at a drop-off site.

Marijuana not necessarily a safe high

Marijuana may seem like a harmless drug. After all, it's legal for medical purposes in 25 states and can be used recreationally in four states and the District of Columbia.

Although its popularity is growing, its use is not without risks.

The chemical that causes the marijuana high is tetrahydrocannabinol, or THC. It acts on parts of the brain that influence pleasure, memory, thinking, concentration, coordination, and sensory and time perception.

The drug distorts the way the world is perceived, and can be especially dangerous in a work environment. The Office of National Drug Control Policy points out that marijuana:

- Impairs coordination
- Makes thinking difficult
- Impairs problem solving
- Creates problems with learning and memory
- Increases the risk of a heart attack

Other health effects include anxiety and depression, and heavy use may increase the risk of schizophrenia.

While it is unlikely that someone would overdose on marijuana, use of the drug can impair driving and lead to panic attacks. A person can become dependent on marijuana, and its use can interfere with job performance and family relationships.

Many workplaces have policies banning all illegal drugs, including marijuana. This is done to encourage a safe and productive workplace, and lower the risk that an accident will occur because of impairment due to marijuana use.

Binge drinking takes a toll on all age groups

Binge drinking may be associated with underage drinking or college parties, but the practice is actually much more widespread.

Seventy percent of binge drinking episodes involve adults age 26 and older, according to the Centers for Disease Control and Prevention. In addition, binge drinkers age 65 and older report bingeing more often – an average of five to six times a month.

The problem also remains a concern among young people, as about 90 percent of the alcohol consumed by those



under 21 is consumed during binge drinking episodes.

Binge drinking impairs judgment, mood, and behavior, and can lead to car crashes and other accidents, as well as alcohol poisoning, high blood pressure, stroke, and liver disease.

Over time, excessive alcohol consumption can take a serious toll on a person's body. It can affect the function of the brain, liver, heart, and pancreas, as well as weaken the immune system and increase the risk for certain types of cancer, including mouth, esophagus, pharynx, larynx, liver, and breast.

To avoid the harm associated with binge drinking, it's best to drink alcohol in moderation or avoid drinking at all.

What is considered a "drink"?



Beer
12 ounces



Malt liquor (beer containing 6-7% alcohol)
8-9 ounces



Wine
5 ounces



Distilled spirits (i.e., whiskey, vodka, gin, etc.)
1.5 ounces

For men, drinking in moderation means up to 2 drinks per day, and for women it means up to 1 drink per day.

Where there's smoke ...

Facts about marijuana



Marijuana stays in a person's system for several days after use, and for up to a month in chronic users. A casual user who smokes marijuana on Saturday would still have the drug in his or her system on Monday. If a drug test would be given on Monday, the results will be positive.



Marijuana use is on the rise. In 2007, it was used by 5.8 percent of Americans, according to the National Survey on Drug Use and Health. In 2014, that figure rose to 8.4 percent.



Today's marijuana is more potent than the marijuana of the past. The marijuana high is caused by the chemical THC. In the 1970s, marijuana had a THC content of about 1 percent. Today it is nearly 13 percent, and some strains are advertised as having a THC content of 25 percent or higher.

Next month:
**Cold and Flu
Prevention**



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