

SST NEWS & NOTES

Volume 1, Issue 9

November 4, 2016

**Books books and more books!!!
CONTACT HELEN TODAY
FOR YOUR NEW FMCSR,
HazMat Compliance books, and
Handling Hazardous Materials
Books! They are here at the
office and are required for you to
stay in compliance ☺**



**NOV 8
2016
Election
Day!**

ATTACHMENTS:

- ✓ Illinois EPA PIMW Permit-Required if you transport Medical Waste through IL
- ✓ November Living Right
- ✓ Pre-Trip/Post Trip Procedures
- ✓ Hazards of Stopping on Shoulders

TIRES TIRES TIRES:

Our trailers cover a lot of ground within a short amount of time...lets help out our fellow drivers and please make sure you are doing your pretrip and POST Trip inspections. You don't want to go pickup a trailer only to realize it needs work BEFORE it is roadworthy? Please don't leave trailers for other drivers that are not acceptable to travel down the road. This is all done through your post trip inspection before you are done with the trailer you are dropping. We have an issue with tires, DON'T BE LAZY and leave it for the next guy. Remember to check your tires, lights, reflective tape, tire pressure, etc. Attached is a Pre Trip inspection procedure-THIS SAME Procedure is what should be used for POST TRIP. ☺

Beside you never know what might be hanging out by your tires waiting for mom.....



Notes from the desk of Helen.....

As professional drivers it is your responsibility to do your walk arounds and check your rig. Please don't drop a trailer with bald tires, broken lights, etc expecting the next driver to handle the problem. Remember to check the air pressure, try not to skid your tires. The shop recently had to replace tires on two trailers due to skidding. We would hate to have to start charging this back to you.

If you have a passenger policy, Don't forget to let me know when you have your passenger. Remind them to buckle up, you can be stopped and receive a fine for your passenger not using their seatbelt. This fine will be your responsibility.



Hopefully everyone will be voting or did an absentee ballot in their hometown! November 8, 2016 GET OUT AND VOTE!

Veterans day is November 11, 2016-Remember to thank a Veteran who has served for you and our Country!

Freedom is not free, do your part, vote! And be thankful for those who gave for us

Helen

Reminder, Christmas is just around the bend. Any employee wishing to donate towards Montes Christmas gift I will need your donation here in the office by December 16th. If you choose to do payroll deduction I will be sending out a form this year that will need to be completed and signed to confirm your deduction. This will go out on the November 18, and December 2nd payrolls.

-Sharisa



PRE-TRIP INSPECTION PROCEDURE

STATION 1 AND 2 - IN/FRONT OF CAB AND ENGINE COMPARTMENT

- Steering mechanism for damaged parts, excess travel
- Parking (hand) brake and service brakes
- City and highway horn
- Windshield wiper(s) operational, wiper blades and arms
- Rear vision mirror(s)
- Headlamps, signal indicators, markers, reflectors
- Emergency Equipment (fire extinguisher, triangle's, flares)
- Check hoses, belts, fluid levels, leaks (air and liquid)

STATIONS 3, 6, 10 AND 12 - WHEELS AND BRAKES

- Inspect wheels for cracks, bent rims and broken studs, clamps, and lugs.
- Check tire inflation and valve stems, look for cuts, bulges, tread wear, and signs of misalignment.
- Inspect wheel bearing and hub for leaking.
- Dual wheels should be evenly matched with the same type of tires.
- Check the condition of the brake drums, hoses, air chamber mounting, and slack adjusters.

STATIONS 4 AND 14 - SADDLE TANKS

- Fuel tanks and caps should be secure and not leaking.
- Check for leaks from the rear of the engine, transmission, drive shaft, and exhaust system.
- Air Lines and electrical wiring should be secure.
- Check frame and cross members for damage.
- Battery and battery box should be secure: check battery fluid and cell caps.
- Drain moisture from the air tank, close the petcock.

STATION 5 - TRAILER FRONT

- Glad hands should be properly mounted, undamaged, and not leaking.
- Check the seating and safety catch on electrical plugs and secure air and electrical lines against tangling, snagging, and chafing, with sufficient slack for turns.

STATION 7 - REAR OF TRACTOR

- Cross members should not be bent or cracked.
- Lights and reflectors should be clean and operating.
- Secure air lines to frame.

STATION 8 - FIFTH WHEEL

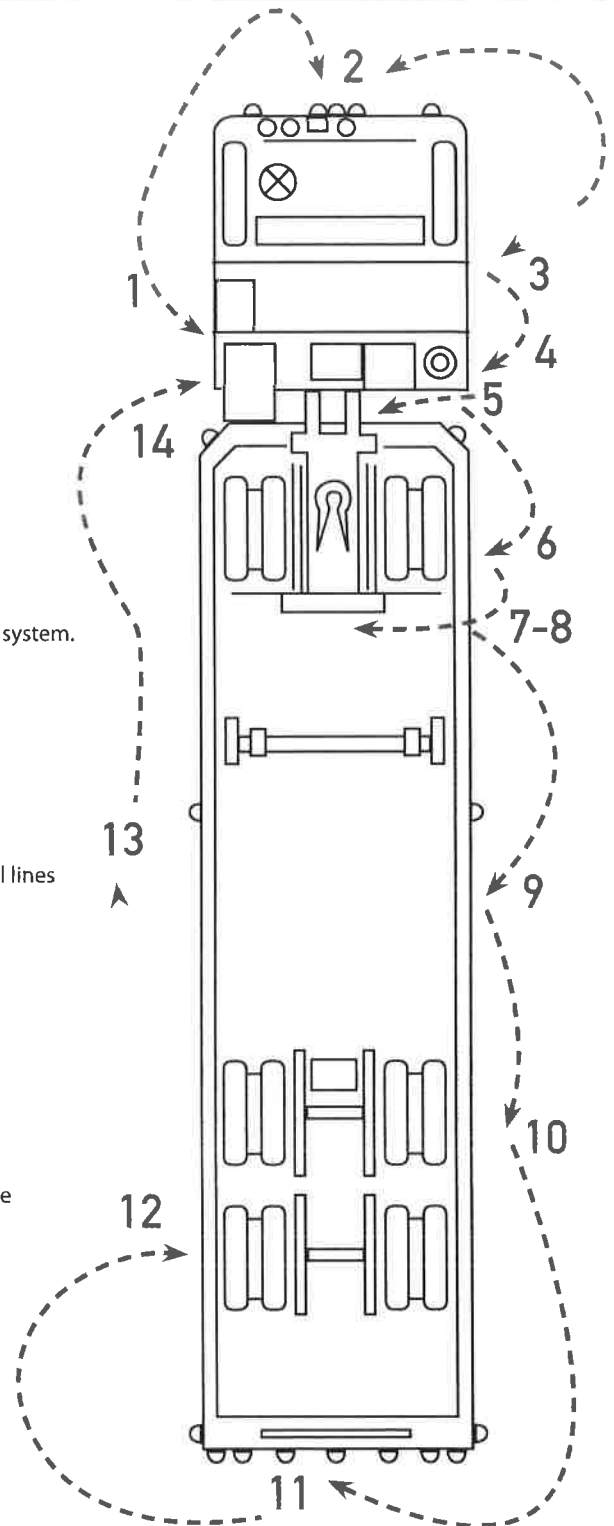
- The fifth wheel should be securely mounted to the frame with no missing or damaged parts and no visible space between the upper and lower fifth wheel.
- Locking jaws should secure the shank, not the head of the kingpin, and the release lever should be properly seated and the safety lock engaged.

STATIONS 9 AND 13 - TRAILER SIDES

- Landing gear and dollies should be raised (check for damage).
- Check for air or hydraulic leaks.
- Check the spare tire rack for damage and secure the wheel after checking its inflation level.
- Lights should be clean and operating.
- All placards should match.

STATION 11 - TRAILER REAR

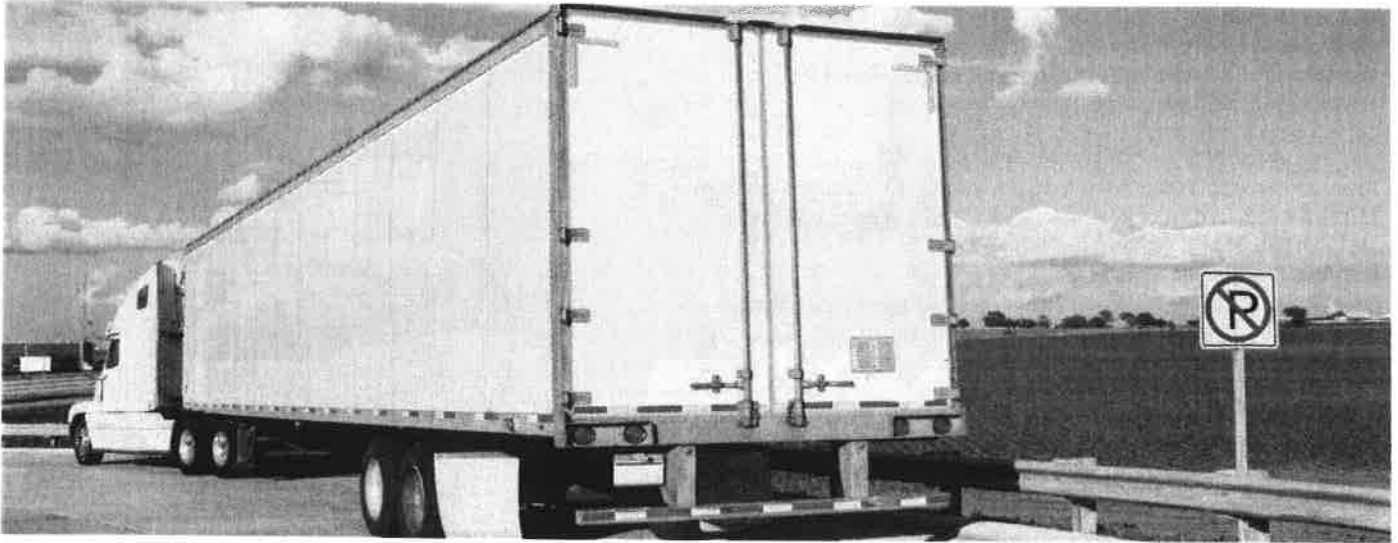
- Cargo and tailboard should be secured, and canvas or tarp lashed down.
- Latch and lock rear doors and check the underguard.
- Check lights, reflective tape.



392.7 Equipment, Inspection and Use

The Hazards of Stopping on Highway Shoulders

By Kevin Skow, AVP Safety Services



In the trucking industry, stopping along a busy highway due to an emergency may be necessary. Unfortunately, not everyone recognizes how dangerous this can be for the truck driver and motoring public. Due to the severe risk this poses, management should encourage drivers not to stop along the roadside in non-emergency situations, such as getting out to ask for directions or to visit a convenience store. Stopping along the roadside increases exposure to a potential crash, which can likely be prevented with good trip planning, thorough vehicle inspections, and proper equipment maintenance. At the very least, instruct drivers to exit the highway and find a safe place to park for these situations.

If a driver must absolutely stop on the side of the road, motor carriers should educate drivers and dispatchers on actions that can be taken to reduce the risk of a loss in the event of a breakdown or other roadside emergency. Such actions include:

- **Avoid parking on curves or on the downside of undulated roads that obscure the approach of oncoming traffic.**
- **Park as far off the traveled roadway as safely possible. Keep in mind, shoulders can be soft and have a steep drop-off or ditch beside it.**
- **Turn on 4-way flashers when slowing and leave them on while stopped.**

- **When stopped, set parking brakes.**
- **Keep marker lights on after dark.**
- **Set out warning devices in accordance with the FMCSR Part 392.22.**
- **Notify employer as soon as possible to arrange roadside assistance.**
- **Avoid falling into traffic by using three points of contact exiting /entering the cab or climbing onto the catwalk or trailer.**
- **Walk along the side of the vehicle opposite traffic.**
- **Watch out for debris or uneven surfaces when outside the vehicle.**
- **Use a visible flashlight after dark.**
- **Wear reflective clothing (such as a high visibility safety vest) when exiting the vehicle.**
- **Face oncoming traffic as much as possible, keeping your eyes on approaching vehicles while working.**

Although it is never a safe practice to stop along roadways, the above steps may be helpful in reducing the risk of a serious loss for all involved.



Illinois Environmental Protection Agency

Rec'd 10/17/16

Bureau of Land • 1021 North Grand Avenue East • P.O. Box 19276 • Springfield • Illinois • 62794-9276

Potentially Infectious Medical Waste (PIMW) Hauling Application

This Application is a:

New Application Renewal Addition PIMW Hauler Number: M 9076

Exp. Date of Current Permit: 10-31-2016

FOR AGENCY USE ONLY		
10/31/17	1	9076
Expiration Date	Total Vehicles Permitted	PIMW Number

APPLICANT: You may complete this application online, save a copy, print, sign and mail it to address above. You may also print this form, manually complete it (type or print in ink), sign it and mail it to Fiscal Services #2 at the address above. The Agency will not accept incomplete or photocopied applications. A denied application will result in the forfeiture of \$2,000 PIMW hauling permit application fee. **Any person who knowingly makes a false, fictitious, or fraudulent material statement, orally or in writing, to the Illinois EPA commits a Class 4 felony. A second or subsequent offense after conviction is a Class 3 felony (415 ILCS 5/44 (h)).**

1. Hauling Company Information

Smith Systems Transportation, Inc.
Business Name

2720 N 10th Street, Gering, NE 69341
Company Location (Not P.O. Box)

P.O. Box 2455
Mailing Address

Scottsbluff NE 69363-2455
City State Zip

Scotts Bluff County 800-897-5571
County Business Phone

1-A. Contact Information

Monte W Smith President
Name of Principal or Authorized Representative Title

P.O. Box 2455
Mailing Address

Scottsbluff NE 69363-2455
City State Zip

308-632-5148 shelley@smithsystems.us
Emerg. Phone Email Address

308-632-7973
FAX

I, the undersigned, certify that the information contained herein is true and complete and that the removing, hauling, disposing, storing or treating of Potentially Infectious Wastes complies with all requirements of 415 ILCS 5/56.5 and the attached standard conditions for PIMW hauling permits.

[Signature] 10-13-2016
Signature of Hauling Company Owner (or Authorized Representative) Date

2. Vehicle Owner Information Same as Above

[Signature]
Business Name of Owner of Vehicles

[Signature]
Address

[Signature] [Signature] [Signature]
City State Zip

[Signature]
Business Phone

2-A. Contact Information Same as Above

[Signature]
Name of Principal or Authorized Representative

[Signature]
Title

[Signature]
Home Address

[Signature] [Signature] [Signature]
City State Zip

I, the undersigned, certify that the information contained herein is true and complete and that the removing, hauling, disposing, storing or treating of Potentially Infectious Wastes complies with all requirements of 415 ILCS 5/56.5 and the attached standard conditions for PIMW hauling permits.

[Signature] 10-13-2016
Signature of Vehicle Owner (or Authorized Representative) Date

In accordance with 415 ILCS 5/56.1 and 415 ILCS 5/56.5, each application for permit to be issued on or after July 1, 1992 must be accompanied by the PIMW hauling permit application fee made payable to the "Treasurer, State of Illinois" by certified check, cashier's check or money order, calculated in the following manner:

Hauler's Permit Fee (Check One)

New (\$2,000)

Renewal (\$2,000)

Added (\$)

Vehicle Permit(s) (\$250/vehicle):

Number of New Vehicles	<u> </u>	Total:	Total Fee Amount:
Number of Renewal Vehicles	<u> 1 </u>		
Number of Added Vehicles	<u> </u>		
Total Number of Vehicles	<u> 1 </u>	\$0.00 \$250	\$2250

IL 532-2082
LPC 457 Rev. 1/2014

This Agency is authorized to require this information under 415 ILCS 5/39, and 415 ILCS 5/56.5. Disclosure of this information is required under those sections. Failure to do so may prevent this form from being processed and could result in forfeiture of PIMW hauling fees. This form has been approved by the Forms Management Center.

FOR AGENCY USE ONLY			
<u>Becky Jayne</u>	<u>10/17/16</u>	<u>Becky Jayne</u>	<u>10/17/16</u>
Reviewed By	Date	Issued By	Date
			<u>10/31/17</u>
			Exp. Date

Make sure trailer is listed on the permit and decals must be on the trailer!! Very important.

Vehicle Description Sheet

Business Name Smith Systems Transportation, Inc.

Business Name of Owner of Vehicles _____

FOR AGENCY USE ONLY	
<u>10/31/17</u>	M <u>9076</u>
Expiration Date	Transporter Number

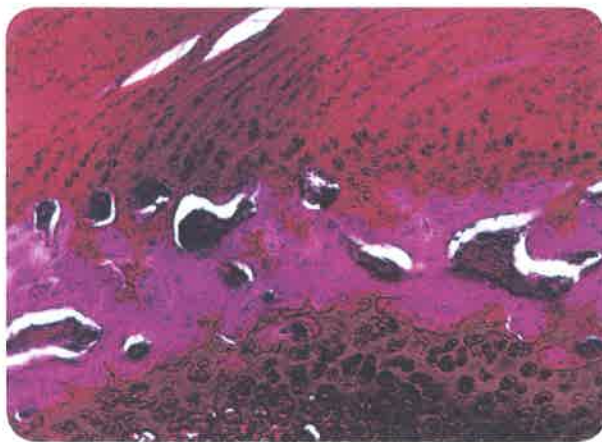
STATE LICENSE PLATE NUMBER	VEHICLE(S)	DESCRIPTION
a. State b. License Plate	a. Make - Model - Year b. Identification Number (VIN Number)	a. Type (trailer, van, etc.) b. Capacity (cubic feet)
1. a. <u>NE</u> b. <u>235317</u>	a. <u>Wabash - Trailer - 2013</u> b. <u>1JJ532B4DL748950</u>	a. <u>Refrigerated</u> b. <u>3000 CF</u>
2. a. _____ b. _____	END OF LIST	END OF LIST
3. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
4. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
5. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
6. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
7. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
8. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
9. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
10. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
11. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
12. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
13. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
14. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____
15. a. _____ b. _____	a. _____ b. _____	a. _____ b. _____



Out-of-control cells bring cancer

Cancer can occur almost anywhere in the body, but all types begin with a cell malfunction.

When damaged DNA inside a cell gives flawed instructions to the cell, cancer develops. A properly functioning cell knows when to stop growing and that it's time to die when it's old or damaged. New cells form as they're needed, allowing the body to have the right number of each cell type.



In cancerous cells, the off switch is broken. The damaged cells don't know when to quit growing and dividing. The cancerous cells don't perform a specific function, as healthy cells would.

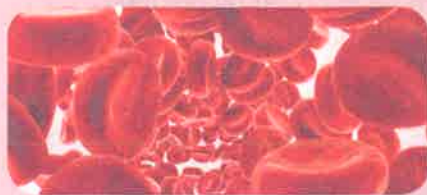
As cells continue to grow uncontrollably, a tumor may form. A malignant tumor invades other tissues. The cancer may spread to other parts of the body as cancerous cells travel through the blood or lymph system. This allows cancer to form new tumors that are far from the original tumor.



Genetic flaws inside cells may mean a person is more likely to get a certain type of cancer. Cancer may also occur when the DNA inside a gene is damaged by something in the environment, such as chemicals in tobacco smoke or the ultraviolet rays from the sun.

Cancer may also result from a combination of genetic predisposition to the disease and environmental factors. A person who inherits a genetic mutation may have a higher risk of cancer when exposed to a substance that causes the disease.

Fact: Cancer may form a solid tumor (a mass of tissue). However, cancers of the blood, such as leukemia and lymphoma, do not usually form solid tumors.



By the numbers

About 1.7 million new cases of cancer will be diagnosed in the U.S. in 2016. About 600,000 people will die from the disease.



208 of every 100,000 men die of cancer.



145 of every 100,000 women die of cancer.



Fact: A specific type of cancer is usually named for the organ or tissue where the cancer forms. It may also be described by the type of cell that formed the cancer.

Common cancer types

Type	Estimated new cases, 2016
Breast	249,000
Lung	224,390
Prostate	180,890
Colon & Rectal	134,490
Bladder	76,960
Melanoma	76,380
Non-Hodgkin Lymphoma	72,580
Thyroid	64,300
Kidney	62,700
Leukemia	60,140
Endometrial	60,050
Pancreatic	53,070

Sources: National Cancer Institute/American Cancer Society

Note: Non-melanoma skin cancer is not required to be reported to cancer registries. A 2012 study estimates that 5.4 million cases are treated annually.

Eating more fruits, vegetables a delicious way to fight cancer

A dinner plate filled with fruits and vegetables can help you control your weight, which can lower your risk for cancer.

Some lab and animal research also indicates that antioxidants, which can be found in fruits and vegetables, may help prevent cancer. It is not clear whether antioxidants or other compounds in these foods lower a person's cancer risk, however.

While the link between antioxidants and lower cancer risk has not yet been clearly established, there is no doubt that a diet high in vegetables and fruits is a healthy choice. Good sources of antioxidants include:

- Berries – Strawberries, blackberries, raspberries, and cranberries.
- Fruits – Apples, pears, grapes, peaches, and cherries.
- Vegetables – Bell peppers, kale, broccoli, tomatoes, and artichokes.
- Nuts – Almonds, walnuts, and pecans.
- Legumes – Lentils, kidney beans, and edamame.



Researchers warn that taking some antioxidant supplements in high doses may be linked to certain types of cancer. To increase the amount of antioxidants in your diet, it is best to stick to a variety of healthy food sources.

Take action to lower your risk

While some cancer risk factors, such as age and genetics, can't be controlled, there are actions a person can take to help lower the risk of cancer.



Avoid tobacco. Tobacco smoke contains thousands of chemicals, 250 of which are known to be harmful. At least 69 of the chemicals can cause cancer.



Maintain a healthy weight. Obesity is associated with an increased risk of several types of cancer, including kidney, pancreas, and esophagus.



Limit alcohol consumption. The more you drink, the higher your risk of certain types of cancer, including cancer of the mouth, throat, esophagus, larynx, liver, and breast.



Protect your skin from the sun and avoid indoor tanning. Exposure to ultraviolet (UV) rays causes the skin to age prematurely and can cause damage that leads to skin cancer.



Stay physically active. Some studies have shown links between physical activity and a reduced risk of cancer of the colon, breast, prostate, lung, and lining of the uterus.



Vaccines also can help lower cancer risk. The HPV (human papillomavirus) vaccine, recommended for females aged 11 to 26 and males aged 11 to 21, helps prevent most cervical cancers and several other cancers. The hepatitis B vaccine, recommended for all ages, helps lower liver cancer risk.

Recommended screenings can find cancer early

Breast cancer:

A mammogram is recommended for women age 50 to 74 every two years, although some groups recommend getting screened sooner or more frequently. Talk to your doctor about what is right for you.

Cervical cancer:

Pap tests are one of the most reliable and effective cancer screening tests available, and are recommended for women ages 21 to 65.

Colorectal cancer:

Adults ages 50 to 75 should be screened regularly for colorectal cancer, which almost always develops from precancerous polyps in the colon or rectum. Screening detects these polyps, which can then be removed before they turn into cancer. Adults age 76 to 85 should ask their doctor if they should be screened.

Cancer screenings can help detect the disease before a person has symptoms, or in the early stages when it may be easier to treat or cure.



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