



The Distributor

Smokey Point Distributing, Inc.



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Hoppy Easter!

Easter falls on April 8th this year. Hope it's a "Hoppy" one! (Look for an Easter surprise in your mailbox!)

Hoppy Birthday!

Not all of you hatched yesterday, but we still think you're as cute as a little chic! Hope your day is filled with smiles!

- ◆ John Geiger April 1st
- ◆ Jim Whittaker April 2nd
- ◆ Sherie Green April 3rd
- ◆ Mike Barela April 5th
- ◆ Steve Buck April 12th
- ◆ Dave Dyke April 13th
- ◆ Dan Wirkkala April 19th
- ◆ Lynn Putnam April 19th
- ◆ George Gaimster April 26th
- ◆ Dan Green April 27th

Hoppy Anniversary!

You're no rotten egg... You're great! And we're still glad you're here!

- ◆ Don Singer 1 year
- ◆ Debbie Blakeley 1 year
- ◆ Ken DeRocher 1 year
- ◆ Leonard Logg 1 year
- ◆ Jerry Lee 4 years
- ◆ **Henry Lacount 8 years!!**



BOLs and Your Customers

It's important for all drivers to have the customers sign the BOLs in the proper places. This is a very important detail that helps us avoid payment issues/discrepancies. Thank you for your assistance!

Health Stop

7 Pains You Shouldn't Ignore

1. Worst headache of your life: It could be a sinus headache. With any pain, unless you're sure of what caused it, get it checked out; it could be a brain hemorrhage/tumor or an aneurysm.
2. Pain/Discomfort in the chest, throat, jaw, shoulder, arm, or abdomen: Chest pain could be pneumonia or a heart attack. Heart conditions typically appear as discomfort or pressure rather than pain.
3. Pain in lower back or between shoulder blades: Often it's arthritis; other possibilities include heart attack or abdominal problems. One danger is aortic dissection, people at risk have conditions that can change the integrity of the vessel wall; these would include high blood pressure, history of circulation problems, smoking, and diabetes.
4. Severe abdominal pain: Still have your appendix? Watch out for a rupture. Gallbladder and pancreas problems, stomach ulcers, and intestinal blockages.
5. Calf pain: One of the lesser known dangers is deep vein thrombosis (DVT), a clot in the leg's deep veins. The danger is part of the clot can break loose and get caught in the lungs.
6. Burning feet or legs: It's a sign of diabetes. Burning or pins-and-needles sensation in the feet or legs that can indicate nerve damage.
7. Vague, combined, or medically unexplained pains: Various painful, physical symptoms are common in depression. Complaints of headaches, abdominal pain, or limb pain are common. Get help when you've lost interest in activities, you're unable to work or think effectively, and you can't get along with people. Depression can cause structural changes in the brain.



Joke of the Month

I looked over to my left and there was a woman in a brand new Cadillac doing 65 mph with her face up next to her rear view mirror putting on her mascara. I looked away for a couple seconds and when I looked back she was halfway over in my lane, still working on that makeup.

As a man, I don't scare easily. But she scared me so much; I dropped my electric shaver, which knocked the donut out of my other hand. In all the confusion of trying to straighten out my car using my knees against the steering wheel, it knocked my cell phone away from my ear, which fell into the coffee between my legs that splashed and burned my lap, ruined the damn phone, soaked my trousers, and disconnected an important call!

Damn Women Drivers!

Safety Corner



Seatbelts and Big Trucks

- In 2004, 634 drivers of large trucks died in truck crashes and 303 of those drivers were not wearing safety belts. Of the 168 drivers killed who were ejected from their vehicles, almost 75% were not wearing safety belts.
- Federal Motor Carrier Safety Regulations require commercial motor vehicle drivers to wear safety belts. (49 CFR 392.16)
- 51% of truck-occupant-fatalities in large trucks involve a rollover. Rollover in a large truck increases the likelihood of fatality by 30 times. In a rollover, a truck driver is 80% less likely to die when wearing a safety belt.
- About 27,000 large truck occupants suffered nonfatal injuries in crashes; of these, 4,000 were seriously injured.
- 29% of the truck drivers surveyed reported that they had been involved in a truck crash at some point in their career.
- 65% of truck drivers think that safety belt use in large trucks should be required by law.
- 67% of truck drivers killed, who were not wearing a safety belt, were involved in single vehicle crashes.



Useless Facts

- Sharks are immune to all known diseases
- China uses 45 billion chopsticks per year
- A stretched out slinky is 87 feet long
- If an Amish man has a beard, he is married

Winter Recap

The snow is melting, in most parts of the country, and we've made it through relatively accident-free. SPD incurred one accident in South Dakota this winter that resulted in the loss of a truck, minor damage to the cargo, but with the driver walking away without a scratch. While we are extremely grateful for the safe return of the driver, we would like to review some prevention steps with the fleet. While driving in adverse weather conditions make sure to:

1. Adjust your speed accordingly.
2. Manage your lane position and distance from the other traveling vehicles.
3. Get off the road if you feel that you are in an unsafe situation.

Overall, the fleet did a wonderful job this winter! You should all be proud of your safety record as a whole this past season.

Please take time to review your winter and the choices that you made that worked or didn't work. We must all constantly evaluate ourselves in order to reinforce good habits and discover or change habits that could use some improvement.

Cash Advances

Reminder to all drivers: Cash advances are only authorized while you are on the road. Drivers are not permitted to draw cash while not under a load.

Split Sleeper Berths

Clarification:

Due to contradicting interpretations and materials explaining the split sleeper berth, and investigation into the actual rules was conducted.

Drivers are allowed to switch to the split sleeper provision on the fly, by FMSCA regulations. This however, has seemed very difficult for some drivers. If you would like clarification on the split sleeper provision and all it entails, please feel free to see the Safety Department for more information.

Quarterly Review

It's time to remind everyone of our 2007 goals and update you on our standings. (Yes, the year is a quarter of the way over already!)

Our goals and standings for 2007 are:

1. **Injury-free Year:** so far this year we have had 4 claims opened (2 in January and 2 in February). Two of the claims were fairly minor, one was serious (though it could've been worse), and the fourth was an occupational; occupational injuries occur over long periods of time, and do not stem from a particular incident.
2. **Reduce Accidents by 50%:** We have only been involved in two preventable accidents this year. Neither incident involved another vehicle; one was a property damage claim and the other was our one winter accident. This is up against last year's three preventable accidents in the first three months of the year.
3. **Reduce Cargo Claims by 50%:** We started out 2006 really strong with only two cargo claims in the first three months of the year. We've had three chargeable cargo claims in 2007 thus far; this does not include a couple incidents that could have resulted in claims, but were thankfully resolved otherwise.
4. **Turn Logs in w/in 13 Days:** Logs are improving. We really do not have numbers to compare last year with, however, we have noticed more attention to detail being paid by the fleet and would like to acknowledge that effort.

While the numbers are looking positive in most of our goals so far this year, we still have some room for improvement. Our areas of opportunities within our goals are:

1. **Injuries:** Too many employees have been injured this year. Your safety is our number one concern. Please inform safety of any training you would like to receive, any safety hazards you encounter, and pay attention to your actions and surroundings at all times.
2. **Accidents:** Looking good guys! Technically we should have half of three accidents to be on track, but we stayed under last year's number, so we'll take it and work on it next quarter.

3. **Cargo Claims:** We are up one claim from this time last year. Take preventative actions by inspecting your cargo before accepting it and leaving the shipper's site. Most of our claims result in their word against the driver's word. Inform Safety immediately upon noticing damages.
4. **Logs:** Just turn all your logs in with every trip packet, no special secret here, you just have to remember to do it.

Please read upcoming newsletters for information on how to help with our goals, and for updates on how we are doing!

Traffic Congestion Soars

Travel on American highways climbed to an all-time high in 2005, according to data from the Federal Highway Administration (FHWA).

Americans drove nearly three trillion miles on U.S. highways in 2005; a 27.4 billion mile increase over travel in 2004 and nearly 25% more than in 1995.

There were 241 million vehicles registered in the U.S. last year, including 6.2 million motorcycles; the most ever recorded in both categories.

Article adapted from JJ Keller's Motor Carrier Safety Report

Just for Laughs



Newsletter Contributions

Please remember that the newsletter is open to your announcements, for sale ads, articles of interest, pictures, etc. Please direct any questions regarding contributions to Krystle in the Safety Office.