

SAMMONS TRUCKING



SAMMONS SUMMER NEWSLETTER

July 2016

A note from our President

It's hard to believe that we are already half way through the year. It seems like just yesterday that we were trying to figure out how to stay warm and now we right in the middle of the dog days of summer.

It is hard to argue that the biggest news so far this year has to be the announcement in January that UTi and Sammons Trucking were acquired by DSV making us part of the world's fourth largest 3PL. These are exciting times and there are bound to be a few changes but as I see it, a lot of opportunity. I encourage all of you to keep an open mind and embrace the challenges that may lie ahead. I am confident that we will be a stronger company by doing so.

I would like to thank each one of you for your hard work and sacrifice. This is not the easiest time to be in our industry but it is times like these that make us appreciate the better days...and those will come back.

So, with half a year to go, now is the time to set your goals for the rest of the year and together we will work to reach them.

Best Regards,

Scott Palmer

How to Relax Before Driving – 6 Quick Tips for Easing Anxiety

- Healthy Trucker.com (2013)

Spending so many hours on the road can lead to a lot of frustration and anxiety. Maybe four-wheelers are cutting you off left and right, traffic is at a standstill, or you're late for a delivery. Whatever the case, it can be beneficial to get some R&R in before starting off in the morning (or night, depending on your schedule) so these things don't grate on your nerves as much throughout the day. Keep reading to learn about how to relax before driving!

Get plenty of sleep. If you're tired, you won't be able to focus on your task at hand — driving the truck. Lack of sleep can lead to inflammation, elevated blood pressure and heart rate, and affect glucose levels. Hard to be relaxed on the road when all you want to do is crawl back into bed! Aim for [8 hours of uninterrupted sleep](#) a night.

Practice breathing techniques. [Deep breathing techniques](#) will help you relax and feel calmer on the road. These are particularly helpful when a crazy 4-wheeler cuts you off for the 65th time in a day. Do some [truck driver stretches](#) along with these breathing techniques for an added benefit.

Do a hobby that calms you. Hobbies help lower your anxiety levels and improve your ability to focus. Maybe it's reading a good book, knitting a sweater, playing video games, or watching your favorite show. Doing something that makes you happy will obviously put you in a good mental state. Though you might not have time before you take off for the day, hobbies are a great way to unwind after a particularly taxing day of driving.

Do a quick workout. Doesn't have to be anything hardcore and strenuous – take a few [laps around your truck](#) or the truck stop. Do some jump roping or crunches. Anything that gets that heart rate up will actually relax you prior to driving and alleviate some stress.

Listen to your favorite music. Put on some music or an audio book that soothes you. Be careful not to put anything too soothing on, though — we don't want to fall asleep!

Make healthy food choices. By adopting a healthier diet, you'll have more energy and feel calmer and less anxious during the day – a big benefit with such a stressful job!

“Safety First” is “Safety Always” – Charles M. Hayes

SUMMER DRIVING SAFETY

- JJ. Keller June 2016 Publication

Be a defensive driver – watch for:

- Over-packed vehicles
- Vehicles towing boats, campers, trailers
- Slow-moving vehicles/frequent braking
- Vehicles changing direction without warning
- Out of state license plates
- Impaired drivers

Wear your safety belt:

- It holds you in place as the vehicle absorbs the impact of the crash
- It spreads the stress and impact forces of the crash
- It is required by the regulations (392.16)

Use caution in construction zones

- Pay attention
- Don't tailgate
- Don't speed
- Be patient
- Expect the unexpected

Meet your new Sammons Employees

Russell Schmidt – Account Executive/Dispatch. Russell likes working on cars with his son, fishing and hunting.

Christopher Nuckolls – Account Executive/Dispatch. Christopher loves hunting, fishing, camping and working with livestock.

Devon Geersten – Application Support Analyst. Devon enjoys reading comics, watching the Walking Dead and Game of Thrones, photography and playing World of Warcraft.

CDL Drivers can Prevent Heat-Related Illnesses

- National Private Truck Council (NPTC)

Limit your exposure to direct sunlight as much as possible; wear good sunglasses when driving or working in the sun.

Drink before, during and after physical labor to replace body fluid lost in sweating. The National Institute for Occupational Safety and Health (NIOSH) recommends fluid replacement not only as treatment for heat exhaustion, but as a preventive measure (i.e., water intake equal to the amount of sweat produced). The Occupational Safety and Health Administration (OSHA) identifies drinking water as one of its top 10 tips for staying cool in hot workplaces. The agencies recommend drinking every 15 to 20 minutes -- not just during rest breaks -- to stay sufficiently hydrated and maintain a safe core body temperature. This puts less strain on the cardiovascular system and can lead to fewer heat-related illnesses and injuries.

Anticipate conditions that will increase the need for water, including high temperature, humidity, protective clothing and difficulty of work.

Keep in mind that by the time you are thirsty, you are already about 2% dehydrated. Once you are dehydrated, it's difficult to make up for that lost hydration.

Drink 5-7 ounces of fluids every 15-20 minutes to ensure proper hydration.

Keep individual containers of cool, clean water within easy reach at all times.

Drink cool water, which is absorbed more quickly by the body than warm or very cold fluids.

Try carbohydrate/electrolyte drinks to help avoid heat cramps that can occur up to several hours after working.

Avoid coffee, tea or soda, which act as diuretics, further depleting the body of fluid. Never drink alcohol while working.

Wear lightweight, light colored, loose fitting clothing that does not create a safety hazard for your work environment. If outdoors, wear a hat to reduce direct exposure to the sun.

Avoid hot foods and heavy meals – they raise your body temperature.

Pack a cooler with water for the day. Also, keep an umbrella in the truck if you are operating in extreme heat. This will allow you to move to an area with breeze and still be protected from the sun.

If exposure to the sun is inevitable, apply generous amounts of sunscreen with a high SPF rating to exposed skin.

Make sure your truck is in excellent condition. While operating in extreme heat conditions, a good pre-trip inspection is crucial; otherwise, you may find yourself and your unit on the side of the road exposed to the extreme heat.

Be aware of the eight symptoms of heat stroke and exhaustion (listed above) and seek immediate medical attention if any of them occur.

May Memorial Contest

Thank you and congratulations to all of our contractors who were winners in the “May Memorial Contest” A total of \$2618.22 was donated to the following Veterans Charities:

Disabled American Veterans (DAV)

Kelli Jones	Mark Young	Donald Wilson
Louis Winger	Ray Gould	Anonymous
Lloyd Hubbard	Kennedy McDow	Nate Phillips
Rick Ledin	Carl Merrifield	Henry Cormier
Ben White	Allen Mess	Nathan Moore
Rafael Medrano	Matt Christiansen	Darin Rusher
Mel White	Brad Dudgeon	Richard Norton
David Gallardo	Phil Clark	

Fisher House Foundation

Jeremy Fuller	Marshall Antonson
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Homes of Our Troops

Josh Walters	Phillip Lauer
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Again congratulations and thank you for your contribution and participation

Prepare and prevent, don't repair and repent – Author unknown

Permit Corner

- Ada Kelley

THANK YOU!!!!

I would like to thank you for being prepared when you call in to place your permit orders, having the routes state by state, overall dimensions and start dates ready. We all in the permit department appreciate it as it makes the ordering process much more seamless.

Permit Routing:

Please remember to read your permitted route and understand it prior to running. We don't want to see anyone get ticketed for being off route. If you have questions about a route on your permit please call the permit department and we will assist you.

Construction Season;

Well it is that time of year again that we all prepare for construction. Please keep in mind that there will be many construction restrictions and re-routes.

City and County Permits:

Please remember that a lot of states are requiring city and county permits. If you are a Agent, CSR, or Operator please be sure to check on these when quoting permits and ordering permits. If you have any questions please call the permit department and we will assist you in what you need.

Weighing loads:

As a reminder please weigh each and every load. You may be told that the load is legal weight but you need to make sure of that as you will receive a citation if you are overweight.

Nevada Amber Light Permit:

The new Nevada Amber light permits are in. Please call the permit department to have the Amber light permit sent to you.

Wyoming:

Please remember to call the closest Port of Entry at least 1 hour prior to entering Wyoming and get your clearance #. If you are loading in Wyoming call the closest Port to where you are loading. Failure to call will result in a violation. We have had quite a few get warning violations lately. So we all need to remember to make that phone call.

*Tomorrow: your reward for working safely today. –
Attributed to Robert Pelton*