



# AAT NEWS

JULY 2019

## OUTDOOR HEAT SAFETY

The hot summer months can cause body temps to rise to unsafe levels, especially when combined with strenuous work. There are many types of heat illnesses, such as heat stroke, heat exhaustion, dehydration and heat cramps. Each of these conditions has various symptoms, but they commonly cause dizziness, weakness, nausea, blurred vision, confusion or loss of consciousness.

Tips for staying safe in the heat:

1. Wear loose, light colored clothing.
2. Shield your head and face from direct sunlight by wearing a hat and sunglasses.
3. Take regular breaks to rest in a shaded area.
4. Avoid overexerting yourself during the hottest hours of the day.
5. Drink water frequently, even if you aren't thirsty. The recommend amount is 8 ounces every 20-30 minutes. Avoid caffeinated beverages, as they can dehydrate you.



## Driver's Book Tidbits

Question on an IPASS, please refer to Page 38 (e)

"An IPASS toll responder may be supplied with your shipment, replacement cost is \$30.00. The IPASS responder must be returned with driver's completed paperwork at the end of each trip."

Questions on logging? Pages 13-19

The most common errors found on logs are:

- ➔ Failing to note what a driver is doing on a status change & putting in the City and State. Did you know the City cannot be abbreviated?
- ➔ Completing all sections on the form. Taking a half an hour break within eight hours.
- ➔ If you would like a sample guide, please see DJ.

## Rental Car Review



When dispatch is arranging and setting up transportation for a trip it can often include a rental car. The gasoline that is used in the rental car is something that the driver pays for but dispatch has factored in when calculating the contract rate. If a driver chooses to take the Fueling Option the rental car company charges a premium; often up to \$10.00 per gallon. If you do not fill it up before returning the car, they can again charge this rate per gallon. This additional expense is not covered by AAT.

## Three Points of Contact

According to a report by OSHA truck drivers had more non-fatal injuries than any other industry. More than half of those were sprains and strains caused in part by slips and falls getting in or out of trucks.

The three points of contact system means three of your four limbs are in contact with the vehicles at all times.

Drivers will have the most stability when the center of the triangle is closest to their center of gravity.



Always use the three point of contact system.

Don't jump off a truck, landing exerts 12 times your body weight on your joints.

Don't carry items in your free hand.

Don't use tires or wheel hubs as a step surface.

Never use the door frame or door edge as a handhold.

## This N That

Don't forget our **SUGGESTION BOX**. We welcome any ideas and suggestions.

New polo shirts are in and the feedback is great. Very comfortable! Each driver must wear an article of AAT clothing when in contact with customers at pickup and delivery.

**WEX CARDS**...are **ONLY** to be used for fuel for the vehicle you are transporting. It is not to be used for DEF, other fluids or rental car gas.

Bring your wall charger and make sure your phone is fully charged before starting a new day. Portable Battery packs make a nice back up for an unplanned situation.

The office will be closed on July 4<sup>th</sup> & 5<sup>th</sup>.



**Enjoy your July 4th holiday.**

Debra, Scott, Donna, DJ, Jackie Penney, Kara and Patti