



THE DISPATCH

MAY 2020



MEMORIAL DAY
REMEMBER AND HONOR

IMPORTANT NOTICES!

This has been discussed before, but it's still an issue. For NO reason should you pull a trailer that you have not logged a pre-trip on, period! It is required by the FMSCA to have your trailer listed on your log. That means **EVERY** trailer that you hook to must be on your log. EVERYONE must pre- and post-trip EVERY trailer.

All repairs/purchases **MUST** go through Truckway Breakdown. Our trucks and trailers are leased through Truckway. *THEY* are responsible for *ALL* repairs *AND* parts. Even as small as a fuse to wipers, headlights or purchasing oil needs to be handled through breakdown. It may seem easier or quicker to repair it yourself, but we can no longer allow it. We are not able to recoup the cost nor is there a record of that repair/purchase. **CALL BREAKDOWN 1-800-274-7770**

We will begin emailing instructions on how to get set up with the Federal Motor Carrier Safety Administration (FMCSA) Drug and Alcohol Clearinghouse. If you are not familiar with the Clearinghouse, it is a secure, online database that will give employers and other authorized users real-time information about CDL holders' drug and alcohol program violations, thus improving safety on our Nation's roadways. It will be ran annually just like your MVR.

Not all Heroes Wear Uniforms or Smocks

A letter from our HR Manager, Dan Arnold. April 17,2020

To All,

The men and women in uniforms, be they members of the United States military, state or local police or fire departments or the many other first responders, are joined as modern-day heroes by the incredibly brave medical professionals who are guiding the treatment and care that will enable us survive this current world-wide health pandemic. They are at the forefront of the fight and face dangers every day the scope and depth of which are difficult to comprehend. We owe them a debt of gratitude beyond expression.

But there are other heroes whose daily contributions to the fight go largely unnoticed and are easily taken for granted. Those heroes are people like our employees at Interstate-Truckway and ITDS, who have had to continue to operate in a perilous environment because what we do in supporting the food and agriculture and transportation industries “has been deemed critical to the infrastructure of the United States and is essential for the continued function of the economy in this time of declared national emergency”. We aren’t seen on television each night and what we do isn’t given nightly national media acknowledgement, but every one of our employees is a hero in his, or her, own right and should take an extreme sense of pride in what they contribute to a mission that is quite literally about personal and national survival. Under ordinary circumstances we ask a lot of each of you and now we have had to ask even more. You have all responded as we would expect you to, as the professionals you are.

I am pleased and proud to say that since this national emergency was declared on March 13th our two companies have accumulated more than 300,000 manhours worked and have had limited cases of confirmed COVID-19 infections! To be sure, we have had employees quarantined for exposure to other people (friends, family members, etc.) who had exhibited symptoms, but we have had no reports of problems related to contact in our offices. As you know, we have emphasized the need for employees who do not feel well to remain at home and seek medical attention, to maintain social distancing, to wash and sanitize and sanitize daily-use equipment. We have provided each employee with masks to be worn for their personal protection. To your credit, you have listened and heeded the direction and this has been critical to our effort to provide a safe work environment. It is apparent these measures have worked and will continue to work with your continued cooperation.

I speak for the entire Interstate-Truckway and ITDS management team when I say thanks for all you have done, for all the sacrifices you and your families have had to make, and for your considerable bravery in fighting a war that has to be won!

Stay Safe!!

5/1 Jonathan S – Multicorr

5/1 Troy W – Sara Lee

5/2 Thomas K – Kamps KY

5/3 Sell L – Dyke Industries

5/4 Arab C – Adv. Pierre

5/5 Diana W – Safety

5/7 Colson S – Local Floater

5/8 Barry L – Milliken

5/14 Brad F – Road

5/14 Annette M – Multicorr

5/15 Daryl G – Milliken

5/24 Tracy C – Duro Bag

5/25 Art W – Perfetti

5/27 Steve F – BPL

5/27 Freddie R – Kamps OH



5/6/19 James S – Local Floater

5/7/18 Colson S – Local Floater

5/8/17 Susan G – Payroll

5/14/18 Todd H – Local Floater

5/15/17 Dominic B – Central Steel

5/21/18 Chad J – Multicorr

5/27/19 Tracey M – Local Floater



Drivers celebrating an anniversary can send in a LUNCH receipt for reimbursement!

CMV Driving Tips – Driver Fatigue

Tips that will help you stay healthy and well rested during all your trips:

TIP #1: Get Enough Sleep Before Getting Behind the Wheel

Be sure to get an adequate amount of sleep each night. If possible, do not drive while your body is naturally drowsy, between the hours of 12 a.m. to 6 a.m. and 2 p.m. to 4 p.m. Driver drowsiness may impair a driver's response time to potential hazards, increasing the chances of being in a crash. If you do become drowsy while driving, be sure to choose a safe place to pull over and rest.

TIP #2: Maintain a Healthy Diet

Skipping meals or eating at irregular times may lead to fatigue and/or food cravings. Also, going to bed with an empty stomach or immediately after a heavy meal can interfere with sleep. A light snack before bed may help you achieve more restful sleep. Remember that if you are not well-rested, induced fatigue may cause slow reaction time, reduced attention, memory lapses, lack of awareness, mood changes, and reduced judgment ability.

TIP #3: Take a Nap

If possible, you should take a nap when feeling drowsy or less alert. Naps should last a minimum of 10 minutes, but ideally a nap should last up to 45 minutes. Allow at least 15 minutes after waking to fully recover before starting to drive.

TIP #4: Avoid Medication That May Induce Drowsiness

Avoid medications that may make you drowsy if you plan to get behind the wheel. Most drowsiness-inducing medications include a warning label indicating that you should not operate vehicles or machinery during use. Some of the most common medicines that may make you drowsy are: tranquilizers, sleeping pills, allergy medicines and cold medicines.

TIP #5: Recognize the Signals and Dangers of Drowsiness

Pay attention: Indicators of drowsiness include: frequent yawning, heavy eyes, and blurred vision.

TIP #6: Do Not Rely on "Alertness Tricks" to Keep You Awake

Behaviors such as smoking, turning up the radio, drinking coffee, opening the window, and other "alertness tricks" are not real cures for drowsiness and may give you a false sense of security.

APRIL

Driver of the Month:

Art W - Perfetti

MARCH 

Safety Quiz Winner:

Jeff S - BPL

Art and Jeff will receive a \$100 gift card!

ITDS Driver Challenge



If the entire fleet can keep our repairs and damages under \$350,000 for the 2020 calendar year, ITDS will give away a brand new car (including taxes) or a prize of \$25,000 cash!!!

If the entire fleet repairs and damages are above \$350,000 but below \$400,000, ITDS will give away a prize of \$15,000!

If the fleet repairs and damages are above \$400,000 but below \$450,000, ITDS will give away a prize of \$10,000!

ALL damages/repairs to ITDS equipment are included along with any damage to other personal property. (EX: tractors, trailers, tires, mud flaps, airlines, locked keys, cars, buildings, powerlines, guardrails, etc.)

Every quarter that you are not involved in ANY damage, your name will go into the hat. Therefore, you have the opportunity to have your name in the hat 4 times in the calendar year. All drivers start every quarter with a clean slate; so if you have damages this quarter you still have the chance to get your name in the hat for the next quarter.

We need EVERYONE'S help to reduce the amount ITDS is spending on damage to equipment. Remember we spoke about this at our November Driver's Meeting? This is our way of sharing the benefit of the savings with our drivers. The drawing will be on March 1, 2021 after all of 2020 expenses have cleared.