



PACIFIC TANK LINES



**April
2006**

Happy Birthday

Paul Ambartsumyan - 7
 Chris House - 8
 Brian Green - 11
 Ben Moorhead - 15
 Bob Stressling - 16
 Jennifer Paschall - 17
 Jeff Nelson - 18
 Rodger Russell - 20
 Pedro Duran - 22
 Jorge Villagomez - 24

Happy Anniversary

Angel Moreno - 4 yrs
 Carl Harris - 3 yrs
 Alex Fulenwider - 2 yrs
 Chris Galusha - 2 yrs
 Andres Gomez - 1 yr
 Victor Scifo - 1 yr
 Scott Williams - 1 yr

Welcome New Drivers

Wesley Torricer - LB
 Michael Martin - SD
 Robert Boothe - C
 Robert Begey - C
 Jeffery Carroll - C

Don't Get Into The Rage! Road Rage On our Streets Today

As a professional truck driver you see it all the time - **Road Rage**. As traffic congestion increases, an increasing number of people are doing some very unusual things on the road.

According to the AAA Foundation for Traffic Safety, between 1990 and 1996 more than 10,000 violent incidents occurred on Americas highways. Those numbers increase annually as the number of vehicles on our roadways increase. The study found that there are some very specific actions that can cause a driver to become angry - try to avoid these activities when behind the wheel:

- **Cutting Drivers Off:**
When you merge or change lanes, be sure that you have plenty of room. Always signal your intentions before you move.
- **Allow Others To Merge:**
If another driver wants to merge into heavy traffic, let them in. It will not slow you down in the long run.
- **Tailgating:**
Drivers get angry when other drivers are following too close. This is especially true of a large tractor-trailer. Remember your following distance - at least 1 second for every 10 feet of your vehicles length.
- **Blocking the Left Lane:**
Simple courtesy should rule. If you are in the left lane and someone wants to pass you, pull over and let them by.
- **Use Your Horn Sparingly:**
When you do need to use it, a friendly tap on the horn will work.
- **Hand Gestures:**
Nothing makes drivers angrier than an obscene hand gesture. Keep your hands on the wheel.

Remember, as a professional driver it is part of your job to adjust to other drivers' inappropriate actions. Relax and enjoy the ride.



Pacific Tank Lines is pleased to welcome John Warren to the Safety & Training Department. John will be the Assistant Manager of Safety & Training. His initial responsibilities include, being the primary point of contact for all Trainees and Independent Contractors. John has 21 years of driving experience (15 in petroleum tankers), 5 years of Dispatch and 6 years of Safety & Training experience. Welcome John!





Components of a Good Driver

If you ask the normal person on the street how they would rank themselves on a 1 to 10 scale as a driver, most would reply 9 or 10. The fact is that most drivers on the roads today are around a 2 on that scale.

We as professional drivers may rank higher on that scale, but it has to do with our training and experience. The average driver has not had the extensive training that we have had. To be higher on that scale we need to have and use our Smith System Training and remember and use the 6 components of a good driver.

1. **Attention Skills:**

Staying focused! You need to develop these skills. If you lose your attention it could be a killer. (Kids running behind your car when backing, whether the signal light that you are approaching is a stale or a fresh light, etc.)

2. **Visual Scanning Skills:**

Most people see nothing! They are in a blank or fixed stare, can not see the car next to you or even at times in front of you. (Smith System helps to sharpen your skills)

3. **Judgment:**

We need to exercise "GOOD JUDGMENT" time and time again. (Speed, Lane you are in, etc.)

4. **Risk Perception:**

You need to have this, everything you do on the road has consequences and results, bad or good, come from your decision making.

5. **Prediction:**

Drivers need to see situations or problems before they happen. Making sure you are fully aware of your surroundings and making early adjustments is a must.

6. **Emotional Control:**

If you do not keep your emotions under control, all the other skills are lost!!

Remember you are the professional. Because you are in the position of such, it lays an extra burden on the way that you present yourself and the company on the roads day to day.



The Trainer's Corner

Jerry Guerra—Las Vegas Trainer

Hey folks, I'd like to touch on a subject that we, as professional drivers have all experienced. Thus, we can all relate. Picture this: You wake up feeling good, it's a beautiful day. You get to the yard bright and early to start your shift. You grab your dispatch, your gear, the keys and stroll out to your truck. Its gonna be a great day right? Wrong! Upon performing your pre-trip you discover a flat tire, an empty fuel tank, a half eaten donut on the floorboard and a bug grave yard on the windshield! Yep, it was too good to be true. Could it get any worse? Sure it could, you're stressed, and you decide in two seconds flat that you'll save a few precious minutes. So you skip the pre-trip. You hop in, start her up and off you go. You load her up and hit the freeway with a flat tire. Not too stable with a loaded trailer doing 55. Right about the time you realize something isn't right, you almost run a woman and her kids in the family mini-van off the road while they are on their way to the local supermarket because you can't see through all the bug carnage on your windshield. You then try to find a safe place to pull over to check out your flat tire only to run out of fuel a block into the roughest part of town. As you climb down from the truck, you step on the half eaten donut on the floor, slip off the running board and fall writhing in agony to the ground. So I'd like to stress the importance of performing a thorough pre and post-trip inspection as well as a friendly reminder that a little consideration for your fellow drivers is always appreciated. We're all aware of company policies and procedures regarding these issues. We all know the benefits and potential consequences of performing or not performing proper and thorough pre and post-trip vehicle inspections. These are two of the most important responsibilities we have to begin and end our day. So c'mon people, let's all jump on the same team and come in for the big win!



CONGRATULATIONS to **Jack Woolsey** for winning the Shell Carson Safety Slogan Contest, "Be Safe, Remember You Are In Charge". He will be receiving a \$50 gas card, and a certificate of recognition. The slogan will be put on a banner and will be hung at the rack.



PAT ON THE BACK to **Bob Stressling** for a job well done at Camp Pendleton. Susan Hoover, at Camp Pendleton wanted us to know that Bob did a excellent job of pumping out 1000 gallons and felt he was really a Top Notch driver.



April Safety Meetings

<u>Place</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>
Colton	Thursday	April 6	3 pm
Colton	Tuesday	April 11	3 pm
Huntington Beach	Thursday	April 13	3 pm
Las Vegas	Tuesday	April 18	1 pm
Van Nuys	Thursday	April 20	3 pm
Long Beach	Tuesday	April 25	3 pm
San Diego	Thursday	April 27	3 pm

Trainees—2nd First Day

Corporate	Tuesday	April 11	8 am
Corporate	Tuesday	May 9	8 am

