



## Happy Birthday

Erik North - 1 Matt McDonald - 3

Eugene Reed - 8

Steve Tierney - 9

Paul Vaccari - 14

Fredy Zea - 18

Erwin Alaan - 22

# Happy Anniversary

Angie Duran - 2 yrs. Connie Ristich - 2 yrs. Bob Stressling - 1 yr.

Apryle DeCastro - 1 yr.

## Welcome New Drivers

Emil Silvestri - LV Ron Wesley - LV

Leonardo Prado - LB Clement Hurtado - LB

Gordon Adkins - C

John Provience - C

Chris Goble - C

Bruce Burton - SD

# FATIGUE, ILLNESS & NUTRITION AWARENESS

Summer is officially here and every Tanker Driver knows that means more traffic, more deliveries, and less time to attend to personal needs. While balancing the demands of safety and customer service may be more difficult this time of the year, keeping safety in mind is never more important.

Proper rest and nutrition never loses its importance. When you combine the increases in traffic flow, temperature and work volume; sleep deprivation or poor nutrition can creep up on you without warning.

Pacific Tank Lines guards against accepting a work volume that exceeds our confidences of Safety and Quality. Unfortunately, road delays, customer delays, or unforeseen driver needs sometimes necessitate working our driver corps to the maximum legal hours of service. The final responsibility for being qualified to operate a hazardous materials vehicle rest with the driver.

We appreciate all of our employees and your willingness to give your jobs the maximum effort. Please make sure you take the legally required time off between your work shifts. No event or activity is so urgent to justify a violation of this requirement.

Please take this opportunity to review your time away from work and make sure you are prioritizing your personal needs, your nutrition and your rest schedules. You are important to us. We want you safe and healthy.

### Lifestyle

Have a regular sleep pattern for each shift Exercise regularly Eat a balanced diet Take warm bath/shower before bed Don't go to bed too full or too hungry Avoid caffeine or alcohol before bed

### Sleep environment

Quiet, dark room Use mask or heavy curtains Turn off the phone Use ear plugs Use white noise machines (I.e. fan) Cool temperature

## **Balancing Home and Work Life**

Schedule special and regular times with family and friends Schedule home activities around sleep, not sleep around activities Discuss importance of quality sleep with family Missing family functions is not fun but sometimes necessary

# JOB WELL DONE ....

The following letter was received June 10 from one of our So. Cal. Customers. Thank you to all PTL Employees who make this kind of customer satisfaction a reality.

"I have had an outrageously, out of the norm, busy week this week. Thus far in the last 6 days you have picked up 37 loads for me. I have changed quantities, changed locations, canceled a few, and you rearranged a time or two, to get me an emergency load. I hope to get back to a semi normal routine this weekend. Please give [compliments] to all of your crew - dispatchers and drivers for picking it up a few notches this week. I and SKS appreciate the quality of your service very much.

Thanks again, John Wilkoski ,SKS INC / Fuel Operations Manager











### SAFETY TIP - PRE-TRIP/ POST-TRIP

Pre-trip/Post-trip, when performed daily, can provide many benefits including accident reduction, less down time, reduction in costly repairs, and improved driver morale. Vehicle condition can stimulate good customer and public relations, as well as portray a good company image.

Pre-trip/ post-trip is necessary for the safe operation of a fleet. Most vehicle maintenance programs include two major areas, which are:

### Pre-Trip / Post-Trip Inspections

Drivers are required to perform scheduled, documented pre-trip and post-trip vehicle inspections. It is the driver's responsibility to complete these inspections. The inspection should include a means for identifying any condition that could affect the safe operation of the vehicle. If any conditions exist that would make the safe operation of the vehicle questionable, the vehicle must be taken out of service immediately. After returning at the end of a day or shift, a post-trip inspection should be made to identify any defective conditions that may have developed during the shift. This will allow for the repair of the vehicle prior to the start of the next day, and help to reduce the vehicle's down time. The inspection form should be sent to the vehicle maintenance file, and a copy should be given directly to the person in charge of making sure all repairs are completed. This should be done when the inspection shows a repair or maintenance item that needs to be completed. The Inspection Form should facilitate a procedure for a "mechanic sign-off", and his/her copy of the form should be directed to the vehicle maintenance file. It is a company policy that all pre-trips and post-trips are to be done at the yard only.

We all have to make sure that we perform our duties as professional drivers. Not performing these tasks cannot only endanger your lives but the lives of others.

### **Preventative Maintenance**

The only way that we can have great preventative maintenance is by first spotting the problems (pre-trip/ post-trip) documenting it and getting that information to our maintenance department. All the tasks will be performed to ensure that all vehicles are safe for the roads.

Remember it is the Law and Company Policy that you perform your pre-trip/ post-trip. Lets do it right for all our safety.

John Gosse, Safety and Training Manager

# July Safety Meetings:

Place	Day	Dates	Time
San Diego	Thursday	July 7	3 pm
Colton	Tuesday	July 12	3 pm
Colton	Thursday	July 14	3 pm
Long Beach	Tuesday	July 19	3 pm
Van Nuys	Thursday	July 21	3 pm
Huntington Bch	Tuesday	July 26	3 pm
Las Vegas	Thursday	July 28	3 pm

# The Trainer's Corner

Tim Hudson - Colton Trainer Summer is the busiest time of the year and we need to be EXTRA careful not to make mistakes due to the high summer volume. You can prevent dome outs,

wrong station deliveries, and cross dumps by Double Checking your work.

- 1.) Double checking for retain before leaving the yard.
- 2.) Double check to make sure loading arms are connected to the right compartments, before pressing start on the meter.
- 3.) Check to make sure the address is correct.
- 4.) Double check to make sure you are connected to the right tank before you open the valve.
- 5.) Double check your mirrors before changing lanes.

I hope that all drivers adopt, Double Checking their work, into their daily routines. This alone will reduce 95% of the common mistakes made.



## WHO DO YOU CALL....??!?!

909-421-0775

#### Dispatch

When you are working, Call Dispatch first for almost everything that pertains to your activity. \*If you have a personal question, an idea or an observation, here is who you should call.

### Carl - Operations Manager

Driver and Lead Driver issues Requesting days off, Driver incidents, Maintenance issues

951-680-1900

### John - Safety and Training Manager

Anything pertaining to training or safety Trainer and trainee issues Pay and Requesting days off

### Stephanie - Accounts Receivable & **Human Resources Manager**

Questions about health benefits, 401k, workman's comp.

### Mary - Payroll and Accounts Payable

Questions about driver's hours

### Jennifer - Billing Manager

Questions about your "profit per hour"

### Terri - Compliance &

### **Certification Administrator**

Rack Certification/carding, Nextel phones/problems Trucks being in the system at the racks Accidents/cameras

Renewing medical card and/or drivers license Questions on hours of service, Drug testing

Faith - Log issues, uniforms





