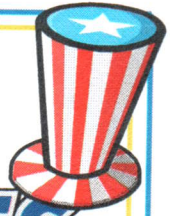




# PACIFIC TANK LINES



## July

### Happy Birthday

- Erik North - 1
- Matt McDonald - 3
- Eugene Reed - 8
- Steve Tierney - 9
- Paul Vaccari - 14
- Fredy Zea - 18
- Erwin Alaam - 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

