



THE AMERI-CO EAGLE

Good Diet Plan for Truck Drivers

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While a nice crock pot filled with vegetables, potatoes and chunks of turkey would be a fantastic healthy meal, truck drivers do not get this luxury. They must cope without ovens, blenders, freezers, and many amenities other people use without much thought. In addition, truck drivers are relegated to whatever food happens to await them at a certain mile marker, making food choices very limited. As such, they must be very smart about food preparation on the road in order to stay healthy.

Make Smart Choices at Pit Stops

During late hours, fast food chains may be the only option. Chains that offer the most variety of healthy foods are Subway and Quiznos. At sandwich chains, opt for turkey and lean cuts of meat over salami and meatballs. Given the choice between beef or chicken, opt for grilled chicken. Taco Bell's fresco menu has many popular items like tacos and burritos for fewer calories and fat. For sides and condiments, skip the mayo and use mustard or ketchup instead. Avoid French fries and ask for sides of fruit or vegetables if available. Getting junior meals instead of the largest meal, and choosing unsweetened beverages like iced tea, water, or half-lemonade half-iced tea, are some other options.

Pack Healthy Portable Snacks

To curtail cravings on the road, trail mix is a great snack. Nuts keep you satiated, but also offer healthy fats and minerals like selenium and magnesium. Raisins provide a sugar boost, which can

spike energy levels without causing a sugar crash. Steer clear of trail mix with crystallized fruit; such fruit is loaded with refined sugars. Refined sugars (table sugar) can contribute to diabetes, constipation and can suppress the immune system. For this reason, abstain from eating too many candy bars or sugar-candy like Skittles and taffy. Many truckers eat out of sheer boredom. If this is you, pack carrot sticks, celery, and cucumbers. These foods are low in calories, but take a long time to chew. Otherwise, chew gum.

If Possible Invest in a Refrigerator and Microwave

Some trucks are equipped with refrigerators. But if yours is not, getting a dorm room sized refrigerator will enable you to keep produce at a cool temperature, which will make the food last longer (and likely tastier, as few enjoy the taste of a warm apple subjected to humidity). A microwave allows truckers to make soup quickly and easily, especially since many soups no longer require a can opener. Choose broth-based soups, as they have fewer calories and fat than cream-based soups. If possible, pay a little extra for soup that isn't instant noodles. Instant noodles are laden with preservatives, MSG, high in fat and calories, and provide little nutrition. Look for soups high in fiber and veggies, like minestrone or black bean soup.

BON APPETITE!!

**AMERICO CARRIERS
BASIC Categories Update:**

- HOS Compliance: 21.3
- **Vehicle Maintenance: 80.7**
- Crash Indicator: 57.0
- Unsafe Driving: 36.1
- Driver Fitness: 0
- Controlled Subst./Alcohol: 7.4
- HazMat: 0



The Importance of Vehicle Inspections

Vehicle inspections are an important part of a professional driver's job. In addition to being a regulatory requirement, vehicle inspections help in making sure a commercial motor vehicle (CMV) operates safely and efficiently. This, in turn can have a positive effect on a motor carriers' Compliance Safety Accountability (CSA) scores.

Daily Inspection Requirements

The Federal Motor Carrier Safety Regulations (FMCSRs) include daily inspection requirements.

Post-trip: At the end of each day's work on each CMV operated, the driver must complete a written report. This report is commonly referred to as a driver vehicle inspection report (DVIR). It must cover, at a minimum, eleven parts and accessories as listed in Sec. 396.11 of the FMCSRs.

On the DVIR, the CMV must be identified and any defect of deficiency which could affect its safe operation or cause a mechanical breakdown must be listed. If no defects of deficiencies are found, this must be reported as well. In all cases, after completing the inspection, the driver must sign the DVIR.

Pre-trip: Before the driver starts his/her day operating his/her CMV he/she must be satisfied that the vehicle is in safe operating condition and that all emergency equipment is in place and ready to use.

He/she is also required to review the last DVIR and sign the report if defects or deficiencies were reported by the driver who prepared the report. This is the driver's way of acknowledging that he/she has reviewed the report and certifies that all repairs have been performed.

Cargo & Load Securement

A CMV's cargo and load securing devices must be checked within the first 50 miles of a trip and then rechecked:

- When the driver makes a change of duty status;
- After the driver has driven for 3 hours; or
- After the driver has driven 150 miles - whichever occurs first.

These on-the-road inspection rules do not apply if the CMV is sealed and the driver has been ordered not to open it to inspect the cargo. Also, the rules do not apply if the CMV has been loaded in a way that makes inspection of the cargo difficult or impossible.

The Importance of Vehicle Inspections cont.

Roadside and CSA

A successful roadside inspection has always been the goal of professional drivers and motor carriers. Now, this goal is more important than ever, as data collection for CSA occurs during all roadside inspections.

Violations that are found during a roadside inspection are entered into the CSA system. When no violations are found, that is also entered into the CSA system. The goal is a complete compliance picture.

This data (both good and bad) is analyzed, numerically scored, and organized into one of seven critical safety areas called Behavior Analysis and Safety Improvement Categories (BASICS).

One of these seven critical safety areas is the Vehicle Maintenance BASIC. The majority of violations that affect a carrier's score in this BASIC can be prevented with proper vehicle maintenance and inspections.

Examples of roadside inspection violations that could cause a motor carrier to rank poorly in this BASIC include operating a vehicle with inoperative brakes or lights, defective tires, or failing to make required repairs on the commercial motor vehicle.

Insufficient, defective, and improper cargo securement are also roadside violations included in this BASIC.

The ultimate goal for the driver and motor carrier is to have low scores in all of the BASICS, including the Vehicle Maintenance BASIC. The better the scores, the less chance of an intervention by enforcement.

Image and Attitude

Appearance and behavior go a long way when it comes to a positive roadside experience.

During a roadside inspection, the driver is representing both himself/herself and the company.

The driver must be prepared and act professional. This means:

- A neat, clean and well maintained vehicle;
- Maintaining a neat and professional personal appearance;
- Accurate and up to date paperwork;
- Dealing with inspector questions in a respectful and honest manner; and
- Acting professionally throughout the inspection.

(PLEASE BE AWARE OF OUR VEHICLE MAINTENANCE SCORE ON PAGE 1!)

Pet of the Quarter: Meet “Sandy”

Georgene Rogers, Scottsbluff Accounting - This is our girl Smiling Sandy fetching, swimming, goose retrieving (kind of) yellow lab. She came to us as a pup and was a gift for my husband for his 40th birthday. With his birthday being in the middle of the summer AKA construction season he didn't feel he could give her the proper time, sooo off to Uncle Luke's Doggy boot camp she went for 6 weeks. The results were a crate trained, socialized, mannered wonderful puppy. As luck would have it Luke was also a staff photographer

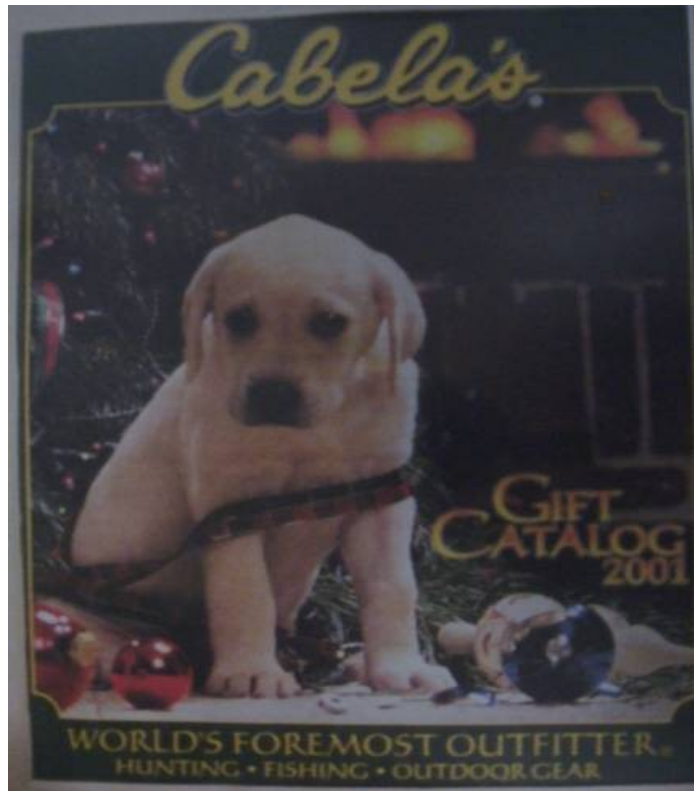


for Cabela's and Sandy was featured on the cover of the Cabela's Christmas Catalog! Fame didn't go to her head, she knew she was the alpha dog and every dog knew to bow down to her gruff as she was she never failed to put a smile on our faces for all the years we were blessed with her. She would bring us anything to fetch - her favorite was her red Frisbee which in the pic she previously had in her mouth and we told her "we couldn't reach it" then she dropped it inside the screen that she'd opened for us!

R.I.P. Sandy

04/01/2001 - 07/01/2013

(If you would like to enter your pet to be featured in The Eagle send pictures to Trish in Safety via e-mail to patricia.steinle@americo-carriers.com.)



“You asked for it, you got it . . . Qualcomm!!”

The first phase of Qualcomm installation has begun. Although the process will take some time, we’re pleased to announce the installation of the first 18 units this month! More to come . . .



~Drivers of the Month~

MAY

Phillip Horne
Cartersville Terminal

JUNE

Russell Jones
Scottsbluff Terminal

JULY

Nina Newsom
Scottsbluff Terminal

AUGUST

Leonard Hager
Scottsbluff Terminal

**From Safety
July through September Birthdays!**

JULY
Thomas Henry
July 3

Calvin Case
July 4

David French
July 6

Tommy Franks
July 7

John Dancer
July 8

Brad Smythe
July 25

James Encinias
July 26

James Albrecht
July 26

Rafael Lamboy
July 28

AUGUST
Charles Bagley
August 1

James Anderson
August 3

Linda Moeller
August 4

Bob Turner
August 5

Sonny Robinson
August 10

Jack Hott
August 14

Dale Vernon
August 17

Carolus Madden
August 17

Jason Yearby
August 18

Darrell Fiedler
August 21

Wayne Thomas
August 26

SEPTEMBER
Gary Schelling
September 4

Paul White
September 6

Russell Jones
September 7

Keith Turner
September 11

Cal Cook
September 13

Kenny Fink
September 15

Tim Kessler
September 15

Dave Howard
September 15

Bob Hilton
September 20

Dale Svatos
September 27



We're on the Web
www.americo-carriers.com



**AMERI-CO
CARRIERS**

AMERI-CO CARRIERS,
INC.

1702 E. Overland
P.O. Box 1649
Scottsbluff, NE 69361

Phone: (800) 445-5400
Local: (308) 630-6615
Fax: (847) 851-9856

E-mail: patricia.steinle@americo-carriers.com

