

April 2026

Newsletter

April is Distracted Driving Awareness Month

Did you know, roughly 9 people are killed daily because of distracted driving? In 2023, 3,275 people lost their lives due to distractions on the roads and thousands more were injured. Many studies disagree and say the true number should be over 10,000 as distracted driving is often underreported.

Distracted driving is broken down into 3 tasks

- **Visual Tasks-** anything that catches your eye. Some examples of visual distractions include reading emails or text messages, focusing on vehicle passengers, looking at directions, and observing nearby activities while driving
- **Manual Tasks-** this task requires the driver to remove a hand from the wheel. Key examples of manual distractions include texting, adjusting the radio, programming navigation systems, eating, or drinking.



- **Cognitive Tasks-** when a driver's mind wanders away from the task of driving

When we think of distracted driving, we assume it is cell phone related. It does make up a portion of the numbers, with nearly 660,000 drivers using their phones while driving at any given time.

Reading a text causes drivers, on average, to take their eyes off the road for 5 seconds. If



you are driving at 55 miles per hour, that means that drivers move around the length of a football field with their eyes closed in five seconds. 62% of distractions result from drivers losing mental focus on the road. Having pets, passengers, or kids in the vehicle can also be a major distraction.

Tips to Stay Focused

1. Put away your phone
2. Plan your trip before you leave
3. Don't fumble with your playlist
4. Secure passengers and pets
5. Avoid multitasking
6. Stay focused

Rest in Peace, Ray

Ray Merkley sadly passed away last month after a brief illness. Ray was an owner operator at GT for 18 of his 50-year career. Ray has been with us so long, I couldn't accurately accumulate his mileage since he was working here before our computer system. On computer, he had 1,407,450 safe accident free miles here, but I would guess it is closer to 2.5. Many people may not have known Ray as he did not hang around the yard often. He was the type of guy who took a minute to warm up to you, but then he would do anything for you. He often would bring in jerky for the office, or even pickled jalapenos from Texas. Please keep Ray's family and friends in your thoughts and prayers, especially his wife of 51 years Lee Anne. Over and out, rest easy driver.

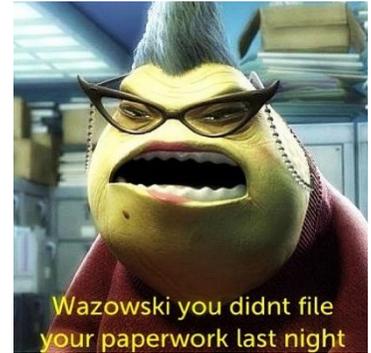


- MICHAEL S.- TRUCK 615



Paperwork Submission

Most of you have been doing a great job of digitally submitting paperwork and accounting thanks you greatly! Please



try to send those POD's in as soon as possible. A new trend is late fees DAILY for late POD submission after delivery. I saw one that deducted \$100 per day after the load was delivered. If you submit them after delivery, it give us plenty of time to submit them promptly. **We will also no longer accept paper POD's after April 15th (Tax day).** We will continue to collect the hard copies and file them, but all POD's will need to be submitted digitally. If you need help, please reach out to safety.

Spotlight Driver- Brian Stamm

Brian has been an owner operator with General Transport since November 2015. In that time, he has safely driven 1,377,892 miles. I often use Brian as an example as he does a great job for accounting, dispatch, safety, and maintenance. I have never heard Brian in a bad mood or having anything negative to say. When Brian is not behind the wheel, he enjoys spending time with his family and the outdoors. We are proud to have you as part of the GT family!

