



June 2024 Newsletter

Summer Safety Tips for Truck Drivers

As the temperature rises and summer approaches, it's important to ensure everyone stays safe and healthy while on the road.



1. Stay Hydrated:

Dehydration can sneak up on you, especially during long hauls under the sun. Keep plenty of water in your truck and drink regularly throughout the day.

2. Protect Against the Sun: Wear sunscreen, sunglasses, and protective clothing daily shielding yourself from sunburn and long-term sun damage.

3. Plan for Heat: Check the weather forecast before hitting the road and plan your routes accordingly.

4. Maintain Your Vehicle: Summer heat can take a toll on your truck's engine and tires. Be sure to perform regular maintenance checks, including coolant levels, tire pressure, and oil changes, to prevent breakdowns on the road.

5. Watch Out for Heat-Related Illnesses: Know the signs of heat exhaustion and heatstroke, such as excessive sweating, dizziness, nausea, and confusion. If you experience any symptoms, pull over immediately and seek medical attention.

6. Stay Alert: Longer daylight hours and increased traffic during the summer months can lead to driver fatigue and distraction. Get plenty of rest before your journey, take regular breaks, and stay focused on the road at all times.



7. Be Prepared for Emergencies: Pack an emergency kit with essentials such as water, non-perishable snacks, a first aid kit, flashlight, and a fan.



- ARIEL R.- TRUCK 2449

Don't be Mean, Keep it Clean!

Do not leave dirty trailers for other drivers. No one wants to pick up a trailer that has to be swept out.



Spotlight Driver- Ricardo Zapata

Ricardo has been an owner operator for General Transport since August 2013.



In that time, he has driven 1,444,798 miles. Ricardo is a road dog when he is out the road. He prefers to stack up that home time and go all the way

home to Columbia to visit family. We are proud to have you as part of the GT Family!

Office Spotlight- Chris Waters

Chris has been in operations/dispatch at General Transport for 10 years. When

Chris is not at work, you can find him enjoying family time with his wife and their 2 adorable kids.



He also enjoys hunting, video games, and he never fails to find the best food places! We are proud to have you as part of the GT Family!

Knowing the Stats of Serious Moving Violations

Did you know you could have a higher chance of an accident than another driver? Statics show that if you have one of the following serious moving violations on your record, you have an increased likelihood of being involved in a crash. It also will put you behind the eight ball if there is a crash that goes to court as your safety history will be

harder to defend. Some of them could even cost you your job!

- Speeding 15 mph or more over the speed limit
- Reckless driving
- Improper lane change
- Following too closely
- Traffic control violation resulting in a fatal accident
- Driving a commercial vehicle without a CDL in your possession
- Driving a commercial vehicle without proper endorsements or proper class of CDL
- Violating a state or local law banning texting while driving



- **DISPATCH-** Continuing to fight the good fight against freight rates in this terrible market.
- **SALES-** Continuing to seek new opportunities and growth. Recently closing new lanes and giving our drivers consistency!
- **ACCOUNTING-** Setting up carriers and customers to ensure billing is on time and all of our checks are on time!
- **DRIVERS-** Continuing to drive safety and driving to progress to be our best self! As of this newsletter, it has been 108 days since our last DOT recordable accident.