

LRFT newsletter

**Little Rock
Farm Trucking**
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Department	Ext
Sales	127
Live Haul Dispatch	125
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Value Added Services

- Satellite Tracking
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- Dedicated Dispatcher
- 24/7 Availability
- Experienced Drivers
- Modern Equipment
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- CFIA Approved Docs
- Bio Security Aware
- Ace Manifests

Your dedicated regional, national, or international carrier of dry goods or refrigerated loads. We also haul live poultry between the USA and Canada. We can do regular scheduled runs with dedicated drivers.



LITTLE ROCK FARM Trucking

Are you ready?

So guess what's just around the corner. Winter.

Experienced truck drivers know the most dangerous time of year is the beginning of cold weather. The first really cold weather when the ground isn't yet frozen causes the pavement surface to be slippery as "snot on a doorknob"! Additionally, it can be hard to tell when pavement is icing up until it's too late.



This is the time of year when defensive

driving skills need to be utilized to their maximum. Remember, the majority of people that drive 15 minutes to work and back each day aren't professionals...truck drivers are. Defensive truck drivers use everything in their professional "tool bag" keeping themselves out of dangerous positions while sharing the road with novice drivers.

What can you do as a professional driver protecting yourself, the equipment and the load in your charge?

1. **Give yourself extra time for pre-trips, and leave early.** Giving yourself extra time allows you to drive a little slower and drive more cautiously.
2. **Leaving extra distance between you and other vehicles.** A little more distance allows extra time to react and negotiate potentially slippery conditions.
3. **Be observant.** It's fairly easy to tell which vehicles have inexperienced drivers. Stay away from them. Excessively slow, unprovoked braking and exaggerated over-steering all are signs of a vehicle you want to stay away from!



Tap
It
Gently!

FAX YOUR REPORTS SAME DAY

Drivers should fax DOT/MTO Inspection Report to the office, the day of the inspection!!

should be faxed to the office the day of the incident.

Also Accident/Damage Reports

Sandy — Safety

Emergency Kit Ideas — Plan Ahead

12 Foot Jumper Cables— 4 x 15 Minute Road Flares, Two Quarts of Oil, 1 Gallon Antifreeze, First Aid Kit, Blankets, Extra Fuses, Flashlight with extra batteries, Flat Head Screw Driver, Phillips Screw Driver, Pliers, Vise Grips, Adjustable Wrench, Tire Inflator, Tire Pressure Gauge, Rags, Rolls of Paper Towels, Duct Tape, Spray Bottle With Washer Fluid, Pocket Knife, Ice

Scraper, Pen & Paper, Help Sign, Granola or Energy Bars, Bottled Water, and a Nylon Bag to hold all of this if desired.

See what you have and plan accordingly. You just never know. It's not about fashion and maybe that beaver hat would be your best friend on a day when you really need!



Winter Driving —The 6 Primary Hazards

1. Poor Traction

To keep your grip, start off slow and easy. Do not spin your wheels. In deep snow, try turning your wheels from side to side to push the snow. Before you turn off the ignition, move your vehicle back and forth 1 to 2 metres (4 -5 feet). This packs the heavy snow for easier starting.

2. Reduced Ability to Stop

It takes 3 to 12 times the distance to stop on ice and snow covered roads than on dry roads. Test studies show that the heavier the vehicle, the greater the stopping distance. The simple answer: leave a greater following distance between you and the vehicle in front. Gearing down of the vehicle also assists in bringing your unit to a safe stop. The recommended safe following distance under ideal conditions is 1 second for each 3 metres (10 feet) of vehicle length, e.g. an 18 metre tractor-trailer combination following distance is 6 seconds. Under winter conditions widen this gap accordingly – the more severe the conditions, the wider the gap.

3. Starting and Stopping

Braking on ice is never easy but as the temperature rises, ice becomes even more slippery. For example, your braking distance can double with a temperature variation from zero to -18° celsius. It is impor-

tant, when driving in winter weather, to check the feel of the road when you start out and at regular intervals on your trip.

4. Slippery Surfaces

The action of tires spinning and sliding on snow and ice polishes the surface. This greatly decreases traction on already hazardous road surfaces. It happens most often at intersections, on curves and on hills.

The slippery road surface increases braking distances, slows traffic and presents a severe hazard at intersections. Compensate for it in your driving. Slow down early when you approach a slippery intersection, curve or hill. Adjust to the existing road, weather and traffic conditions. Gearing down may be necessary to slow down safely.

Black ice sometimes becomes disguised. The road ahead may appear to be black and shiny asphalt. Be suspicious, it may be covered by a thin layer of ice known as black ice. Generally, in the winter, asphalt is a grey-white colour. If you do see a black surface ahead, slow down, and brake smoothly and gently. Proceed with caution.

5. Reduced Ability to See and be Seen

Before starting your trip, clean off the entire

windshield and all the windows. In winter weather, it is even more important to have full visibility of the road and surrounding traffic. Wipe off the headlights, stop / tail lights and turn signals so that others may see you. This may be necessary frequently during a heavy storm. The few extra minutes could save your life.

Road splatter can leave you blind. Use your windshield washer often. Washer fluid contains 30% and 50% methyl alcohol, preventing it from freezing in the bottle under the hood. On the windshield, however, it has a different effect. The alcohol evaporates before the water does. That creates two effects: The antifreeze power is weakened, and the evaporation chills the remaining fluid rapidly.

6. Hazards of Jackknifing for Tractor Trailer Combinations

There are two distinct kinds of jackknifing:

- a tractor jackknife in which the rear of the tractor skids sideways
- a trailer jackknife in which the rear of the trailer comes around.

Facts on Jackknifing

Repeated tests have shown that if a jackknife develops beyond 15 degrees, it is almost impossible to recover. A jackknife can go to 15 degrees in one and a half seconds. You must react fast in order to take preventative action and recover control of your vehicle. The faster this 15 degree angle develops, the greater the severity and potential damage of the jackknife.

Quoted By web.thsao.on.ca

HALLOWEEN 2010

This Halloween, it appears most of our drivers will be working. With Halloween being so exciting for children, they tend to be forgetful about road safety. Be extra cautious on Oct 30 and 31st for children running across roads or playing games with traffic.



Lacking Joy... Create It Yourself!



They say the act of smiling releases endorphins within yourself to help promote happiness and joy. Try it... when you smile, something else may smile in return. If they don't smile back, don't let that discourage you.

I've learned over the years that there has to be a balance in the workplace with seriousness, productivity, humour, joy, and an occasional laugh. It makes for a great day when you can go home *feeling like you made a difference*. Your great day can be infectious to spreading the joy to others.

Part of that joy is recognizing your fellow co-workers for a job well done. A "Good Job" here, a "Thank You" there can

really spread and make someone feel special.

There was a time delivering flowers where I knew I had pushed hard to get them delivered on a Sunday when they weren't supposed to be technically delivered yet. I ended up clearing two states as I seemed to be unstoppable. I knew I had exceeded personal triumph and felt great about it. On Monday, dispatch congratulated me on Satellite exclaiming their surprise. I was elated with joy though the compliment wasn't expected but appreciated.

I work with great people. We have a great driver base with professional men and women on the front line to our customers. Successful drivers makes the world of difference in this industry.

Recognize others for the accomplishments. It can boost your day and you will have the power to *"create"* joy at work.

Water Trap

We've all been there... the next washroom along the route is 20 minutes away and your body doesn't want to wait. I don't know about you but as soon as I see my exit and rest area, my body gets excited and starts to get anxious turning into an personal emergency.

One day I had to stop at a busy rest area and I found a perfect service plaza to take care of some business. It was a mad dash. The washroom was busy one stall was available and opened toward the wall. I looked at the toilet and it appeared to be falling down slightly. Some freak of nature decided to leave me their treasure behind. That's totally inhumane by the way.



It's summer time and I am in shorts and flip flops. So of course, I don't want to lean over the toilet, so I used my foot up against the wall to press the flush button. Remember when I said the toilet was appearing down? It appeared whomever was before me either broke the toilet right off the wall which unknown to me severed the water pipe.

So I pressed it with my foot on the wall, the water came shooting out of the wall instantly. I am becoming drenched and screaming... and the only way to get out of the stall is to pull the door toward me in which I had to back right into the jet stream of water. I was one big wet drowned rat!

The water is shoot'n, the floor is flooding and to my luck the janitor heard me screaming and came running. I am drenched, and then I start getting yelled at about breaking the toilet off the wall and having to pay for it.

If you have ever wanted to see a drenched trucker slipping on his wet flip flops running out of the washroom while being yelled out to come back to the washroom and PAY... that would have been the day! It's a day I will never forget in my 3.5 years driving for Little Rock!

CSA: Top 10 Driver Violations

Driver Violations	Points	Equipment Violations	Points
Log Violation	2	Inoperable Lamps	6
Duty Record Not Current	5	Defective Lighting	6
Speeding	5	Size & Weight Violation	7
No Medical Certificate in Driver's Possession	1	Tire Tread Depth	8
Non English Speaking Driver	6	Brake Hose	4
Driving after 14 Hours on Duty	7	Parts Inspection / Repair	2
Failing To Use Seat Belt	1	Oil Leak	3
False Report on Driver's Record	7	Operating CMB without Inspection	3
Driver More Than 11 Hours In States	7	No Fire Extinguisher	2
Failing To Obey Traffic Signal	5	Brake Out Of Adjustment	4

BOOKING TIME OFF?

Please note that we do have a system in place where you must request it in advance. At least two weeks prior. We have a form for you to fill out. Pay attention to your day and time that you state you can return to work.

Don't assume that a filled in form automatically grants you a holiday. The dis-

patcher authorizes it based on their scheduling and is finalized with Mark's signature.

It's the driver's responsibility to follow up with this request long before the day it was required to be off. Don't assume it's automatically granted if you

Young Man Seized An Opportunity

By now you will have seen Daniel Reuber working along side the office team at LRFT Walkerton. A warm welcome to him and how great it is to show him how business functions.

Daniel isn't new to trucking industry and certainly jumping departmental roles isn't always easy especially when everyone of us, old folks, are set in our ways. Just in the month or so, we have watched him grow.

Not everyone has opportunity to be shown an inside view on business operations. It's not necessarily about the dollars and cents in business, it is more important about communications, working relationships, and accountability. No one expects a



new person to be perfect or right but they learn the valuable lessons while training.

The key to anyone learning a new job is to be open minded and listen. Text books will never really convey the importance of business as much as real life experience that Daniel received.

What will Daniel be when he grows up is unknown, but it's the experiences today that will shape him in the future whether it be good or bad. We've all been there and we wish him in his life and hopefully we influenced him positively.

Spring Ahead –Fall Back

Another fall is upon us and it seems the years are passing so quickly. By the end of October we once again turn our clocks back 1 hour for Daylight Savings Time.

Today being Sat, Sept 3, 2010, as I write this... we've just come through 2 weeks of really hot spells and suddenly the temps have dropped, leaves are showing signs of change and I had to wear a sweater this morning.

I'm reminded of sudden changes of seasons and how it affects our industry.

We have to respect the changing season. You could be wearing a coat here at home but be sun tanning in Ohio.

We could be experiencing frosty mornings while in Toronto the conditions are still pretty warm and delightful.

This industry has to respect the weather and our drivers have to be prepared for it as well. Changing driving habits to match the rainy season of fall. Be mindful of the leaves on the roads which add to slippery conditions. Hopefully by the end of October we have not yet seen any snow. Don't be caught off guard for slippery conditions on bridges as the temperatures drop. Too many times I have seen four wheelers flying over a bridge only to lose traction midway through and veer off into the medians on the other side of the bridge.

We have to be careful that we don't have a "God Complex" where we think our 80,000 lbs vehicle is powerful and indestructible. Like any vehicle, it is unpredictable at times especially if the driver hasn't adjusted their driving habits to match the road conditions.

Be sure to look in your truck and make sure you are prepared for any

breakdowns with tools, extra blankets, clothing, mitts, hats, and other emergency supplies you think you may need. It's great to be confident to say you will never need them. It's better to plan and you won't be mentally beating yourself up with "could haves" or "should haves" in case you need them.

We never plan to fail... some of us just fail to plan. Which are you?

Need some ideas on an emergency kit idea for your truck. Refer to page 2 of this newsletter for some ideas.

Lets start off winter right and keep the shiny side up!

LRFT PHONE DIRECTORY 800-447-2660

Dispatchers:

Dave, USA Live Haul ext 125
Steve, Long & Local Haul ext 124
Jacquie, Canadian Live Haul ext 207

Mechanics Bay:

Jim, Parts Manager ext 128

After Hours:

Dispatch ext 139, Shop ext 9

Administrators

Sandy, Safety ext 133
Shelley, Accounting ext 123
Michael M, Admin ext 139
Ken C, IT Support ext 139
Michael S, Weekend ext 135

Sales:

Mark., ext 127

Executive:

Mark, Owner ext 127

LRFT employs over 60 people who include drivers, mechanics, students and administration to serve our customer's needs.

The company newsletter is produced by Michael Sellick, administrator for LRFT.

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Contributors welcome. Submissions will be considered and decided based on theme and content.