

BETWEEN the WHITE LINES

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A SAFETY NEWSLETTER FROM PGT TRUCKING

“The Fatal Four”—Tailgating and Rear-End Collisions

The National Safety Council’s Defensive Driving Course for Professional Drivers calls the driving errors that lead to the most severe collisions the “fatal four.” One of these is TAILGATING.

This is one of the most serious collisions from a fatality and injury standpoint, and liability for these collisions rests with the driver that strikes the other vehicle in the rear. These accidents account for only 9% of all collisions but they account for over 20% of all money paid in claims. Most times the reason for these collisions is very simply following too closely or tailgating. This is an unsafe driving behavior and is inexcusable for a professional driver. Tailgating is a frequent complaint and it does not only result in accidents but citations as well.

Proper following distance can be determined easily: one second for each 10 feet of vehicle length at speeds of 40 mph or less, but never less than six seconds. Add one second for speeds over 40 mph, add a second for any adverse condition that affects visibility or traction, and add a tailgater’s following distance if you are being tailgated. The key is never less than 7 seconds at highway speeds. Weather, traffic, road, load and equipment are all variables that influence stopping distance. It is an absolute fact that autos can stop much quicker than commercial vehicles and the higher the speed the longer it takes to stop even in ideal conditions.

The following are factors in rear-end collisions:

- High-density major urban traffic areas.
- They occur at both low and high speeds.
- Inattention and distractions are a common cause.
- Failure to adjust speed to conditions.
- Sudden unexpected actions by other drivers.
- Equipment defects.
- Driver fatigue.
- Emotional factors and road rage.
- FOLLOWING TOO CLOSELY!

Remember this: The force of impact increases as speed increases. A difference of 20 mph in speed creates enough force to snap the human spine. The greater the speed at impact the greater the likelihood of death or serious injury to the occupants of the vehicles involved. SLOW DOWN, give yourself time to react and to stop before striking another vehicle in the rear.

Follow the seven-second rule and maintain a safe following distance. Be constantly alert to changing road and traffic conditions and adjust your driving immediately to the changes. Eliminate all distractions and focus on the area in front of your vehicle while scanning as far ahead as possible. Watch for the non-professionals who are always in a hurry and are willing to take unnecessary risks.

Drive Safely
Drive Responsibly
Drive Professionally

Arthur J. Gallagher & Co.



Denny Stock Retires

Denny Stock began his career with PGT on October 10, 1985 and closed this chapter of his life on October 17, 2016. During his 31 years with PGT, many things have changed inside and outside of this industry, but many have also remained the same. One constant has been that trucking is fundamentally a people business - meaning that above

all, the company needs quality professional drivers for it to succeed. Another constant has been Denny Stock. For the last 31 years, Denny has been the epitome of what we mean when we say “Proud Professional” – providing reliable, efficient, and safe service to our customers. While many truck drivers resumes list several employers, Denny’s resume lists only PGT, a testament to his loyalty and dedication.

Amongst his many accomplishments during his tenure, Denny was first recognized as a Million Mile Safe Driver in the mid 90’s. Denny has been a proud PGT Driver whether inside or outside of the truck. As far back as the 90’s, Denny participated in recruiting events to help recruit drivers and also participated in numerous “touch a truck” events, making his truck and trailer available so that children could get behind the wheel of a big rig. He’s hauled every commodity that we handle and has played an important part in helping PGT grow into the company it is today.

Denny is looking forward to spending time with his wife, Diane, his children Dennis and Dawn, and his grandchildren Kaitie, Zachary, and Abby. Pat Gallagher, Owner and CEO of PGT Trucking, Inc. said, “I and the PGT Family would like to thank Denny Stock and his family for 31 years of service. Starting in Industry, PA to Monaca, PA and then Aliquippa, PA – he has represented himself as a Proud Professional at PGT. We wish you a blessed and enjoyable retirement. Thank you.”



Alzheimer’s Awareness Month

Alzheimer’s Awareness

Every 67 seconds someone in the United States develops Alzheimer’s disease. November is National Alzheimer’s Disease Awareness Month—a whole month dedicated to those living with the disease and those affected by it. This month is also devoted to finding a cure.

Alzheimer’s is a progressive disease. It results in the loss of memory, social skills, and other important mental functions. Although there is no cure, certain strategies can help seniors with Alzheimer’s disease. In recognition of the National Alzheimer’s Disease Awareness Month, brush up on your knowledge and learn how you can support loved ones with Alzheimer’s:

- ⇒ Avoid confrontation or arguing. It is harder for seniors with Alzheimer’s to express emotions and thoughts. This can result in frustration on both sides of the discussion. Realize that it may sometimes be very difficult to communicate but is not their fault.
- ⇒ Spend quality time with your loved one. This can reduce agitation and make it easier for them to sleep at night.
- ⇒ Reminisce about the past. Seniors with Alzheimer’s might struggle with short-term memory but can remember things that happened decades ago. Try to enjoy the memories that you both share.

Seubert and Associates Inc.

Question of the Month

Those who submit the correct answer to safetynewsletter@pgttrucking.com within 24 hours will be entered into a drawing to receive a \$25 Gift Card.

Rear-end accidents account for only ____ % of all collisions but they account for over ____% of all money paid in claims.

Congratulations to last month’s winners: Thomas Cardillo, Paul Carner, Glenn Gray, Roger Hancock, Tracy Hopkins, Natalie Kochanowski, and David Phillips.

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Winter Preparedness

Winter weather is right around the corner. Aside from preparing yourself by carrying warm clothing, extra pair of dry shoes/boots, bottled water, non-perishable food and blankets, you also need to make sure your truck starts.

When parking a unit for over 12 hours the following must happen:

- 21 degrees and up – use normal weekend procedures.
- 11 to 20 degrees – the truck must be plugged in constantly and started every 24 hours.
- 10 degrees and below – the truck must be plugged in constantly and started every 12 hours.

When the temperature has the potential to dip below 20 degrees anti-gel must be added to the fuel:

- Anti-gel can be obtained at any PGT shop and most truck stops. Anti-gel is available at PGT Company Shops to Independent Contractors for purchase.
- PGT bottles treat 250 gallons. For all others, read the label.
- Company Drivers can purchase up to 2 bottles per week on their fuel cards and should always have a spare bottle.

Coolant systems need checked daily, this will ensure the correct amount of anti-freeze is present.

You should carry an extra gallon of anti-freeze with you at all times.

If you park at a non-terminal location, the truck must be placed in such a position to prevent it from being snowed in, plowed in or otherwise unable to get moving in time to prevent a service failure. If you are in danger of getting stuck, contact your Fleet Manager.

Any Company Driver unable to comply with the above requirements must park your assigned unit at a PGT company terminal, approved agent terminal or other area approved by PGT Management.

Did you Know?

Tires at or below 85 PSI is considered flat by DOT.

Tires less than 80 PSI must be deflated while still on your rig, removed, filled, and then replaced.

Delivering material that is damaged before or during loading will result in a cargo claim unless you report it to PGT before you leave the shipper.

You need to contact your Fleet Manager if you are being loaded with something different than what you expected.

Manage Holiday Stress

Take care of your body and mind. This can include regular exercise, adequate sleep, a healthy diet, and relaxation practices. You may want to combine some of these habits for optimal self-care. For example, after a workout stretch your muscles while practicing deep breathing relaxation to help you wind down and fall asleep relaxed.

Identify your priorities and establish boundaries. Consider what is most important and valuable to you during the holidays and keep those as priority. This will require you to set boundaries around your priorities. Say no to “lesser” priorities, and ask for help when needed. For example, if exercising regularly is a priority, set boundaries around your time to ensure you’re able to get to the gym on a consistent basis. Similarly, if you want to spend quality time with loved ones you do not see too often, then you may have to say no to other responsibilities. This will keep you from feeling like you’re being pulled in all directions. It may also help reduce the risk of feeling resentment or disappointment once the holidays are over.

Be realistic. Assess your expectations of yourself and others. Try not expecting the holidays to go perfectly, and realize that you do not have to be perfect. You don’t have to prepare an ultra-fancy meal or give the perfect gift to every friend and family member. If family conflict has popped up in the past holidays, don’t expect there to be a perfect peace and harmony this year. Instead, plan ahead for your healthy response to conflict that may arise and be prepared to set boundaries if needed.

Cultivate gratitude. This is a growing research on the benefits of gratitude, particularly on physical, psychological, and relation well-being. Dr. Robert Emmons (a leading researcher on the science of gratitude) calls it an “attitude of gratitude” that has been linked to greater stress tolerance, increase positive emotions, better sleep, improved physical health, and healthier relationships. It can be beneficial to create a daily habit of remembering what you are thankful for. If certain well-meaning friends or family members start stretching your patience, remind yourself of why you are thankful to have them in your life!

So as you prepare to minimize stress and enjoy this holiday season, don’t forget to take care of yourself, be mindful of your priorities, maintain a realistic perspective, and develop a habit of thankfulness.

Amanda Balena, Skyland Trail

Highmark Blue Cross/Blue Shield Members

Did you know...

The mind/body connection is important to the healing process. Your health care coverage includes access to a wide range of discounts on health and wellness-related products and services from national, well known brands. Take a more active role in your health by using these discounts...and save up to 30 percent.

- ⇒ **Starting an exercise program?** Get discounts on fitness centers, personal trainers, and running shoes.
- ⇒ **Thinking about improving your diet?** Save on nutrition counseling, diet programs and vitamin supplements.
- ⇒ **Need to relax?** Try yoga, Tai Chi, or massage at discounted rates.
- ⇒ **Interested in complementary or alternative medicine?** Experience the benefits of acupuncture, mind/body therapies, or holistic medicine.
- ⇒ **Have vision or hearing issues?** Buy hearing aids at discounted prices or explore eye surgery options.

Learn more. To search the member discounts available to you or find a practitioner in the discount program, go to <https://www.highmarkbcbs.com>, log in with your ID and password. If you do not have a login ID select “register now” and follow the instructions. Then select the “your coverage” tab and go to Member Discounts. When you visit a practitioner, just show them your ID card to get your discount. You are responsible for paying the practitioner directly at the time the product is purchased or the service is received. The member discount program is separate and distinct from your health benefits plan.

Highmark Blue Cross/Blue Shield



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is a publication of PGT Trucking.

If you have any questions or would like to see a specific topic, please contact:
safetynewsletter@pgttrucking.com



SAFETY IS EVERYONE’S JOB - ALL THE TIME!