

The Sheehy Mail Driver Newsletter

April 2018 Edition

Issue III

Tips For Staying Healthy On The Road

It's hard (but possible!) for truck drivers to stay healthy while on the road. Here are some simple tips you can follow.

For many truck drivers (both short and long-haul) the concept of trying to stay healthy while on the road is almost foreign. The reality of truck driving is that the very nature of the work is to be sedentary. Driving a semi-truck for hours on end can also become monotonous, and some drivers rely on enormous amounts of caffeine, nicotine, and junk food to keep their energy level up.

For truck drivers, staying healthy is essential not just for your well-being but for a successful career as well. Here are some tips and healthy habits that truck drivers can practice to reduce fatigue and boost energy.

Eating Healthy-Pack a lunch! It's much healthier and cheaper. In 2018, we live in a world of convenience and there are a multitude of easy-to-eat and healthy foods even at truck stops and gas stations.

Sleep-Getting good sleep is one of the best things you can do to improve your overall health. While sleeping, the brain is able to recharge and your body makes essential repairs.

Exercise-There is no mistaking that exercise is hard to do when you are on the road. Carry some weights with you to use while on a break, or have running shoes to go on a quick walk or jog when you are at a truck stop.

Maintaining A Healthy Mind-Let's be real. After awhile driving a truck can get boring. Mile after mile of endless roads, signs, and trees can cause you to become distracted or think too much. As a matter of fact, thinking too much can actually be a bad thing. Listen to podcasts, music, or language tapes to pass the time.

In The News

- Diesel prices soar to a three-year high to an average of \$3.10 per gallon. (CCJ News)
- CVSA International Roadcheck scheduled for June 5th - 7th. (TransportTopics)
- ELD Mandate enforcement goes into full-effect across the country. (FleetOwner)
- Blockchain on the verge of revolutionizing the shipping industry. (TransportTopics)

Driver Spotlight

For this month's Driver Spotlight we have Chuck Glass from Morton, IL! Chuck has been driving for Sheehy Mail for just over four years having started with us in 2014. Chuck found out about Sheehy Mail through another driver who was driving for Sheehy at the time. Chuck currently operates on our Morton, IL to Eaton, OH route that runs six days a week. Chuck says that he likes Sheehy Mail because he is home every night, the work is steady, he loves our new equipment, and loves his co-workers. In his free time, Chuck enjoys spending time with his wife, his grandchildren, and working in his yard on various projects. Thank you Chuck for your years of hard work and dedication to Sheehy Mail!



Personnel

Refer A Driver And Earn Up To \$1,000!!!!

Now through May 30th all Sheehy Mail drivers can refer a driver and receive DOUBLE the normal referral bonus! If we hire a referral current drivers can earn up to \$1,000 and there is NO LIMIT on the number of referrals that can be submitted!

If you think you know of someone who may be interested in driving for Sheehy Mail please contact the Sheehy Mail Interim Personnel Director, Malonda Heinkel, at mheinkel@sheehymail.com or by calling 920-268-4712.

Submitting Feedback

At Sheehy, we are always looking for ways we can improve to make life better for our employees. If you ever have any feedback to share regarding ways we can improve, or things that you really enjoy about driving for Sheehy Mail, please contact Dispatch or Personnel to share your thoughts.



Safety

CSA Scores

Over the past year, Sheehy Mail's CSA scores in the Unsafe Driving category have decreased from 69% to 11% in about a year's time. The Unsafe Driving category includes Moving Violations, speeding tickets, etc. This is a HUGE improvement to the overall safety of the fleet. The lower our CSA score the better. The Safety Department can't thank everyone enough for their hard work helping us increase our safety efforts and practicing safe driving habits!

Close Calls and Near Misses

It is important that all Sheehy Mail drivers remember to report all "Near Misses" or "Close Calls" to Dispatch. Reporting near misses can help prevent future incidents to you and other company employees. We are always looking for suggestions on how we can better prevent near misses to increase our safety efforts. If you ever have any feedback that you would like to report please contact our Safety Director, Jesse Frederick, or our Driver Trainer Kevin Rideout. If something happens to occur after hours, please make sure to contact Dispatch FIRST!

Dispatch

Need To Take Some Time Off? Here's Everything You Need To Know

Everybody needs to take time off work for vacations, personal matters, or just your sanity! The Sheehy Mail Time Off Policy provides simple, uniform standards to ensure all employees are treated fairly and understand the process.

How and When:

Drivers should submit requests for time-off through Dispatch. In non-emergency situations time-off requests must be submitted no less than fourteen (14) days prior to the first day off. Time off requests must be submitted on a Time Off Request Form. Dispatch can help you with the form.

Types:

Paid Vacation is intended to permit employees to take time off from work for any situation. Vacation-

is paid at the rate of 8 hours per day. Unpaid Personal Time is intended for employees who have not yet earned vacation, or for emergency situations.

Review:

Requests are processed in the order they are received on a first come, first served basis. Some drivers turn in vacation plans a year in advance! Requests will be approved whenever possible based on the availability of other drivers.

Approval:

You'll know your request is approved when you receive the approved request form in the mail. If you haven't received the form do not assume your request was approved! Call Dispatch to verify.

Thank you for your hard work and dedication to safe, professional driving!

Accounting

New Staff Accountant

The Accounting Department would like to welcome Tami Buchholz as our new Staff Accountant! Tami will be starting with Sheehy Mail on Monday, April 23rd. We are delighted to welcome her to the company. Tami will be assisting the Accounting Department with a variety of fuel desk tasks, invoicing, and payroll. If you get the chance to talk with Tami please feel free to give her a HUGE welcome!

Paperwork

As always, the Accounting Department would like to remind all Sheehy Mail drivers to turn-in your paperwork! Making sure your paperwork is turned in goes a long way in helping all of us in Accounting!

Maintenance

Tagged Trucks & Trailers

The shops would like to remind all Sheehy Drivers to not take any tractors or trailers that have been tagged out or have engine warning lights. Recently, we have encountered incidents where drivers will take tagged out equipment.

By operating tagged out equipment you risk running into a mechanical failure which can lead to unneeded and costly tow bills. If you are unsure whether a tractor or trailer is tagged out for maintenance, please do not hesitate to contact Dispatch or ask someone at any of the Sheehy Shops.

Stories From The Road

James Bock: Miles of Smiles



I recently joined your team here at Sheehy Mail, so I have had the opportunity to get to know some of the other drivers as they showed me their routes so I could fill in for them if needed. As we drove their routes, I got to know these drivers and they all were very nice people. I come from an industry where that wasn't always the case so this is a very pleasant change.

As we drove the routes a few well seasoned drivers would mention that years ago drivers were much more friendly. Other truckers would wave and flash their lights to let them know if it was safe to return to the lane in front of them and now no one seems to care anymore. As I spent more time on the road I noticed this as well, but I thought to myself that I wanted to change that and hopefully it would be passed on.

I have driven motorcycles all my life and we all wave at each other. You're a club or a team so to speak. So I started waving at the other truck drivers as they passed and I have had a surprisingly great response. It's always nice to see a gloomy robotic face turn into a smile and to see them wave back. I always flash my lights to let other drivers know it's safe to return to the lane in front of me, and I always flash my marker lights even if they don't flash their lights....maybe next time they will!

All too often all you hear from the media are the bad things happening in the world. Just remember, for every one bad thing that occurs there are a million good things that happen; just no one mentions it.

In closing I say "smile"! Wave and enjoy life, your trip, and don't go so fast that you forget where you're going and who your neighbor is (always remember the three that mean the most. It's not me, myself and I).

-Driver James Bock, Waterloo

Sheehy Mail Quick Quiz

Last month's question asked how many gallons of fuel per year does an average diesel powered semi-truck use? The answer: 20,500 gallons

We all know that semi-trucks are some of the largest motor vehicles around. Most semi-trucks can carry up to 80,000 lbs. while traveling 55mph down a busy interstate. What percent more time does a semi-truck need to stop as compared to a regular mid-size car?

- 30%
- 40%
- 60%
- 80%



Reminders For Drivers

No Bobtailing Without Approval

Dispatch would like to remind all drivers that there should be absolutely no bobtailing without prior approval from Dispatch. If you feel that you are unsure about whether you should bobtail please make sure to contact Dispatch first. They will provide you with all of the instructions you need.

Enter Your Trailer Numbers!!!

We feel like we bring this up at least once per month, but it is important! Please always try to remember to enter your trailer number into your LoadTrek keypad. Entering your trailer number allows Dispatch to more effectively keep track of trailers and where they are located. If we know where they are then we can better optimize out trailer pool which helps you and saves time! Please let us know if you have any questions or need a refresher on how to enter your trailer numbers.

Connect With Us!

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