

The Sheehy Mail Driver Newsletter

February 2019 Edition

Issue XII



Tips and Tricks for Safer Night Driving



There are a variety of things that drivers who work at night can do to help, but it's not what most people think they are.

Trucking is a 24/7 industry. Truck drivers are on the road day and night to ensure that cargo is delivered on time. Due to the nature of truck driving as a profession odds are you either have or will be driving at night at some point.

Driving at night has its advantages such as less traffic and more parking spaces in the morning. However, it also has drawbacks, the main one being that humans are hardwired to be up during the day and sleep at night.

It's important to understand that your body will never fully adapt to working overnight. There are some things that drivers can do, but it's not what most people would expect. Instead of playing loud music, using caffeine or sugar drinks, or opening the window, one of the best things to do is to get the best sleep you can during the day.

If you consistently work at night and need to sleep during the day, here are some tips to ensure you are getting quality rest:

- Sleep in a dark space. Block out as much light as possible in the room you will be sleeping in.
- Avoid noise and distractions. Mute your cell phone and keep the television off.
- Try and sleep during the same hours each day if possible to build a routine. Your body will become acclimated much quicker.

These are just a few tips that can help ensure you are getting quality rest during the day if you work at night.

However, at the end of the day, eating right, getting enough exercise, and doing things to relax yourself mentally will all work to help keep you energized during the nighttime hours.

In The News

- **Truck parking shortage costs drivers \$4,600 a year according to experts (TransportTopics)**
- **Livestock haulers maintain ELD Mandate exemption status in 2019 (TransportTopics)**
- **Trucking groups battle over independent contractor definition in court (HDT)**
- **Trump pitches infratructure in State of The Union but not new details (HDT)**

Driver Spotlight

For this month's Driver Spotlight we would like to feature driver Jeff McKinney! Jeff has been driving with Sheehy Mail for just over 5 years, and currently operates on our 680FE route traveling from Milton, PA to Milan, OH or Jersey City, NJ. Jeff says that he loves driving for Sheehy Mail because it fits his lifestyle, he likes the management team, loves how his route has him home daily, and overall says that Sheehy Mail is just great to work with. In his free time, Jeff enjoys working outside, fishing, riding his motorcycle, and just taking time for himself. We can't thank Jeff enough for all of his hard work and dedication over the years!



Personnel

Submit Your Documents!!

We would like to remind all drivers to submit your documents! Now that we are in 2019 we need any/all Certificate of Violation forms. Please submit these to Marlo Birkholz as soon as possible!

If you have any outstanding requests for documentation that needs to be submitted to Personnel please make sure to turn those in ASAP!

If you have any questions please feel free to reach out to Malonda or Marlo. We'd be happy to help!

Fed Med Card Renewals

Do you have a Fed Med Card that is about to expire? Remember, all drivers who actively drive for Sheehy Mail are required to have a valid Fed Med Card on file. We also reimburse up to \$99.00 for Fed Med Card renewals. Fed Med Cards are good for two years only!

If you need help scheduling an appointment to renew your Fed Med Card or have any general questions, comments, or concerns please reach out to our Personnel Assistant Marlo Birkholz.

Safety

Winter Isn't Over Yet

It may be February, but we still have a long way to go before winter "officially" ends. With that in mind, it is more important now than ever to always make sure that you are practicing safe driving habits on the road.

Here are some important reminders as you patiently wait for warmer weather:

- Avoid driving while you are fatigued. Make sure to get plenty of rest before hitting the road.
- DO NOT use cruise control when driving on any slippery surface (wet, ice, sand, etc.)
- Use your seat belt every time you get into your truck (it's also the law).
- Watch weather reports prior to each trip or before driving in isolated areas.
- Increase your following distance.
- Pack a cell phone, hat, gloves, blankets, food, water, extra clothing, and any needed medications.
- Drive slowly and pace yourself when accelerating and decelerating.

Dispatch

Dock Numbers Project

Have you ever helped cover for another driver's vacation but upon arriving to the Post Office are unaware of the proper dock to back up to? If you've had this experience you are not alone.

Over the next few weeks Dispatch will be working on updating LoadTrek (locations, routes, etc.) with dock numbers at each location based on the trip. If you happen to receive a call from someone in Dispatch requesting this information please provide them with that info if you can.

We are doing this to make sure that no matter the route drivers are informed of the proper dock number at the associated pick-up or delivery location. If one driver is covering for another due to illness or vacation that driver should have the proper dock number information for the driver's route for whom they are covering.



Accounting

Fuel Cards

A new year means new fuel cards.....if you need replacements that is! Take a look at your current fuel cards. If they look torn, worn, or if the magnetic strip no longer works let us know, and we'd be more than happy to send you replacement cards. Please feel free to reach out to Chris Chesemore at the Fuel Desk if you have any questions.

Contract Vehicle Record Report

If you happen to receive a Contract Vehicle Record Report from the Post Office following the completion of your trip please feel free to recycle these. Accounting does not need them in order to process completed loads. Thank you for the help!

Maintenance

Communication Is Key!

This month we would like to stress the importance of communication; especially when it comes to maintenance. Remember, if we don't know about an issue with a vehicle we can't fix it! If at any time you notice a maintenance issue with one of the vehicles please report it to any one of the Sheehy Mail Shops, or by using the LoadTrek DVIR.

Pre-Trip Inspection

At the start of every route remember to complete your pre-trip inspection. Making sure that you do this before every route is critical in making sure that your vehicle is roadworthy to keep you safe and everyone else safe on the road.

Sheehy Mail Quick Quiz

Last month's question asked what the longest stretch of interstate is in the U.S. The answer: I-90.

This month's question is all about trucks. Freightliner, Kenworth, Peterbilt, Mack, International, etc. All of these are popular brands of trucks that you see on highways and interstates daily. Which company is the largest manufacturer of heavy-duty and medium-duty trucks worldwide?

- A) Freightliner
- B) Daimler
- C) Peterbilt
- D) Volvo



Reminders For Drivers

Entering Trailer Numbers

We've said it before and we'll say it again, please remember to enter your trailer number into LoadTrek. This helps Dispatch optimize our trailer pool for efficiency and keep track of trailer locations. If you drop and hook make sure to enter your new trailer number into LoadTrek. If you need a refresher on how to properly enter your trailer number into LoadTrek please reach out to Dispatch.

Checking Your Route

Before you start your day please always try to remember to check your route! Checking your route confirms with Dispatch that you are aware of your schedule for the day and that there are no errors. You can check your route by calling in to Dispatch, logging in to the LoadTrek Driver's Portal, or by using the LoadTrek Mobile App for your smartphone.

Please Reach Out to Dispatch With Any Questions!!!

Connect With Us!

Sheehy Mail Contractors Inc.
PO Box 35
127 Central Avenue
Waterloo, WI 53594



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