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## Cold Weather is Here!

### I know we addressed this back in October, but it is worth repeating and reviewing with your drivers

This week the Midwest is getting its first dose of measurable snow and below freezing temperatures.

1. Diesel additive should be added to the ultra-low sulfur diesel fuel when temperatures drop below 32 degrees.
2. If your truck is equipped with an engine block heater it should be plugged in when the temperature is below 32 degrees. Trucks that are not utilized should be started and let run every day to bring the unit up to normal operating temperature.
3. Initial start up procedure should be as follows: Complete pre-trip of unit, unplug block heater, turn ignition switch to on, wait for glow plug lights to go out, start engine, leave engine running until engine operating temperatures increase.
4. For trucks equipped with air brakes, drivers should purge air tanks daily. If the unit is equipped with an air drier, bringing the PSI to 120 will automatically purge the system.
5. Before parking the unit for the day, if you are driving in snow, ice, slush, rain, etc., you should lightly apply the brakes while the unit is moving to dry the brake shoes, drums, rotors and pads so the brakes do not freeze while parked.
6. Make sure windshield washer solvent is full and that all windows are clean.
7. Remove any ice-snow build up from steps and grab handles to prevent a slip or



November 9th, 2018

## Brake Safety Week Cites Nearly 5,000 CMVs For Violations



Nearly 5,000 commercial motor vehicles (CMVs) with critical brake violations were removed from the road during Brake Safety Week, September 16-22, throughout the United States and Canada. Law enforcement personnel conducted 35,080 inspections on CMVs throughout the week, capturing data on brake violations. Most vehicles did not have any brake-related out-of-service conditions, but inspectors found critical inspection items in the brake systems of 4,955 vehicles - 14.1 percent of the CMVs inspected. CMVs found in violation were placed out of service until the conditions could be corrected.

Brake Safety Week, sponsored by the Commercial Vehicle Safety Alliance (CVSA), also captured antilock braking system (ABS) violations, indicating how well ABS are maintained in accordance with federal regulations. Many participating jurisdictions surveyed ABS compliance, and violations were counted when the malfunction lamp did not illuminate or stayed on, indicating issues.

#### The findings are as follows:

- 26,143 air-braked power units required ABS; 8.3 percent (2,176) had ABS violations;
- 17,857 trailers required ABS; 12.5 percent (2,224) had ABS violations;
- 5,354 hydraulic-braked trucks required ABS; 4.4 percent (234) had ABS violations; and 651 motor coaches and buses required ABS; 2 percent (13)

fall.

When parking the unit make sure if heavy snow is forecast that the unit is not left parked in an outside dock or near a building overhang. Snow can drift off the building causing excessive accumulation on the top.

## Fuel Additive Use During Cold Weather Conditions

As colder weather approaches you need to use fuel additives to prevent fuel jelling. Fuel additive should be added anytime the ambient temperature is below 32 degrees F. Power Service and Penray are popular manufactures of fuel additives and both companies have two different products available through Navistar and Idealease locations.

### Power Service:

- The "Red Bottle" is Power Service 911 and is to be used only when the fuel in a unit has been jelled and **NOT TO BE USED AS A PREVENTATIVE MEASURE TO KEEP FUEL FROM JELLING.**
- Power Service Diesel Fuel Supplement + Cetane "White Bottle" is to be added to the fuel at each fill when the ambient temperature is < 32 degrees F.
- This is the additive you should use on a regular basis during the winter months.



### Penray: Winter Thaw Emergency Diesel Fuel Supplement

- Dissolves already gelled fuel fast and reduces clogging of fuel filters. Prevents ice crystal build-up in fuel lines and filters by disbursing moisture.
- Eliminates hard starting, pounding, excessive smoking and helps improve combustion. 100% compatible with low sulfur fuel and fuel blends.
- Here again, Winter Thaw Emergency is **ONLY TO BE USED WHEN THE FUEL IS ALREADY JELLED.**

### Winter Pow-R Plus Diesel Fuel Supplement

ULSD compliant. Prevents gelling of diesel fuel. Prevents ice crystal formation. Reduces cold filter plug point B as much as 30°F. It helps enhance cetane, improve fuel economy, utilizes HAFI® technology, improves cold weather starting, stabilizes and prevents corrosion, helps reduce emissions and improve lubricity.

## NIOSH: Truck Stops Lack Healthy Options For Drivers

Truck stops provide basic needs for drivers, but they often lack in areas that help drivers maintain a healthier lifestyle, according to research from the National Institute for

had ABS violations.

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Occupational Safety and Health (NIOSH).

Researchers visited a sample of 16 truck stops in 10 states as part of the NIOSH national survey of long-haul truck driver injury and health. Using a checklist developed



by the organization, researchers looked at the availability of exercise facilities, medical clinics, and restaurant and grocery store healthy food options available at truck stops and surrounding areas. The study defined facilities in the surrounding area as being visible from the truck stop and within safe walking distance or with tractor-trailer access. The study revealed that while most

truck stops provide basics such as room to sleep, a meal, and use of the restroom, the sites surveyed did not score well for providing healthy food options, or access to exercise and healthcare facilities.

The report revealed that none of the truck stops offered facilities for exercise and 81 percent did not have a walking path. Nearly all the truck stops - 94 percent - lacked any access to healthcare facilities. Of the 16 truck stops surveyed, restaurant and convenience store menus at half the stops lacked any fresh fruit and a third lacked any fresh vegetables.

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## Improving Driver Health

Driving a truck can make healthy living a difficult challenge but not impossible. A lack of physical activity and fast food dining can add up to a health risk at any age. Make healthy fast food choices by sticking to these simple ground rules:

- Eat a variety of foods in moderate amounts.
- Use less salt on your food. Carry seasonings (like Mrs. Dash) in your cab so you can add extra flavor without the extra salt.
- Avoid foods labeled jumbo, giant, and super-sized. Larger portions mean more calories. Order a regular or junior portion instead.
- Choose grilled or broiled sandwiches with meats like lean roast beef, turkey or chicken breast.
- Request that special sauces or added dressings be left off your order, and add lots of veggies to the mix.
- Skip the croissant or biscuit in favor of a bun, bread or English muffin.
- Fill up at the salad bar if available, but beware of thick, creamy dressings.
- When eating Mexican food, order bean burritos, soft tacos, fajitas and other items that are not fried. Chicken is better than beef, especially with the addition of lettuce, tomatoes and salsa. Limit refried beans, and go easy on cheese, sour cream, and guacamole. Watch out for fried tortilla shells! A taco salad can have more than 1,000 calories.
- Pizza can be a good choice. Order thin crust pizza with veggie toppings, start with a salad and limit yourself to one or two slices of pizza.
- Avoid these traps: fat-free muffins with plenty of sugar, skinless fried chicken contains a lot of fat, Chinese food that is deep fried or high in sodium and fat.



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