



# The Dashboard

## MAY



### The latest CSA scores:

Category	Threshold	Phoenix Goal	March	April	
Unsafe Driving	65%	30%	29.2%	33.6%	↑
Hours of Service Compliance	65%	65%	73.6%	74.5%	↑
Driver Fitness	80%	0%	74.4%	76.9%	↑
Drugs/Alcohol	80%	0%	0%	0%	
Vehicle Maintenance	80%	30%	28.5%	28.2%	↓
Hazardous Material Compliance	80%	30%	Inconclusive	Inconclusive	
	65%	30%	40.9%	35.1%	↓

Causes for increases in Unsafe Driving and Hours of Service Compliance:

#### Hours of Service:

Uriah Warren—driver's record of duty status (Non-OOS)---worth 3 points

Dennis Troutman—drivers record of duty status (Non-OOS)---worth 18 points

Forest Meeks—driving beyond 11 and 14 hour duty period (OOS)---worth 48 points

#### Unsafe Driving:

Christopher Thompson—failure to obey traffic control device and speeding 15 or more miles per hour over the speed limit---worth 45 points.

\*The point values are what Phoenix and the driver is given through CSA measuring.

### 2013 Safety Meeting Schedule

Safety Meetings for 2013 will have a different schedule format. Safety Meetings will be conducted once a month starting the third Saturday of February. **All Phoenix employees (including office personnel), with the exception of mechanics, will have to attend only one of these meetings throughout the year.**

All meetings will be held on [the third Saturday of every month](#) in the orientation room. Because there is limited seating in the orientation room there will be a sign up sheet on the orientation door prior to each month's meeting. Everybody should call or check the Friday before the scheduled meeting prior to showing up to ensure the meeting has not been cancelled for unforeseen reasons.

**The next meeting will be held May 18<sup>th</sup>.**

**"Be Careful Out There."**

Several new employees were hired during the month of April.  
Please introduce yourself and make them feel welcome.

Dajuan Lewis  
David Akin  
Terry Roberts  
Robert Hutcheson  
Steve Montgomery  
Rick Willoughby  
Perry Willoughby  
Constanty Leo  
Christopher McCoy



**Memorial Day**

*Never Forget  
Ever Honor*

## Monthly Health Tip

Two minutes in the morning and two minutes in the evening and your lungs may be breathing fine for a very long time.

We're talking about brushing your teeth.

As you've no doubt heard, good dental hygiene helps prevent gum disease. But what you might not know? A recent study suggests that gum disease may open the door to some pretty serious lung diseases.

### The Mouth-Lung Connection

Smoking remains the leading cause of serious respiratory diseases, such as lung cancer and chronic obstructive pulmonary disease (COPD). The recent study did not conclusively prove that gum disease is another direct cause of COPD. But people in the study who were hospitalized with COPD and other types of lung disease had significantly higher rates of gingivitis and periodontal disease than the folks in a control group who had healthy lungs. It's not clear what the connection is. But we know that the bacteria from dental plaque, when inhaled into the lungs, not only can cause COPD exacerbations but also might trigger respiratory infections in healthy people.

### A Double Threat

For good gum -- and lung -- health, brush your teeth at least twice a day for two minutes. Even better, brush after every



Jessica Saylor

## IN THE KNOW

How long have you been working for Phoenix Transportation?.....5-1/2 years  
What do you do at Phoenix Transportation?.....Quality Control / Payroll  
What is your favorite music?.....Classic Country  
What is your favorite TV show?.....The Walking Dead  
What is your favorite drink?.....Sweet Tea  
If possible, who would you most like to meet whether they are living or not? ....  
.....Norman Reedus  
What is your favorite car?.....Dodge Charger  
What place would you dream of going to?.....Hawaii

## May Birthdays

Please Wish These People  
A Happy Birthday!

Jody Bach	01
Jan Mills	05
Marita Hite	07
Chuck Towles	07
Michael Stubbs	08
Stewart Cannon	09
Kevin Caulk	09
Paul Wade	16
Mark Vernborg	17
Larry Pingleton	17
Dallas Osborne	18
Roger Shouse	20
James Kyle Raley	21
Kenneth Stokley	21
Dajuan Lewis	21
James Hollingsworth	22



*I remember my mother's prayers and they have always followed me. They have clung to me all my life.*

*~Abraham Lincoln*

## J. J. Keller announces Two Online Interactive Training Programs

J. J. Keller & Associates Inc. has launched two new interactive online training courses – Hazmat Endorsement Practice Test and Cargo Securement: Dry Vans. These self-paced training courses are available anytime and anywhere there is an internet connection, tailoring the training experience to the user's availability.

**The Hazmat Endorsement Practice Test** helps drivers prepare for the Hazmat Endorsement CDL test. It includes questions that closely mimic the actual test and explanations for incorrect responses. It features randomized questions that eliminate memorization and enhance learning.

**Cargo Securement Dry Van** features up-to-date training for dry van cargo securement based on the regulations and industry best practices. The course covers the key concepts and regulations for the loading and securing of all types of cargo in dry vans. This course is also available on CD-ROM.

## World No Tobacco Day

**31 May 2013**

Every year, on 31 May, WHO (World Health Organization) and partners everywhere mark World No Tobacco Day, highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption. Tobacco use is the single most preventable cause of death globally and is currently responsible for killing one in 10 adults worldwide.

Happy



Mother's Day



Tim Stacy

## IN THE KNOW

How long have you been working for Phoenix Transportation? ..... 7 months  
What do you do at Phoenix Transportation? ..... OTR Driver  
What is your favorite music? ..... Country and Rock  
What is your favorite movie? ..... The Boondock Saints  
What is your favorite drink? ..... Beer and Iced Tea  
If possible, who would you most like to meet whether they are living or not? ..... Chris LeDoux  
What is your favorite car? ..... Diesel Trucks  
What place would you dream of going to? ..... Iceland

## Study: Most Distracted CV Drivers Are Distracted During Risky Maneuvers

The top 5% distracted drivers of commercial vehicles are distracted 79% of the time during risky driving maneuver. That's nearly six times more often than the rest of the drivers, according to the initial results of the SmartDrive Distracted Driving Index study, which explores the distracted driving rate of commercial fleets.

Released during the National Safety Council's Distracted Driving Awareness Month, the study summarizes the 2012 performance of commercial drivers observed during a benchmark period prior to and after starting the SmartDrive Safety program.

The study compiles information from the in-vehicle, video event recorders that capture video, audio and vehicle data during sudden stops, swerves, collisions and other risky driving maneuvers. These events are analyzed, categorized and scored according to 70+ safety observations.

The study evaluated more than 15.1 million video events recorded over the course of 2012. Through in-depth review and analysis by SmartDrive Expert Safety Analysts, SmartDrive is able to quantify distractions such as mobile phone usage – texting as well as talking, eating, drinking, doing paperwork, personal hygiene and other personal activities. The percentages reflect how often a distraction was observed when a risky driving maneuver was recorded.

Top distracted drivers used mobile phones 29 times more than the rest.

Of the most distracted drivers observed, the study found that mobile phone usage continues to be a top distraction at 27%, which includes handsfree talking, handheld talking and texting. According to the National Safety Council 23% of all collisions in 2011 involved mobile phone usage, resulting in 1.3 million collisions.

In addition, object in hand, which includes manipulation of objects, searching for objects, personal grooming, and others, is also particularly risky and a more common distraction compared to the others.

The study also found that top distracted commercial drivers were talking on mobile phones 29 times more than the rest of the drivers as well as 19 times more texting than the rest of the drivers. This shows a habitual pattern with top distracted drivers leading to risky driving behaviors.

Over 30% of Distracted Drivers Were Eating and Drinking while Speeding.

Mobile phone usage is the single most common distraction of all drivers during speeding at 25%. Object in hand at 27% shows similar behavior pattern we've observed with mobile phone usage – that manipulating an object while driving continues to be the biggest cause of distractions.

Interestingly, when food and beverages are combined, it represented 34% of the most common distractions during speeding of all drivers.

### **MAY DAYS TRIVIA**

**May 4<sup>th</sup> is Star Wars Day**

**May 9<sup>TH</sup> Lost Sock Memorial Day**

**May 12<sup>th</sup> is Mother's Day**

**May 18<sup>th</sup> is Armed Forces Day**

**May 23<sup>rd</sup> is Lucky Penny Day**

**May 25<sup>th</sup> is Tap Dance Day**

**May 30<sup>th</sup> is Water a Flower Day**



**Don't Forget Mom  
This Mother's Day!**

### **Matthew 6:34 (NLT)**

**"So don't worry about tomorrow,  
for tomorrow will bring its own  
worries.  
Today's trouble  
is enough for today."**