

We Are The Z-Team!

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In This Issue

Medical News	1
Stop the Clock!	2
Fight of the Week!	2
News About Us!	3
New Phone # for Shop	4
Birthdays - Anniversaries	4
News Briefs/Odds & Ends	4

DRUG TESTING CHANGES / REMINDERS

Drug testing has been in effect for all DOT regulated truck drivers since the late 1980's. The same five substances have been checked in each urine test: marijuana, cocaine, amphetamines, PCP, and opiates. All drivers know by now that beginning January 1, 2018 four more synthetic or semi-synthetic opioids were added: hydrocodone, oxycodone, hydromorphone, and oxymorphone.

It's important to know about these changes if your physician has prescribed these types of medication, usually for the treatment of pain. Before you get the prescription, you should tell your physician about the details of your job and verify your meds won't impact your ability to drive safely.

If you test positive for these additional substances, beginning this year you will have five days to get your doctor to contact the company's Medical Review Officer to verify that you can safely operate your commercial motor vehicle while taking these medications. Doing so is your responsibility.

MEDICAL CARD AND DL EXPIRATIONS

Our Safety Director, **Geoff Hosband**, reminds everyone that they need to proactively get their driver's license and medical cards renewed *before they expire!* Despite getting 30 and 60 day advance renewal notices from PennDOT—and reminder calls from ZTL—some drivers still let their CDL renewals go to the very last minute.

"Your CDL renews every four years, the day after your birthday," Geoff said. "If your CDL expires, you lose your CDL and you must re-test. A mistake like this can have a serious impact on your job, your income, and your family."



"You also need to watch the date on your DOT medical card. Depending on your health, these cards can be issued for three months, six months, one year, or two years. It's not worth the risk to allow either your license or medical card to expire," according to Geoff. "Save yourself some grief and lower your stress. Schedule time to take care of these items, sooner rather than later. It's an important part of being a professional driver!"

You Must

Resist the Urge!

When you arrive at the Mifflintown terminal, before going to the restroom, check with Samantha or Geoff if your name has been drawn for a random drug screen. If you ask (or get seen) after you use the restroom, you will have to wait up to three hours to see if you can go again. If you cannot, then after three hours DOT regs specify you must be taken to a nearby hospital where urine will be removed from your system using a catheter.

DO YOU WISH YOU COULD STOP TIME?

In addition to all the other stress factors in a truck driver's life, with ELDs comes the stress of time management. True, time management has always been a part of professional driving, but it's different when a computer is constantly reminding you how much time you have left.



The key to reduce this stress is proper trip planning and in that planning, allowing time for the unexpected. Sure, it's easier said than done, but some are better at it than others and it can be done.

If you're close to running out of hours, everyone knows to get to a "safe haven." That's a place where you can park—and stay parked, with no tickets and no problems. If you've gone over your limit, make a remark in your logs with a legitimate reason (weather, traffic, construction, etc.) It won't excuse the violation, but it might help if you get a sympathetic inspector.

Being overly optimistic, planning too tight of a schedule, and not being willing to "leave time on the table" are ways to almost guarantee you'll run out of hours before you can get parked. Sure your goal is to maximize your time to get to your destination. As a result some drivers will pass up a sure opportunity to park at Exit 15 because they have 30 minutes left on their clock and want to park at Exit 35. The problem is that when they get to #35 and find there's no parking, their next opportunity will be at Exit 60. Result: a certain points violation (likely a major one—see table below), and a possible CSA issue when stopped any time in the next eight days. All that because they can't leave 30 minutes "on the table." Remember, when you stop sooner, you can leave earlier.

One more thought: there is no exception to allow a driver to exceed his hours to get home. When you are out of hours, pull over! Through better time management it shouldn't happen that often.

Zimmerman Truck Lines - eLog Violation Summary - Effective August 1, 2016

The Rules

- 11 hours driving*
- 14 hours on-duty*
- 30 minute required break*
- 70 hour/8 day work rule*

The Violations and Points

- Minor (1 Point) - Violation lasting less than 30 minutes*
- Major (2 Points) - Violation lasting between 30 and 60*
- Severe (3 points) - Violation Exceeding 60 minutes*

The Penalties

- Accumulate 6 points in any rolling 12 month period: termination*
- A "severe" violation will result in the loss of quarterly safety bonus*
- A "severe" violation by a new hire within first 90 days: termination*

OUR NEWEST FEATURE: THE FIGHT OF THE WEEK!

In this corner, fighting for ZTL will be our champion, a hulking, heavy-weight, 26,000 lbs. Class 8 Truck!



VS.



The challenger: Weanie Sno-Pyle, weighing about 25 pounds, from Lowell, Massachusetts!





NEWS ABOUT OUR OWN



SPECIAL DELIVERY

Ian James Naylor arrived into this world on the evening of Wednesday January 30th. He weighed seven pounds and one ounce. He is the third child of **Tom Naylor**, our Shop Foreman, and his wife Ashley.



WHAT IS A CROSS-EYED CROW?

Van Division driver, **Bob Camenisch**, and his wife Melanie have opened a new store, The Cross-Eyed Crow. Selling vintage items including lamps, tables, furniture, and assorted household items, it's located at 3160 William Penn Highway in Mifflintown.

Melanie does most of the restoration work. She said, "It's a labor of love. I want to give these unique items a second life."

The store is open Tuesday through Friday 10 to 5, and Saturday 9 to 1. Zimmerman employees get an automatic 10% discount! Just show your pay voucher or employee ID card.



A Russian Tea Urn on display at the Cross-Eyed Crow.

Editor's note: If you have something of interest that you would like to let everyone in the ZTL Family know about, please send an e-mail with information to newsletter@ztlinc.com, or stop by the front office.



AND THE WINNER IS WEANIE SNO-PYLE!



Sno-Pyle delivered one blow, giving Truck a nice gash in his bumper! Sno-Pyle's secret? He's made of ice—the same stuff that sank the *Titanic*!



In fact, Sno-Pyle took on two ZTL trucks last week and won both times! The take-away is, don't challenge a snow pile; **think twice; it's really ice!**

www.WeAreTheZ-Team.com

**NEW AFTER-HOURS
EMERGENCY NUMBER
FOR THE SHOP**

777-436-0333

Because of personnel changes in the Shop, our after-hours number has changed. Make a note of this new number! You can also call the regular office number, select 8 for the Shop, and if you get the recorded greeting, press 1 to be connected to the mechanic on-call.

Be courteous to the next driver! *Please sweep all dirt and debris as well as pull all nails from the floor when you drop an empty trailer.* It takes only a few minutes and it's the right thing to do!



DATES TO REMEMBER

Spring Safety Meeting

Saturday April 21st or

Saturday April 28th

9 AM in the Warehouse

Attendance is mandatory at one of these meetings unless you are dispatched on a load or otherwise excused!



Together we are making it better!

MARCH BIRTHDAYS ...

- John Powlus — March 2
- Steve Tarr — March 4
- Ken Stiles — March 5
- Allen Crosby — March 7
- Bill Miller — March 10
- Mike Kreydatus — March 12
- Dale Snook — March 12
- Tracy Heffner — March 12
- Ron Zimmerman — March 19
- James London — March 21
- Justin Henry — March 21
- Amos Fisher — March 25
- Jed Showers — March 26

... AND ANNIVERSARIES

- Gary Beatty — 20 years
- Steve Detra — 16 years
- Dan Hackenburg — 13 years
- Geoff Hosband — 13 years
- Norm Stever — 12 years
- Tom Pannebaker — 11 years
- Steve Tarr — 6 years
- Dale Snook — 5 years



QUOTE FOR THE MONTH

"If you don't know where you're going, you'll end up someplace else."
—Yogi Berra, Professional Baseball Legend and Amateur Philosopher

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