

# We Are The Z-Team!

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## PSP & MVR: GET YOUR DRIVING HISTORY

**T**he FMCSA PSP (the Pre-employment Screening Program) report and a state Motor Vehicle Record (MVR) offer different information on driver histories.

The PSP report contains roadside inspection (three years back) and crash data (five years back). It includes all serious safety violations cited during any roadside inspection. This database is maintained by the FMCSA. Conviction information is not included in the PSP.

MVRs are maintained by each state. Conviction data is posted periodically depending on each state's process for reporting and posting. An MVR includes all information related to your driver's license issued by that state. It includes any conviction which occurred when operating any type of vehicle including passenger cars, light trucks, motorcycles, commercial trucks, and busses. An MVR contains only the driver's conviction data, which typically remains for three to five years, depending on the state. In Pennsylvania, convictions remain available indefinitely. Matters such as citations, warnings, and tickets not yet settled by a court do not appear on the MVR.

### **You should know what's in your records.**

To get your PSP, you need to use a computer and access:

<http://www.psp.fmcsa.dot.gov>

You will need your driver's license state and number (for a full report, any licenses you've had for the past five years), a credit card, and a valid e-mail address. You'll also need to provide full name, complete address, and phone number as well as your date of birth. The PSP record search for all licenses held for the past five years costs \$10. You must provide all license information on the single search for the \$10 fee to cover everything. At the completion of the transaction you can view or download your report in PDF format. If you want to print it, you'll want to have your printer ready.

You can also get your Pennsylvania MVR (known in PA as the Individual Driving Record) by going to the website: <https://apps.pa.egov.com/idr> . You can get your entire available driving record for \$9 (again here a credit card is required). You will need your license number, date of birth, and last four digits of your social security number. The computer requirements are easy to understand and you can test your computer to be sure you can receive the report before you actually make the purchase. It's very easy to complete, save, and print your report.

### **Company Picnic**

Saturday Aug 15th is the date for the Zimmerman Truck Lines company picnic. ZTL is providing free wristbands for all employees, spouses, and kids 18 and under. There's going to be a free meal with sodas as well. It's all happening at Del Grosso's Amusement Park in Tipton. As announced in the last newsletter insert, the deadline for registering is Friday July 31. Call Gina at x246 to get more information! Call now and we'll see you there August 15th!

## NEW RULES FOR MEDICAL CARDS

The final rule for medical card changes took effect on June 22, 2015. As of that date, CDL holders are no longer expected to provide a copy of their medical card to their state licensing agency. Also effective that date, all medical examiners must send an electronic transmission of the medical exam cards to the Federal Motor Carrier Safety Administration. FMCSA will then electronically forward this information to the appropriate state agency who in turn posts it to the proper driver's record in the Commercial Driver's License Information System (CDLIS). However, medical examiners are expected to provide a physical copy of the medical card to both the driver and his employer.

## TIPS FOR PASSING YOUR DOT PHYSICAL

Like it or not, passing your DOT physical exam is as much a part of the job as maintaining a license to drive your truck. Do yourself a favor and be prepared for your next DOT physical.

If you use eyeglasses or contact lenses or wear a hearing aid, bring them with you. Bring a list of the current medications you take and also bring the name and contact number of the doctor who prescribed the medication to you. When you fill out the health history portion of the form, do your best to explain any previous or current medical condition you may have.

Supply the medical examiner with medical records for any conditions you have such as diabetes, cardiac disease, sleep disorders, neurological conditions etc. Before they can complete your DOT exam, they may need to review any diagnostic studies you had in the past such as for sleep apnea, exercise stress test, or echocardiogram after you had a heart attack. Bring those documents with you and also obtain a clearance letter from your treating doctor. If you take certain medications for pain, psychiatric conditions, attention deficit disorder, or smoking cessation for example, bring a letter from your treating doctor as well.



If you smoke cigarettes don't smoke 2 hours prior to arriving and try not to stress yourself out! Bring your driver's license and don't worry. The medical examiner will supply all the necessary forms including the US DOT Medical card or Medical Examiner's Certificate to be issued the same day.

### FRANK PERDUE'S ETHICAL WILL

It took a tough man to make a tender chicken. Here are some rules that Frank Perdue, the "King of Chicken," left behind in his will:

- Always be honest.
  - Justify the trust of others.
  - If you say you will do something, do it.
  - Treat all people with courtesy and respect.
  - Be part of something bigger than your own self, be it family, country, or whatever you choose.
  - Remember that hard work is satisfying and fulfilling in and of itself.
  - Nurture the ability to laugh and have fun.
  - Have respect for others who have gone before.
- Learn from their weaknesses and build on their strengths.



### DRIVER REFERRAL BONUS

In any 365 Day Period

1st Referral = \$1000

2nd referral = \$1500

3rd Referral = \$2000

Limit to bonus earnings = *NONE!*

# WELCOME NEW DRIVERS!

JANUARY - MARCH 2015  
MORE IN FUTURE ISSUES!



Antoine Stewart



Mark Rudebeck



Nick Steigerwalt



Miguel Rodriguez



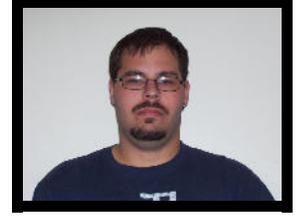
Jeremy Strauser



Clair Tabb



Josh Guillory



Michael Schoening



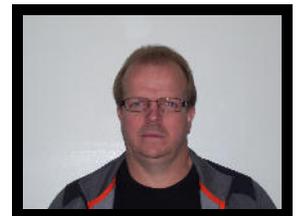
Mark Kling



Mark Kling, Jr.



Ian Rosensteel



Rudy Mucha

## Your Voice

In response to last month's request to hear from those who already have cameras in their trucks, came this e-mail comment:

**"In my opinion, I think front facing cameras in the truck is the best idea. I currently have one in my truck. It not only protects the company from lawsuits, but it protects my CDL."**



## EMPLOYEE APPRECIATION MENU

Employee Appreciation Week is coming up next month, August 24 through 28th. We received several entries in the suggestion box to add something to the menu aside from hamburgers and hotdogs. Just to be fair, there have been a lot of other items available including a variety of sandwiches (ham, turkey, and roast beef), grill items including kielbasa and cheddar brats, and sweets. Some popular picnic sides are more difficult to keep from spoiling for long hours in the summer heat, so some items are not feasible.

But still, we want to hear what you would like to have included for the food offerings that week. You know what to do: put your ideas in one of the suggestion boxes or send an e-mail to [newsletter@ztlinc.com](mailto:newsletter@ztlinc.com). Don't wait until the week before to give us your ideas! Final plans are being made now, so let us know. If you don't need to remain anonymous, you can quickly call Samantha at x234 with your suggestions!

*Who doesn't like a dog in a bun with a little mustard?*



[www.WeAreTheZ-Team.com](http://www.WeAreTheZ-Team.com)

## NEWS BRIEFS

**Truck Wash:** One of the suggestions submitted earlier this year was to get the truck wash refurbished. It wasn't as simple as going to the hardware store for the replacement parts. The 12 year old wash bay was needing some attention and bids were put out. The first phase to upgrade the gantry and hoses was completed in early January. More upgrades are to come with a new brush system at the end of this month. Also, the wash is once again using the original high-quality Niagara soap drivers requested. The third phase, to have the floor of the wash bay refinished, will be completed sometime later this year.

**FunFest:** CFO **Derek Ritzman** reports that the final total for the CMN Fun Fest this year is \$25, 000!

**Radio Ads:** Three new radio ads featuring ZTL drivers **Scott Landis** and **Gary Beatty** started broadcasting on area radio stations in mid-July. They both give their personal views of why they like to work at ZTL. You can listen to two of these spots on the ztlinc.com website in the driver application section.

**Milestones:** **Josh Guillory**, a newly hired driver in our flatbed division, was married to Sarah Jean Farrell on June 20th. Congratulations!

**Can't get enough of the Z-Team Newsletter?**  
Thought so! All the past newsletters are on the ztlinc.com website. They are available for download and in **COLORI** Look under "News Updates" or "News and Community."

### Dates to Remember

**Company Picnic, Del Grosso's — Sat Aug 15th**  
**Employee Appreciation Week — August 24<sup>th</sup> to 28<sup>th</sup>**  
**Fall Safety Meetings — October 24 and October 31**

There are still 21 drivers participating in the Driver Referral Program and two of them have multiple referrals. Who's going to make it 22?

*Together we can make it better!*

## AUGUST BIRTHDAYS ...

Craig Powell—Aug 1  
Norm Stever—Aug 2  
John Johnson, Sr.—Aug 2  
Ian Rosensteel—Aug 3  
Ken Bilby, Jr—Aug 4  
Denny Gilmore—Aug 5  
Becky Shaw—Aug 11  
Jake Yoder—Aug 12  
Clark Earnest—Aug 15  
Chris Witter—Aug 19  
Josh Guillory—Aug 24  
Arlan Yoder—Aug 25  
Tim Kenep—Aug 27  
Ray Snyder—Aug 28  
Mark Zimmerman—Aug 29

## ... AND ANNIVERSARIES

Carl Heffner, Sr.—18 years  
Cinda Lauver—18 years  
Lynn Sheffer — 14 years  
John Johnson, Sr.—11 years  
Kim Snook—10 years  
Denny Snook—10 years  
Curt Beatty—8 years  
Terry Wagner—3 years  
Scott Moist—2 years  
Dale Snook—1 year  
Charles Leitzel—1 year  
Gary Reck—1 year  
John Tepsic—1 year

## FORGOTTEN IN JULY? NO! NON! NYET! NEIN!

**Shane Kreamer (birthday) July 1**

**Joe English (birthday) July 25**

**Tanner Zimmerman (anniversary) 4 years**

**Darren Weaver (anniversary) 10 years**

**Derek Ritzman (anniversary) 15 years**

## QUOTE FOR THE MONTH

*"The less effort, the faster and more powerful you will be."*  
— Bruce Lee, Martial Artist

**ZIMMERMAN TRUCK LINES, INC.**