

- Sherman Bros. Trucking Harrisburg Oregon
- Team Transport Harrisburg Oregon
- Sound Transportation Lakewood Washington
- TCT Boise, Idaho

Slips, Trips & Falls cost S.B., Inc. \$1,029,100 in last five years



Good-Bye 2008—Hello 2009!!

A look back and a look forward—The 2008 year held both good and bad times for the S.B., Inc. Family of Companies. Amongst the good times was the purchase of TCT's assets near year end. With a yard and office in Boise, ID this new family member extends our coverage in the Northwestern areas of Washington, Oregon, Idaho and Montana and adds approximately 30 employees to the S.B., Inc. roster.

2008 proved to be a year of applying and qualifying for various government programs dealing with Homeland Security and the "Greening" of

the trucking industry. We received our C-TPAT Status Verification Token (SVI) mid year and applied for and re-



ceived our listing as a US EPA Certified SmartWay partner.

Carriers can integrate cost saving, fuel efficient technology and strategies into their fleet:

- Idle Reduction
- Improved Aerodynamics
- Improved Freight Logistics
- Automatic Tire Inflation Systems
- Driver Training

- Advanced Lubricants
- Advanced Powertrain Technologies

What is a SmartWay Partnership?

The U.S. EPA's SmartWay Transport Partnership is a voluntary public-private partnership that addresses greenhouse gas emissions, fuel consumption, criteria pollutants (NOX and PM), and operating costs associated with ground freight transportation operations. The SmartWay Transport Partnership addresses other key national concerns: energy security, energy savings, and environmental justice.

"To every cloud a silver lining" seemed to be the (p.3)

Think You Have a Better Idea? Let's Hear It!

S.B., Inc. is committed to saving money through Safety. We are looking for ideas and answers. In the last five years we spent **Over \$1 MILLION** on Slips, Trips and Falls. We are starting a year-long injury prevention program and we need your input. Each month we will have a different event that will require your thoughts.

From January through April we will have a contest on how to prevent certain

prevailing injuries. The safety department will take the **top 5 ideas**, and present them to our Safety Committee. The Committee will vote for what they think is the best idea out of the five. The person submitting the winning idea will be presented with a prize. **SLIPS, FALLS & TRIPS** will be January's topic.

Over the last five years, slips, trips & falls are our second leading cause of injuries:

- 65% fell from elevation

- 35% fell on same level
- Most slipped/tripped while on the trailer
- Second, people slipped/tripped from the trailer onto the ground.
- Next people slipped getting out of the truck
- Finally people slipped/tripped walking around their truck and trailer.
- 55% of these injuries occur between January and June with 30% occurring in the first quarter.

Cont. on p. 2

*"Take
Advantage
Now!"*



**American Fidelity
Assurance Company**
A member of the American Fidelity Group.

Products:

- Paycheck Protector
- Life Insurance
- Cancer Insurance
- Hospital GAP Plan
- "Cafeteria Plan"

Mark Your Calendar for Insurance Savings— January 12—16 Benefit Options Meetings

What to expect at your enrollment?

Tracy Fannin, your American Fidelity Assurance Company representative will discuss your benefit options and answer any questions you have regarding your benefits.

Don't miss this opportunity!

This will be your only chance to enroll for your annual benefits. We recommend you make all benefit elections on your enrollment date to ensure you and your family are fully protected.

*What benefits are available to you? Pay- check Protector® Disabil- ity Income Insurance**

*A lot depends on your pay-
check.* If your lifestyle re-
quires a steady paycheck,
then your life needs Ameri-
can Fidelity's Disability
Income Insurance. Our dis-
ability income insurance
helps provide an income if
you are unable to work due
to a covered accident or
sickness while under your
doctor's care.

Life Insurance*

Plan today for tomorrow.
Have the peace of mind

knowing your family's to-
morrow is protected. Ameri-
can Fidelity's Life Insur-
ance provides a way for
your loved ones to main-
tain their current life-
style with our Renewable
and Convertible Term Life
Insurance plans. You
choose a 10, 20, or 30
year benefit. Your premi-
um is locked in for the en-
tire initial term period and
will increase upon renewal.

**Limited Benefit Cancer
Insurance—Minimize the
impact.** The financial im-
pact of cancer treatment can
be devastating. Our Cancer
Insurance is an affordable
solution to help you and
your family focus on fight-
ing the disease and not
struggling to pay bills.

Hospital GAP PLAN®*
(*Supplemental Limited
Benefit Medical Expense
Insurance*) Typical health
insurance covers the cost of
most medical expenses in-
curred from hospital and
doctor bills, but how will
you prepare for the out-of-
pocket expenses? The Hos-
pital GAP PLAN® can help
you pay for out-of-pocket
expenses that could other-
wise drain your budget.
*Limitations, exclusions, and
waiting periods may apply.*

Section 125 Cafeteria Plan & Flexible Spending Ac- counts (FSA)

- **Health Flexible
Spending Account**
- **Dependent Daycare
Account**

These accounts can be used
throughout the year to reim-
burse yourself for qualified
out-of-pocket medical ex-
penses and/or dependent
daycare expenses. Remem-
ber that some of the quali-
fied out-of-pocket medical
expenses include many
over-the-counter items such
as Ibuprofen, cold remedies,
Band-Aids and antacids
such as omeprazole (Prilosec).
Also if you are aware of a
medical procedure or special
need for the future (i.e. glasses,
braces, hearing aids) it pays
to plan ahead by signing up
for the "Cafeteria Plan" to
help pay with before tax dol-
lars.

Please call Cindy Matchett
or Sarah Dashofy to sched-
ule an appointment with
Tracy. He will be available
starting Monday, January
12 through Friday January
16 from 9 a.m. to 4 p.m.
Each session takes about 15
to 30 minutes. Drivers can
stop by without an appoint-
ment but may have to wait
a few minutes to get in to
see him.

More on Slips, Trips, and Falls—

The \$1,029,100 cost does not
include the cost of lost produc-
tion nor the pain and frustra-
tion suffered by the injured
worker.

So what are your ideas to
help cut this cost? Do you

have any tricks of the trade?
We will take five suggestions
to the Safety Committee to
vote on the first week of Feb-
ruary. The person with the
winning idea will receive a
first aid kit. We will also an-

nounce the topic for February.

Ideas can be sent to Cindy
Matchett at the Harrisburg
office either by e-mail or
phone. Call 1-800-547-8980
or e-mail at cindym@sbht.com

Braking Compression Less in New ISM Cummins

The chart below shows brake horsepower for different power platforms. As you can see the ISM Cummins in the new glass trucks have less compression brake than the drivers are used to. In other words the drivers need to be more careful on downgrades when braking. Trucks need to use a lower gear and come off downgrades slower. Drivers are going to find themselves using more brake pressure application while on down grades. How much application on down grades?? Drivers need to check with our trainers, but my rule of thumb has always been 2 to 5 lbs brake application pressure, any more than that and brakes are going to get hot and may cause a catastrophic problem.



MBE4000	580 braking HP	(2270#)
S60	450* braking HP	(2770#)
DD13	546 braking HP	(2574#)
DD15	500* braking HP	(2900)
ISX	600 BHP at 2000 rpms	
ISM	348 BHP @ 1800 rpms	

Good Bye 2008—Hello 2009

(from p.1)

theme for 2008. Out of the horrendous surge in diesel fuel prices came the need for installing fuel saving equipment and prompting less idling. The purchase of after market equipment to keep trucks cooler in summer and warmer in winter without excessive idling enabled us to gain our SmartWay partnership.

The downward spiral in the economy provided unexpected relief in the National cost of fuel with prices dropping from a high of \$4.764 in July of 2008 to \$2.309 a gallon on December

15th.

Transport Topics reports in it's last issue that more than 900 carriers closed their doors in each of the first two quarters of the year, including Jevic Transportation, which ranked No. 71 on the Transport Topics 100 list of largest for-hire carriers in the United States and Canada. Even this provides a positive side as more experienced drivers become available and new freight lane opportunities are opened up for the surviving companies.

The big question remains, "What happens in 2009?"

At this point it appears the recession will remain in effect for the 2009 business year with the trucking industry in a long line of industries facing hard times. Bob Costello, vice president and chief economist for ATA comments "What is certain is that trucking will emerge a stronger industry." He also feels that despite the weak economic times, trucking is maturing. Fleets that successfully weather the tough times will come forward with a new strength and a new insight into what it takes to survive and prosper. "They will be better off than ever at the business of moving freight."

"History shows us that steep declines are followed by steep growth." Costello reports trucking has always been the first industry to lead the U.S. economy. "When the economy rebounds, the trucking industry will have implemented a well-functioning system destined to reap the gains of strong volumes in a strong economy."

"We Pull Together"

Information for the Traveling Tribune may be sent to: Dixie Wunsch or e-mail at:

Dixiew@sbht.com - You may also call Dixie at 541-998-7201 and leave a message. Mail may be sent to PO Box 706, Harrisburg, OR 97446



The S.B., Inc. Family of Companies

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Fax: 541-995-7742

Shop Talk

Winter Driving Tips By: Doug Tull

- **Make sure all brakes release on truck and trailers when starting out after parking brakes have been set in cold weather.**
- Use the interlock differential switch located on the dash board of your truck. When this is engaged it will apply power to both rear ends for maximum traction control. **Always take power away from drive train using the clutch before engaging differentials**, If this procedure is not followed it can result in power divider failure.
- Keep brakes in adjustment.
- Rubber nipples for brake glad hands - carry a spare or two.
- Make sure truck service is up to date.
- When fueling in cold weather, make sure the fuel that we are using has been winter treated. Do not add fuel treatment to any fuel tanks of SBI trucks with out checking with the shop first.
- **Check with the maintenance department before using alcohol products in air lines to un-thaw. *This product can be very dangerous.***
- Antifreeze check - when adding coolant make sure that you add the proper kind. Extended Life "red in color" or Glycol Green in color.
- **Do Not Use Ether to Start Your Truck, This will wash down the cylinders destroying them and also causing detonation that could cause the operator to get hurt. *This product can be very dangerous.***

CAUTION!

Using the wrong products can damage fuel system sensors and injectors.

- Carry tire chains that are the proper size and a chain tightening tool. Put them on so you know they fit. Make sure you keep them locked up.
- **Bleed or drain air tanks from tractor and trailer, water will collect in the air system and freeze.**
- Make sure your mirror heat is working properly.
- Check the water dispenser for the windshield washer for proper fluid to keep from freezing.
- Make sure defrosters are working properly, keep dash clean.
- Winter fronts on trucks will cause them to overheat on a hard pull no matter how cold it is, causing damage to the engine or de-rating when you are not expecting it. Please don't use winter fronts on SBI equipment. Trucks don't have shutters any more, they have 185 degree thermostat-operated fans that will come on and shut off to keep your truck running at that 185 degree temperature. Using winter fronts will also restrict your air intake to the turbo boost causing other problems that you won't want to deal with. If your engine is not getting up to operating heat, contact the maintenance department.
- ATC and ABS, Automatic traction control works well and will keep you from spinning tires, don't over-ride and run with it off. Also make sure your ABS brake system is working properly. These two options that SBI has on its late model trucks and trailers are very important to the safety of it's drivers. If you have any questions as to the operation of the ATC and ABS systems please contact the training department or the maintenance department.

- Cold Starts need battery amps for cranking power. Make sure all electrical power is off when parking the truck. If possible plug in a battery tender to keep from draining it in cold weather or over the weekend.
- Always get a weather and road report from operations prior to route planning.
- Make sure you have a driver emergency phone list and understand the procedure.
- If you have any other questions about your equipment please call us.



Before the Storm Strikes—

1. Prepare a Winter Storm Plan—have extra blankets on hand; ensure that each member of your household has a warm coat, gloves or mittens, hat and water resistant boots.
2. Assemble a Disaster Supply Kit (for both home and car) Containing—First Aid Kit and Essential Medications, battery powered NOAA portable radio, flashlight and extra batteries; canned food and a can opener; bottled water, extra warm clothing.
3. Stay inside—but if you must be outside dress in light-weight layers, gloves, hat and boots. Cover your mouth to protect your lungs.
4. Keep your car's gas tank full to avoid freezing gas lines.