



Emma Gelacek
Safety Manager

FROM THE DESK OF SAFETY

As Garner comes in to our 60th year, we'd like to wish everyone a safe, happy and joyous New Year. It is the holiday tradition to create resolutions and goals for the coming year. In keeping with this tradition, we're very excited to announce our newest safety initiative to all our drivers and staff.

The Avatar **Triple L C (LLLC)** defensive driving course!

LLLC is engaging, a little quirky and will help everyone be safer on the roads, whether you are in a semi, a four-wheeler or on two wheels.

The four guiding principles of **Triple L C** are;

- L) LOOK AHEAD:** 15 seconds down the road
- L) LOOK AROUND:** Be sure to change your view by moving your eyes every 2 to 3 seconds
- L) LEAVE ROOM:** Minimum 5 to 6 seconds of following distance in ideal conditions
- C) COMMUNICATE:** Using your turn signals, four ways, head lights and city horn are all great ways to let others know your next move. Never flip anyone off, that could lead to a dangerous situation.

If we all made every attempt to follow these four principles whenever we're behind the wheel, we would have a safe driving record, reduce the number of accidents and create a longer career. When we reduce the potential for accidents, we reduce our stress level, our anxiety and our potential involvement in accidents—which will reduce the damage to our bodies that stress can cause.

Over the next few weeks, we will provide more details about the program; and we encourage everyone to participate in this defensive driving course to help make you a safer driver. There are three steps to this driving course as follows:

- ⇒ **THE FIRST STEP-** 6 online modules
- ⇒ **THE SECOND STEP-** 1-hour classroom training with a LLLC Certified Instructor
- ⇒ **THIRD AND FINAL STEP-** an on the road performance evaluation to display how you put the LLLC training to use in real-time

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2019
FLEET ELITE

Driver of the Year
Buddy Sampley

Rookie of the Year
Don Hoop

Fleet Elite Drivers
Dennis Dean
Richard Moore
Robert Wilson

Ron's Technician
Dale Wisniewski

Garner's Technician
Ben Brumbaugh



Congrats to last month's Extra Mile Award winners, November's Atta Boys & Girls **William Tefft (Cooper spotter)** and **Shawnta Dix (2674)**!! Each month, anyone recognized with an Atta Boy or Atta Girl will earn recognition and lunch on Garner!

Make sure to let Jenny know when you see someone going that extra mile!

CONGRATS TO December's **ATTA BOYS & GIRLS** WHO WILL BE RECOGNIZED FOR GOING THE EXTRA MILE



Roy Boykin

Operations recently received a very nice call from Valley Farm Supply in Sugar Creek, Ohio. They wanted to say how impressed they were with Garner driver **Roy Boykin (2698)**. *"When Roy delivers to us, he is always friendly, accommodating, respectful and an all around great driver! I deal with a lot of drivers and am always impressed with your driver."* Great job, Roy!



Kim Fredritz

Accounting wanted to give a big Atta Girl to Customer Service Manager **Kim Fredritz**. *"Whenever we need paperwork or have billing issues Kim is always so responsive and helpful. Makes our job that much easier."* Thanks, Kim and way to go! Your going above and beyond does not go unnoticed.



Shawnta Dix

Garner customer Schneider Tire in Marne, Michigan recently contacted Operations to share how much they appreciate driver **Shawnta Dix (2743)**. *"She is welcome back anytime! Her good attitude is appreciated and her driving skills and backing ability are all great! Whenever she comes in she makes the day easier for all of us."* Thanks Shawnta for making the customer feel appreciated. Great job!





It's that time of the year when people think about New Year's Resolutions. Do you want to be healthier? Do you want to get your finances on track? Do you want to lower your stress levels?

The American Heart Association (AHA) recognizes that exercise and lifestyle changes can help make a difference with many of these goals. The benefits of regular physical activity include increased energy, better cardiovascular health, reduced risk of heart disease and stroke, and looking and feeling better overall.

According to the AHA 80% of Americans don't make exercise a regular habit, with 14% saying they don't like to exercise. How do you overcome an exercise aversion? Maybe even learn to like it? Here are 5 steps to learning to love exercise... or at least not hating it.

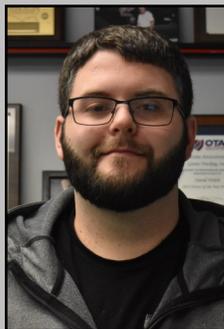


1. **EXERCISE THAT SUITS YOU:** Find an exercise that best fits your personality. If you are a social person, do something that engages you socially. If you having time alone, walking or jogging solo might be a better fit.
2. **MAKE IT A HABIT:** Give yourself time to create a regular routine. Try exercising around the same time each day.
3. **BUILD EXERCISE INTO YOUR LIFESTYLE:** The key is building activity into your lifestyle so it is not disruptive.
4. **DO BOUTS OF EXERCISE:** It's OK to break up your physical activity into smaller segments.
5. **KEEP GOING:** If you a miss a day, don't worry about it. Everybody struggles once in a while. Just make sure you get back at it the next day.

WEIGHT LOSS CHALLENGE
Stayed tuned for details on the Garner Trucking weight loss challenge!



Ruby Culp
2686 Trainee



Nicholas Hogston
2729 Trainee



James Miller
2687 Trainee



Kraig Wiant
2731 Trainee

WELCOME!

SATELLITE RADIO

In 2019 the Driver Advisory Board voted to get XM radio for the fleet! There are still several trucks who don't appear to be connected. We want to help!

At the beginning of this process we needed to contact XM to have these turned on individually. We are now able to get these turned on from the office.

If your truck does not currently have XM and you would like to have it turned on:

1. Tune your radio to the XM option and go to channel zero. There should be a radio ID number made up of letters and numbers.
2. Take a picture, scan and send to jfall@garnertrucking.com
3. Contact Jenny in the main office;
 - You will need to be in your truck
 - Truck will need to be under no obstructions
 - Tune the radio to XM Channel 1
4. Typically within 15 minutes your radio will be connected.
5. If your radio does NOT have an XM option, the shop has mobile units and antennas that can be installed. You will need to contact the shop to have these installed. After installed, follow steps 2 and 3 above.



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After completing the course everyone will receive a certificate and may be eligible for a discount on your car insurance. You will want to provide a copy of the course certificate to your Car insurance provider.

I really look forward to working with everyone to complete this goal and have a safe and prosperous 20/20!

Drive safely,

Emma Gebacek

Safety Manager



LLLCTM
DEFENSIVE DRIVING
LOOK AHEAD · LOOK AROUND · LEAVE ROOM · COMMUNICATE

WINTER DRIVING TIP

As the winter weather starts to arrive, it's important to take those extra steps to ensure your tractor keeps running smoothly. Nobody wants to be broke down in the middle of winter weather. As you drive through snowy or rainy weather, please take the time to drain the water out of your air tanks whenever you have been travelling in those wet conditions.

1. There are 3 cables (1 for each tank) under your steps
2. Pull until you no longer hear water or see it blowing on the ground
3. Be sure valve closes on each one when you are done



SAFE DRIVING



CLEAN INSPECTION

Aaron Knowles
Eric Eaton



Clean Inspection = \$75.00
Clean HAZMAT DOT Inspection = \$100.00

ON CALL SAFETY



All safety calls need to go to
419-427-3928.

Please make this your default safety phone number in your phone contacts as soon as possible.

SAFETY & PERFORMANCE BONUS

Month	Sept-19	Oct-19	Nov-19
Warning/Citations	0	0	0
Stability Control	0	0	0
Hard Brakes	0	0	0
Fuel Solutions	0	0	0
Preventable Accidents	1	3	2
Late Loads	5	1	0
% Receiving Bonus*	82%	87%	80%
Total Bonus Paid Out	\$10,461.09	\$10,571.32	\$13,541.63

* The % total reflects the drivers who are paid their Safety & Performance Bonus. The incident numbers reflect only those drivers who have lost their bonus beginning the month indicated.

Inspection Selection System: 37

Our ISS Score indicates "PASS"

BASICs OVERVIEW

Based on a 24-month record ending December 30, 2019

	GTG Rating	Trend	Thresholds
Unsafe Driving	16%	↑1%	65%
Fatigued Driving (HOS)	22% (< 3 violations)	No change	65%
Driver Fitness	0%	No change	80%
Controlled Substances and Alcohol	0%	No change	80%
Vehicle Maintenance	40%	↑3%	80%
Cargo-Related	No Violations		80%
Crash Indicator	Not Available		65%

CELEBRATIONS

HAPPY BIRTHDAY

- 1/2 Adam Dismuke
1/3 Ashley Zimmerman
1/5 Jill Bloom
Adam Branam
Gauge Settlemire
1/6 Jean Garner
1/10 Brent Palmer
1/14 Al Netzer
1/17 Eric Nungester
Neil Vislosky
1/19 Dennis Dean
1/22 Don Fagan
1/24 Amod Dawson
1/26 Kim Fredritz
1/27 Robert Wilson
1/30 Randall Chitester

ANNIVERSARIES

- 1/19
M/M James Husted

YEARS OF SERVICE

1 YEAR

- Chris Harris Marko Roseboro

2 YEARS

- Aaron Knowles Alex McGregor
Albert Netzer Carl Waggle

3 YEARS

- Roy Boykin Ron Flint
Buddy Sampley

4 YEARS

- Robert Downing
Audrey Wingate

5 YEARS

- Jenny Fall

6 YEARS

- Adam Branam Ed Stevens

8 YEARS

- Ed McKinley

29 YEARS

- Jon Foust

Wreaths Across America

This year Garner participated in both the national and local Wreaths Across America event on **Saturday December 14th.**



Driver of the Year **Buddy Sampley (2744)** traveled to Maine to pick up a load of wreaths, delivering them to lay on the graves at Arlington National Cemetery.



Garner driver **Tom Watkins (2717)** travelled to Maine to pick up a load of wreaths, bringing them back to Findlay to lay on veteran graves at Maple Grove Cemetery.



The mission of the Wreaths Across America is to **Remember** America's fallen United States Veterans
Honor those who serve
Teach our children the value of freedom