

# between the WHITE LINES

A Bimonthly Safety Newsletter From



Issue 16, December 2014

## Citations and Roadside

All citations and roadides MUST be turned into the Compliance Department within 24 hours. If you Transflo it, call the Compliance Department and provide your confirmation number. Thank you for your help with this critical matter.

## SECURE TO ENDURE

### Preventing Load Shifting

- The most effective way to prevent a load shift is to prevent it from moving in the first place. Even when a piece of cargo is secured according to DOT specifications, it can shift easily if it can gain any momentum.

- A trip block is one of the most effective methods of preventing forward movement.

- Place the trip block against the front of the cargo. Some types of cargo require that rubber belting be placed between the trip block and the cargo to prevent a cargo claim.



- Place a chain on the notch of the trip block. Secure the ends of the chain behind the leading edge of the cargo.

- Place a binder on the chain. Tighten the binder so the trip block is tight against the cargo.

- When the trip block is tight against the cargo, the cargo has no space to slide to start building momentum.

- Most load shifts happen at slow speeds. The truck brakes are far more effective at slow speeds, but the cargo still moves at the same speed as the truck.

- When you can't use a trip block, build a false bulkhead or wrap a chain around the front of the cargo, using edge protectors. Any time you can prevent forward momentum from building, you dramatically reduce the chances of any kind of load shift.

## Did You Know???

- A warning on a roadside inspection carries the same number of points as a citation.
- A CLEAN roadside will get you a WalMart gift card.
- Consecutive CLEAN roadides will double or even triple your WalMart gift card payout, if they are received within the same calendar year.
- All roadside inspections must be turned into the Compliance Department within 24 hours.

## Important Information About Your Physical and Driver's License

We have been experiencing issues with driver's licenses being suspended due to physicals not being turned into the licensing state. With the new medical certificate regulations that changed in May of 2014, drivers are required to turn their new physical papers into their local DMV.

If you don't turn your physical papers into the state, your license may be suspended and you may not receive notification of the suspension. So when you get a physical, take the paperwork directly to your local DMV office in your licensing state. Don't expect the doctor to turn it in on your behalf. Don't fax it. Don't email it. Don't expect anyone else to do it for you. Walk it into the DMV yourself.

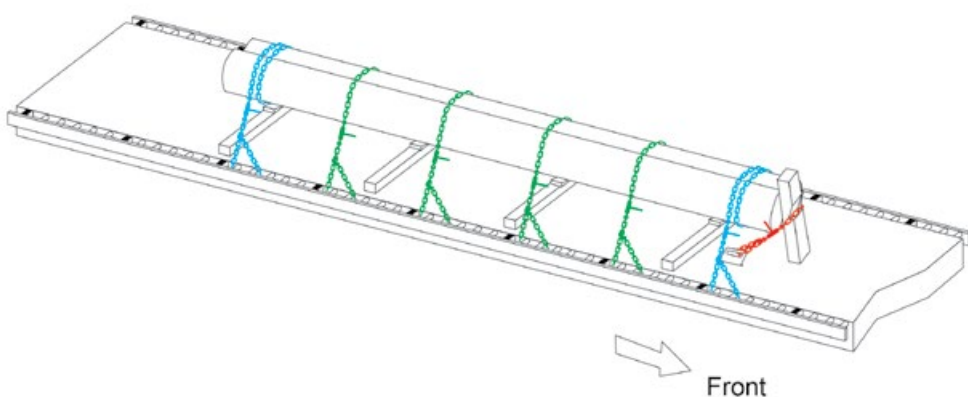
In addition, you are required to notify your state of an address change within 30 days.

If you have any questions, please don't hesitate to call the Compliance Department.

## RELATE TO YOUR FREIGHT

### Ingot Securement

1. Place 4" x 4" lumber on the trailer for every 8 feet of cargo length.
2. Nail wedges or blocking into the 4" x 4" lumber as close as possible to where the ingot or billet will rest on the lumber. The wedges should help to prevent the load from rocking side to side.
3. Lay the ingots or billets across the lumber.
4. Bellywrap a chain around the front of the ingots or billets, within the first four feet of the cargo.
5. Bellywrap a chain around the rear of the ingots or billets, within the first four feet of the rear of the cargo.
6. Place a chain across the ingots or billets, within the first eight feet of the cargo.
7. Place additional chains across the cargo, spaced so there is at least one chain across the cargo every eight feet.
8. Place a trip block against the front of the ingot or billet. Secure a chain across the trip block to bring it tight against the cargo. For multiple ingots or billets, use multiple trip blocks or build a false bulkhead against the front of the load.
9. Double-check the tension on all the chains to ensure that the cargo has not shifted from tightening the chains. Pay special attention to the bellywrap chains.
10. Tarp the load securely, if required.



## HEALTH INSURANCE CORNER

For all those currently enrolled in the Highmark PPO/Community Blue Plan:

Highmark's member website -- [www.HighmarkBCBS.com](http://www.HighmarkBCBS.com) -- is designed to be mobile. It can be viewed on an iPad, Smartphone or any mobile device. Highmark also has a microsite for finding providers until 2015, which is also mobile -- [www.YourNetwork2015.com](http://www.YourNetwork2015.com).

For all those currently enrolled in the BCBS of Oklahoma Plan:

Blue Cross and Blue Shield of Oklahoma (BCBSOK) members have access to one of the largest PPO networks in the state of Oklahoma. BCBSOK also has a website for finding providers. Go to: <https://public.hcsc.net/providerfinder/search.do?corpEntCd=OK1>

100 percent of the acute care hospitals in Oklahoma; 94 percent of the specialty hospitals in Oklahoma.

77 percent MD/DOs in Oklahoma; available in all 77 counties.

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If you have any questions or would like to see a specific topic, please contact:

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