

KENNESAW TRANSPORTATION NEWSLETTER



AUGUST 2024

ISSUE NO. 70

CVSA Brake Safety Week
August 25- 31

Driver Appreciation Week
September 15-21

www.kennesawtrans.com



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CVSA BRAKE SAFETY WEEK

SAFETY

The Commercial Vehicle Safety Alliance's Safety Week is scheduled for **August 25th - 31st**, focusing on Brake Systems. The Safety Brake is another high-visibility, high-volume commercial motor vehicle inspection week where law enforcement inspectors from all over conduct inspections on commercial motor vehicles and the drivers of those vehicles. With that being said, Safety wants to make sure everyone is aware so that we can be prepared.

Brake Safety Week is a commercial motor vehicle, driver inspection, and regulatory compliance enforcement initiative, a brake-safety awareness and outreach opportunity, and a brake-related inspection and violation data collection project. Inspection and Enforcement CVSA-certified inspectors will conduct routine commercial motor vehicle inspections throughout the

week, focusing on brake systems and components. Commercial motor vehicles found to have brake-related out-of-service violations will be removed from roadways until those violations are corrected. For this year's Brake Safety Week, inspectors will focus on the condition of brake linings and pads. Brake lining and pad issues may result in vehicle violations and could affect a motor carrier's safety rating.

Follow the link below for more details:

<https://www.cvsa.org/news/2024-bsw-dates/>



Brake Safety Week

August 25-31, 2024



During Brake Safety Week, commercial motor vehicle inspectors emphasize the importance of brake systems by conducting inspections of commercial motor vehicle brake system components and removing commercial motor vehicles found to have brake-related out-of-service violations from our roadways.

10 Brake Lining and Pad Tips

The focus of this year's Brake Safety Week is on the condition of the brake lining and pad. Brake lining and pad issues may result in vehicle violations and could affect a motor carrier's safety rating. Here are some tips from commercial motor vehicle inspectors to help ensure your brake linings and pads have no issues during a roadside inspection.

1. Inspect visible portions of the brake lining and pads as part of your pre- and post-trip inspections.
2. Look for signs of missing lining, such as grooves in the drum from rivet contact.
3. Look at the shoe-to-drum clearance and ensure there is adequate lining on the shoe.
4. Look for any signs of leaks from the hub or other components that may be contaminating the lining/pad surface.
5. Ensure there are no missing lining blocks/pads.
6. Check for visible cracks or voids in the lining block.
7. Check for any exposed rivets or lining blocks that look loose on the shoe.
8. On disc brakes, pay particular attention to the condition of the rotor, such as heavily rusted rotors across the entire friction surface on either side or metal-to-metal contact.
9. Make sure all repairs are consistent with the brake manufacturer's requirements and guidelines.
10. Note any issues in your driver vehicle inspection reports and report them to the motor carrier to have the defective linings/pads repaired.



Contaminated lining.



*Cracked lining.
OOSC, Part II, a.(5)(c)iii / 393.47(a)-U.S.*



*Worn out linings.
OOSC, Part II, a.(5)(c)vii / 393.47(d)(2)-U.S.*



*Missing lining block.
OOSC, Part II, a.(5)(c)ii / 393.47(a)-U.S.*



*Metal-to-metal contact.
OOSC, Part II, a.(6)(c) / 393.48(a)-U.S.*

For more information, visit www.OperationAirbrake.org.





NATIONAL DRIVER APPRECIATION WEEK





DRIVER APPRECIATION WEEK

**SEPTEMBER 15-21
2024**

National Truck Driver Appreciation Week is almost here! While we love celebrating our Professional Drivers all year long, DAW is always especially fun. This year's National Truck Driver Appreciation Week is September 15-21, 2024. Be ready to celebrate with us at the terminal the 16-20! Join us daily for luncheons starting at 11:30, games, giveaways, and so much more!

DAW Theme Schedule:

Monday (9/16): Carnival Day

Tuesday (9/17): Hippie Day

Wednesday (9/18): Beach Theme/ Luau

Thursday (9/19): All American Day

Friday (9/20): Team Kennesaw Day ****Be sure to pick up your t-shirt****

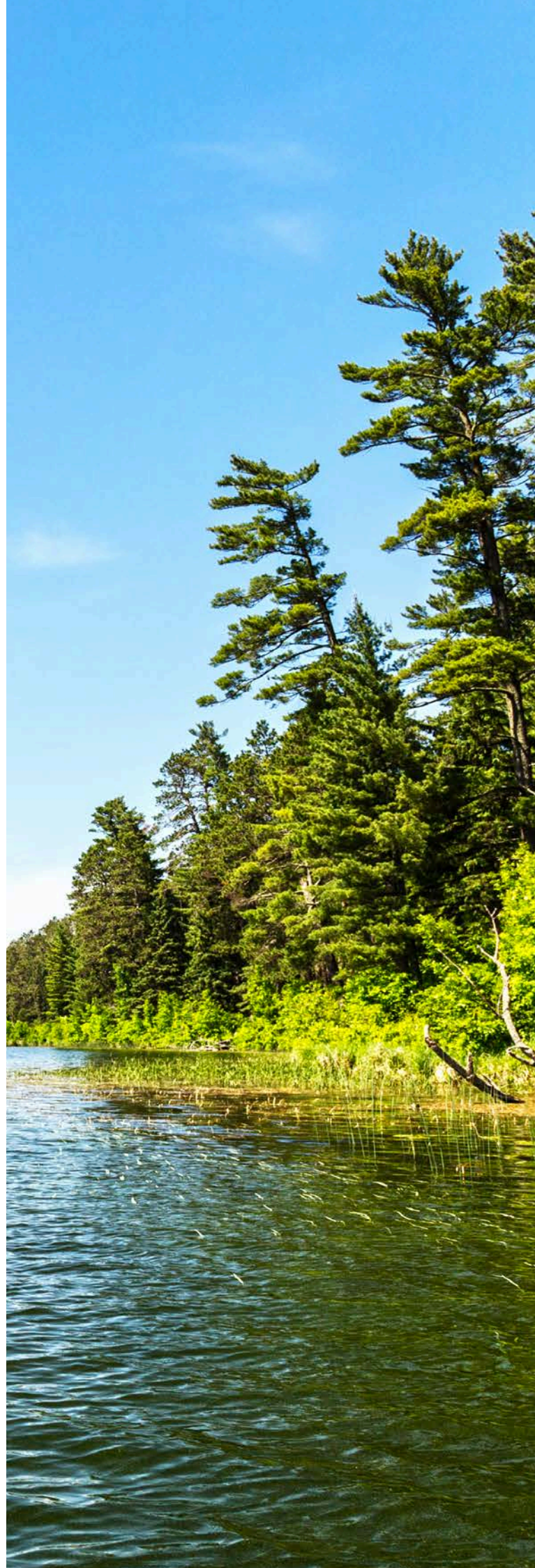
If you can not make it to the terminal during NDAW, we will still have a t-shirt and goodie bag waiting for you the next time you make it in!

By Pete Smith
In House Chaplain

“LIVING THE LIFE”

What would your ideal life look like? Many of us have pondered this question and have come up with meaningful examples and goals. For me, it involves a mountain home on a nice, quiet lake with a big water trampoline. We all desire a better life but struggle with navigating those intentions to reach such a destination.

The opportunity for a better life is an experience that no one has to miss. Finding “that life” begins with painting the picture of your perfect life one brush stroke at a time. The collective brush strokes on the canvas of life bring together a masterpiece. We may not consider ourselves painters, but we are engineers. We are building a life and creating the world we live in. If you like the world you created, congratulations, it is all yours! If you were hoping for something else, congratulations; you have a paintbrush in your hand and can add some color to the canvas of your life.



Most of life's outcomes are the product of our choices. However, the people you surround yourself with also have a lot to do with "that life." Good News: Kennesaw Transportation is your biggest cheerleader! We want you to live "that life!" We are united in the mission of supporting and inspiring your best life! Here is what "lake life" looks like at Kennesaw Transportation



**INSPIRE LAKE IS LOCATED
BEHIND THE TERMINAL AND
HAS BEEN PREPARED FOR
YOUR ENJOYMENT!**

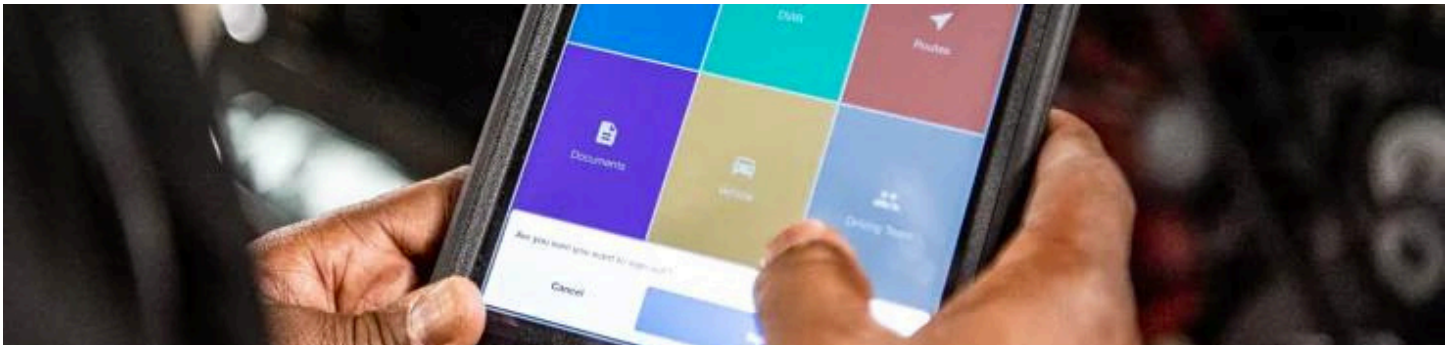
It will not make all your wildest dreams come true, but it will inspire you to live a little. When we enjoy life, we start living "that life" we have always envisioned. Use the lake to navigate you to the life you want to live.

Here are some suggestions:

- 1.Walk along the gravel path and get some great exercise.
- 2.Get a fishing line and see what you might catch.
- 3.Take a chair and sit to enjoy God's amazing creation.
- 4.Renew your mind and spirit with prayer and meditation.



Inspire Lake is more than just a scenic spot. It's a simple interruption and pause to remind you in the midst of your work and responsibilities that your purpose is to live. It's up to you to create an amazing life! If you happen to find some inspiration at the lake; please capture the moment with a photo and share it with us! We all could use a little inspiration!



OPERATIONS

A MESSAGE FROM YOUR OPERATIONS TEAM

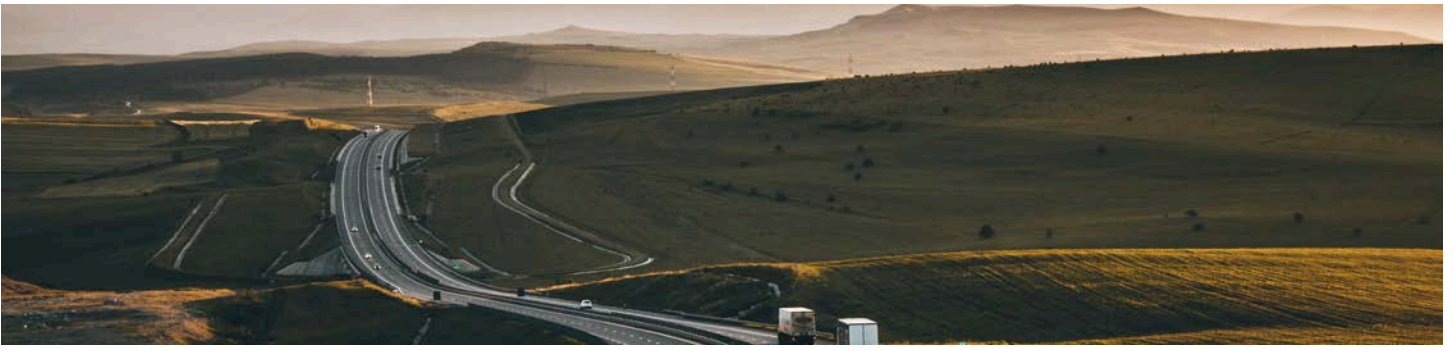
SAMSARA

We need your help. Please note that it is critical that you use the manual arrival and manual departure at all shippers & the manual arrival and empty call for delivery on every load in real time on your Samsara tablet. When this is not done correctly, we cannot give accurate and timely information to the customers. Many of our customers hold our freight to a scorecard based on our performance in both timely updates and on-time pickup and delivery appointments. Please contact your fleet manager if anyone needs additional guidance or assistance. We also have user guides in Operations to help you navigate your tablet's routes.

We are also hearing from many drivers that they do not see their incoming messages on Samsara. Remember that your messages tab runs similarly to a text message log and continues to stack up. It is a good practice to be sure you are scrolling through your messages a few times a day to ensure you have received all communications. Unfortunately, there is currently no way for Samsara to highlight unread messages or separate them.

SERVICE TO OUR CUSTOMERS

It's important to understand how crucial on-time pickups and deliveries are to our customers. We've had some challenges in this area over the past month, and we need your help. If you encounter any issues that may prevent you from being on time, such as hours, health, or breakdowns, please communicate these to us proactively. This will enable us to take necessary actions to maintain our service levels or inform the customer if we're unable to meet their expectations.



OPERATIONS CONT.

LOAD LOCK AND TEMPERATURE CHECKS

Please be sure you are checking your bills and the reefer for the proper set points for every load. All load lock photos, and reefer set point photos should be emailed to operations@kennesawtrans.com BEFORE you leave the shipper. If you have any issues with the way freight is loaded, questions about whether it will ride, or what the correct reefer set point is, this is the time for those callouts. This should be done for all loads without exception.



WELCOME TO KENNESAW

We are excited to welcome Jeff K. to our Operations team. Jeff will be working as a Fleet Manager with our solo fleet.

A word from Jeff:

I have been in the supply chain industry for almost 20 years, working in many areas, including aviation, medical device manufacturing, and food distribution. I have been with my wife for about 20 years. We have two children, Addyson, 14, who just started her freshmen year in high school, and Dawson, 7, who is in first grade. I love everything sports-related and am a die-hard Ohio State Buckeye fan. I enjoy coaching my son's soccer team and watching my daughter compete in competitive dance. When we aren't busy running around between the kids, we enjoy traveling to new places.



SAFETY

A MESSAGE FROM
YOUR SAFETY
TEAM

HOURS OF SERVICE - DRIVER SPOTLIGHT

The Safety Department has been auditing all Driver's logs. The Drivers listed below have shown exemplary work in keeping up with the requirements of their logs, and it is very much appreciated! In recognition of the hard work and dedication upholding FMCSA Hours of Service requirements, the safety department would like to recognize these drivers for a job well done! The next time you are at the yard please stop by and see Teresa in Safety to receive your gift of appreciation -

- Ragan F.
- Clayton F.
- De'Lesa B.
- Jackie S.
- Timothy W.
- Joanne M.

The safety Department will continue to audit logs and recognize Drivers who show exceptional work in keeping up with the FMCSA requirements as it relates to their logs.

CITATIONS & INSPECTIONS

This is a reminder that all citations and inspections, even if they are just warnings, and even in your personal vehicle, must be turned into Safety within 24 hours.

DRIVE SOBER OR GET PULLED OVER CAMPAIGN

August 16 - September 2

Drive Sober or Get Pulled Over is a national high-visibility enforcement campaign that focuses on the consequences of drunk driving and is supported by increased law enforcement.



SAFETY CONT.

7 HYDRATION TIPS FOR TRUCKERS

When summer arrives, a trucker's job becomes a little more difficult because the heat and humidity can be punishing even if you spend a good chunk of your day in an air-conditioned cab. The conditions you often encounter on the road at this time of year dictate that you hydrate regularly throughout the day. The following tips should help you get a better handle on hydration and keep you happy and healthy while you're doing your job:

1) Try to drink about a gallon of water per day

A gallon of water may sound like a lot to consume daily, but it's the number doctors typically recommend. Of course, the actual number can change quite a bit based on your height, weight, how much physical labor you do each day, etc. — but this is a good rule of thumb.

2) Stay away from coffee and sugary drinks — or plan to drink more water

You need to remember that coffee, soda, energy drinks, and more do not count as hydration. They often have the opposite effect and make you more dehydrated. If you must have these beverages during the day (after all, you likely need the caffeine), then you should plan to drink more water afterward.

3) Snack on fruits and veggies with high water content

Because a whole gallon of water is a lot to drink during the day, you can mix things up with certain fruits and vegetables that are naturally packed with water. These include cucumbers, melons, celery, and more.

4) Know the symptoms of dehydration

Again, the amount of energy you exert throughout the day may affect your hydration level, and as such, you need to be aware of the symptoms that might mean you need to drink even more water. The most common symptoms are dry mouth, increased fatigue, lightheadedness, and more.

5) Carry a refillable water bottle

A great way to ensure you're drinking enough water is to carry a large bottle or jug and fill it with tap water every time you stop.

6) Mix it up with sparkling or infused water

Hydrating doesn't have to be boring, and even if you think water is too "unexciting" for you, there are options to liven it up. You can, for instance, drop some cut-up fruit into your water to infuse it with flavor, buy flavor mixes you can put in the bottle, or even get some sparkling water to mix things up.

7) Keep in mind why it's so important

Hydrating is going to keep you healthy and attentive when you're behind the wheel, and for that reason alone, it's something you should be proactive about. Remember, this is about your health and even the safety of your truck, other motorists and more.

OFFICE AROUND OFFICE

NEWS THE

FLU SHOTS

Flu Season is coming up. This year, we've partnered with Piedmont Urgent Care to provide flu shots for all our employees. This will take place on October 10 from 10 to 11 am in the conference room. There is no out-of-pocket cost to anyone who wishes to receive a flu shot.

YOUR BENEFITS - A MESSAGE FROM FEDLOGIC

During the second quarter of 2024, FEDlogic recorded six consultations and facilitated two transitions for Kennesaw employees, resulting in an estimated savings of \$52,800 and an ROI of 5.9 to 1. We are committed to continually improving these outcomes!

At FEDlogic, we offer several avenues for engagement, including our monthly webinar series, held on the last Wednesday of each month at 1:00 pm Central. These hour-long sessions are ideal for employees interested in learning more about our services and asking questions. For those unable to attend live, recorded versions of these webinars are accessible on our employee resources page: <https://fedlogicgroup.com/employee-resources/>. Additionally, our comprehensive 6-episode series covers essential topics such as retirement, disability, Medicare, and more.

We've established a direct contact point through hrconnect@fedlogicgroup.com to streamline communication for our HR partners. This dedicated inbox ensures prompt scheduling of HR-directed consultations, monitored closely by multiple members of the FEDlogic team.



QUESTIONS ABOUT YOUR FEDERAL & STATE BENEFITS



877-837-4196

services@fedlogicgroup.com

www.fedlogicgroup.com

FEDlogic is your independent resource to help navigate and maximize your federal and state benefits.

Your employer has provided you with access to watch our monthly seminars. The seminars are educational and completely free to you and your household members!

EMPLOYEE RESOURCES PAGE



Scan with your phone's camera or click [HERE](#) to access all of our recorded resources!

RECORDED AUDIO SERIES

A 6-episode mini-podcast series, each less than 20 minutes long, covering a variety of topics.

MONTHLY WEBINARS

Our past monthly webinars, each about an hour long, covering an overview of Social Security and a deep dive into a different topic every month.

TOPICS INCLUDE:

- Retirement & Maximizing Benefits
- Disability/Unable to Work
- Medicare & Medicaid
- Survivor's Benefits
- Children's Benefits
- Spousal & Ex-spousal Benefits
- Premature Baby Birth
- Major Illness (such as cancer, ALS, & ESRD)

JUNE 2024

We want to acknowledge our top Team and Solo Drivers each month. These Professional Drivers go above and beyond, ranking as our top performers in the company. We are truly grateful for your hard work, dedication, and perseverance, which serve as an inspiration to us all. Keep on trucking!

SOLOS

Eric B. – 11,002 miles

Christopher H. – 10,889 miles

Kendell C. – 10,885 miles

Ronnie C. – 10,860 miles

Naquvais W. – 10,486 miles

TEAMS

Chamaka M. / Jesse R. – 29,484 miles

Destiny K. / Tavarus K. – 27,954 miles

Alice M. / William C. – 26,750 miles

Ronee W. / Shannon W. – 26,492 miles

Lamicia K. / Deitria S. – 25,579 miles

TOP RUNNING TEAMS & SOLOS



JULY 2024

We want to acknowledge our top Team and Solo Drivers each month. These Professional Drivers go above and beyond, ranking as our top performers in the company. We are truly grateful for your hard work, dedication, and perseverance, which serve as an inspiration to us all. Keep on trucking!

SOLOS

Sammy N. – 11,670 miles
Ronnie C. – 11,148 miles
Naquvias W. – 10,610 miles
Derrell H. – 10,564 miles
James H. – 10,260 miles

TEAMS

Felicia A. / John A. – 28,001 miles
Lemar H. / Daniel W. – 27,758 miles
Harry L. / David T. – 27,001 miles
David H. / Joseph H. – 26,492 miles
Anita M. / Shawn M. – 26,462 miles

TOP RUNNING TEAMS & SOLOS



**MY PROTECTION
AND SUCCESS
COME FROM GOD
ALONE.**

PSALM 62:7

KENNESAW NEWSLETTER

TRANSPORTATION



Stay Connected With Us!



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