



TRANSPORTATION INSIDER

Monthly News for Continental Express Employees



Safe Winter Trucking Safety Tips

When the temperature plunges to five degrees, even the most experienced of truckers can have a hard time managing the wintry roads. Poor visibility coupled with reduced traction makes the job of a big rig driver extremely challenging. However, by implementing preventive safety skills for driving in wintry conditions, you can sail through the winter season without any major problems. Here are 10 winter driving tips for truck drivers that can help you stay safe this winter.

1. Inspect Your Vehicle

Getting your truck prepared for winter is essential to prevent any major problems. Check the tire pressure, engine oil and antifreeze levels fastidiously before you hit the road. You can also have a mechanic inspect your vehicle to make sure it's ready to withstand the harsh season of wear and tear.

2. Slow Down

Most accidents occur because drivers don't adjust their speed according to the road conditions. While driving on a snow-covered road, you may need to compensate for the poor traction by reducing your speed. Moreover, going slow will also give you more time to react if anything goes wrong. So, be extra-easy with your accelerator this winter.

3. Give Yourself Some Extra Space

Do you know that the stopping distance on a wet road is twice the normal stopping distance? And on icy roads, it's almost 10 times! So, leave plenty of room between your truck and the vehicle in front of you so that you have enough space to move out of harm's way in case of unpredictable situations. It's always good to put extra space between yourself and some of the terrible drivers you might meet during the winter months.

continued on page 2

4. Stay Smooth

In cold weather, try hard to refrain from doing anything sudden – sudden braking, sudden acceleration, cornering, etc. If the situation demands you to slow down suddenly on a slick road, pump your brakes lightly. The key is to maintain a consistent speed and avoid doing anything that reduces traction on the slippery roads.

5. Pay Attention to the Tire Spray

This is one of the most important (and commonly forgotten) winter driving tips. A good way to assess the road condition is to observe the water coming off the tires of vehicles around you. If there's a lot of water being sprayed, the road is definitely wet. If the tire spray is relatively less, it means that the roadway has started to freeze and you need to exercise additional caution.

6. Let There Be Light

The visibility is quite poor in inclement weather conditions. Don't forget to clear lights and tractor trailers covered in snow and ice, and turn on the headlights of your truck. This will allow the other drivers to see you and maintain a safe distance from your truck.

7. Don't stop on the shoulder of the road

Especially in low visibility situations, when driving in winter, especially 'blinding snow', other vehicles can mistake your position for being on the road and as a result, may slam into the back of your rig.

8. When in Doubt, Pull Over

If the weather condition is too severe to drive, don't think too much about your schedule. Find a safe way to get off the roadway and wait until the weather gets better and it's safe for you to drive.

9. Be Prepared

Don't forget to carry warm clothes and blankets with you. If you are going for an extended trip, carry a flashlight, shovel, matches, traction devices, a bag of sand, etc. Make sure you have roadside assistance for trucks to fall back on if you get stuck or run into trouble on the road.

10. Check Twice

When visibility is compromised in a whiteout blizzard, it can be difficult to see traffic lights and signs. Make sure you look twice before proceeding through an intersection or turning down a one-way street.

These winter driving safety tips might appear quite simple, but they will only work if you follow them carefully. Ultimately, the goal is for you to stay safe while driving on the road.

*Coming
Soon!*

**Continental Express
Commercial Driving Academy**

More details coming in the following month.

SAFETY TRAINING!

Safety

A NEW YEAR: A SAFER DRIVER = MORE \$\$MONEY\$\$

Continental Express has made a significant investment in their drivers and company by providing monthly training through Infnit-I Training.

Why Monthly Training?

Our number one cornerstone is **SAFETY!**

We want you to get where you are going safely every time and get home to your family at the end of every tour.

How Do I Comply?

Infnit-I online training works on computers, smartphones and tablets. Training is available at your finger tips anywhere in the country - leaving you no excuses! The **average training video is 5 minutes or less!**

What's In It For Me?

We all get complacent in our day to day activities, therefore we all could use a refresher. Yes, we know you may be a veteran driver of 25 years and think you don't need the training, but again, complacency sets in. We are all striving to do the best we can do and with training, we can all get there. ALL DRIVERS receive a quarterly **safety bonus** for completing the monthly training.

Where can I find the Infnit-I app?

The Infnit-I Workforce Solutions App is available in both the Apple and Android App Stores.

Should you have any questions on the app or about the training, please contact:
Aaron Knepper or Andrew Jiminez
at 800-497-2100.

Step 1: Go to your App Store

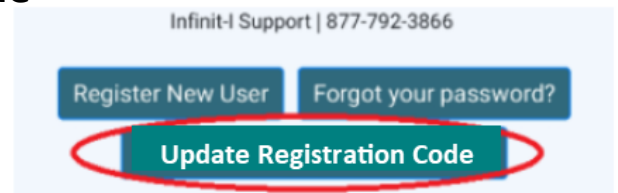
Search for **Infnit-i Workforce Solutions**

Apple/Android



Step 2: Install the Application

Step 3: Tap "Update Registration Code"



Step 4: Enter the code below into the box

Code: CON600



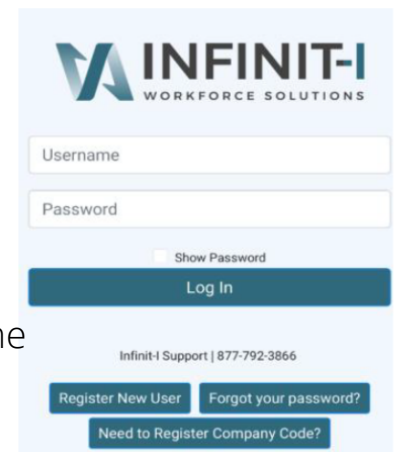
Step 5: Click Register

Step 6: Log In

Now Login in using your Username & Password

Username:
First Initial, Last Name

Password:





WHAT'S BETTER: CARDIO OR STRENGTH TRAINING?

A COMPARISON OF THE TWO MAIN TYPES OF PHYSICAL EXERCISE

You walk into the gym for an hour of exercise. Do you head to the treadmill or the free weights? Do you work on your heart, or your muscles?

CARDIOVASCULAR EXERCISE is activity that raises your heart rate, like walking, running, biking, swimming, rowing or aerobic workouts.

Cardiovascular exercise can help you:

- Strengthen your heart and keep your arteries clear.
- Control your weight.
- Increase energy levels and boost your mood.
- Prevent illness and reduce health risks.
- Manage conditions like high blood pressure and blood sugar.

Adding intervals to a cardio workout — for example, running or walking faster for one minute and then resuming your normal pace — is a good way to burn calories and build endurance.



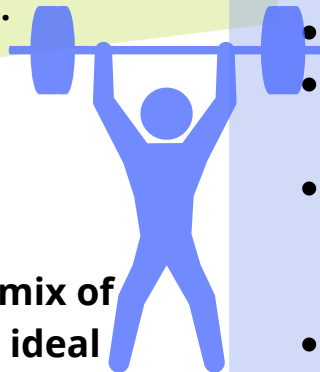
STRENGTH TRAINING

is exercise that uses resistance or weights to induce muscle contractions. This builds the strength, anaerobic endurance and size of skeletal muscles. Strength-training activities are not sustained over a period of time; instead, they use short bursts of effort. Strength training activities can include weightlifting, resistance band training, yoga and calisthenics.

With strength training, you can:

- Develop stronger muscles and bones.
- Control your weight.
- Increase energy levels and boost your mood.
- Manage conditions like back pain, arthritis, obesity, heart disease and diabetes.
- Sharpen your focus.

It's important to note that strength training does not make women "bulky." Women don't have the levels of testosterone required to develop huge muscles. Another advantage — it can help you avoid the effects of osteoporosis!



Which is better?

BOTH ARE IMPORTANT! A mix of strength and cardio is the ideal exercise combination to help burn calories and stay in shape. Remember though, if you are trying to lose weight, what you eat is just as important. Aim for a few cardio sessions per week (about three), and a few strength-training sessions (two to three).



Congratulations to our January driver of the month, Darren Harbison!

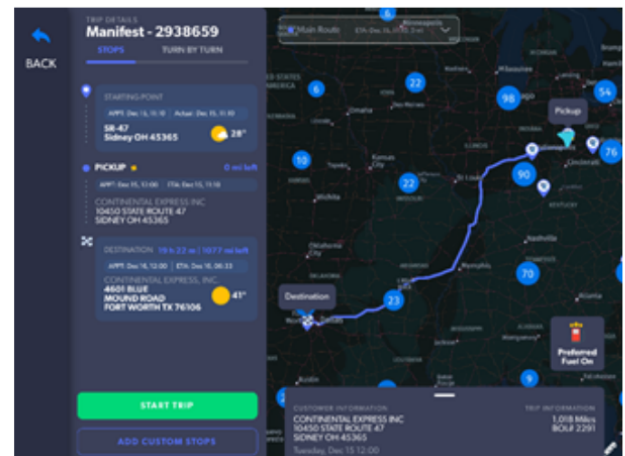
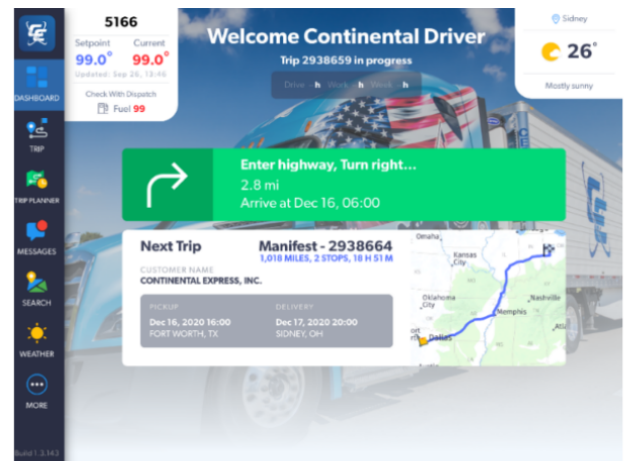
Darren joined the Continental team in May of 2020 and drives out of our Gaffney, South Carolina terminal. Since May, Darren's grown to be a great asset to the team. He takes his job seriously and with pride. He ensures deliveries are made on time, safely.

Darren always goes above and beyond on any task he is given. He is professional and a pleasure to work with. We are proud to call him one of our drivers!

If you have not heard yet already, Continental has started the process of rolling out company-issued iPads and custom app!

The Continental Express app—CE-GO—places dozens of tools on one app. Through the software, drivers can communicate with their dispatcher, track HOS/ELD in real time with live position feeds, record load numbers, receive turn-by-turn navigation and monitor the temperature of their reefer all on one screen.

Additional app features include weather forecasts, a map of truck stops, a password-protected pay portal and an extension list connecting the drivers to anyone at Continental Express' operations. Further concerning safety, the app also has online training modules of best safety practices.



Employee Happenings

Welcome to Continental Express!



Ronald Archuleta
Brent Blanchard
Caleb Bowers
Craig Cutler

Melissa Etheridge
Derrick Freels
Scott Godown
Thomas Hall

Elias Hueso
Jaquan Lovett
James Oliver
Michael Thee
Mae Wages



Christopher Woryk
Driver Manager
Sidney, OH

Jeff Hardin
Driver Academy Manager
Indianapolis, IN



January 2020 Years of Service Anniversaries CONGRATULATIONS and Thank you!



37 Years

Doug Subler

20 Years

David Thompsen

19 Years

Dale Schmerge

12 Years

Rick Carter

Terry Coffey

James Ledbetter

Rodney Maurer

11 Years

Jerry Sherouse

Ken Stephens

10 Years

Scott Wright

9 Years

Chris Chapman

Isaac Everett

David Kent

8 Years

Mark Eberle

David Mayo

Marcus Simon

Alicia Woehrmyer

7 Years

Joseph Badgett

Kerry Davis

Robert Hall

Mike Marker

5 Years

John Goings

Heidi Meyer

Robert Sullivan

4 Years

Chad Meek

Chris Steele

3 Years

Mark Knox

2 Years

Ramon Alamillo

Yerson Alvarez

Gery Armstrong

Greg Armstrong

Matt Cavanaugh

Trey Everett

Charlie Redwine

Devin Stephens

Jefferson Wilson

1 Year

Lynnette Cyr

Linda Gilmore

Derek Girod

Garold Hamm

Colten Larue

Sean Mastela

David Polasek

Greg Smith

Robert Trimnal

Travis Urcheck

Richard Waweru

Congratulations!

We appreciate your hard work and dedication.

Employee Happenings



January Birthdays!



1/1

Cody Devlin
Joshua Thomas
Tah Traore

1/3

James Meyer

1/4

James Detweiler
Joseph Gladwell

1/6

Richard Brown

1/7

Chanell Furlow

1/8

Randolf Collins

1/9

David Boyd
Becky Schmiesing

1/11

Matthew Beach
Todd Thornton

1/12

John Charbonneau

1/13

Tom Brewster
Anthony Chrzanowski
Colten Larue

Brandon Ullery

Mae Wages

1/15

Charles Hawkins

1/16

Joshua Ball
Paul Tidlund

1/19

Donald Atwood

1/21

Louis Hutt

1/24

Derek Girod

1/25

Michael Bowen

1/26

Robert Brown
Gregory Bucklew
Robert Frey
Robin Nichols
Tara Sears

1/27

Robert Dunn
William Freeman
Brett Hart Baughman

1/29

Kevin Mitchell

1/30

Gary Cole

1/31

Shiela Poppelman
Christopher Woryk



February Birthdays!



2/1

William Kerns
Mickie McGowan

2/2

William Lockett

2/3

Phillip Herrera
Eric Irons

Dillon Krupka

Justin Pulfer

2/4

James Oliver
Jonathan Reeves

2/7

Bobby Burchett
Timothy Hough
Adam Huss
Gerald Kramer
Larry Pennington
James Smith

2/8

Michael Saunders
Scott Strohenger

2/10

Randolph McAfee
William Sparks

2/11

John Baltes
Vickie Ibarra

2/12

Michael Renteria

2/13

Caleb Bowers
Bruce Johnson
Travis Schoenlein
Jerry Sherouse
Marlene Borges
Melissa Etheridge
Bradley Gottemoeller
Gary Koesters
Jaquan Lovett
Russell Walters

2/16

Cedric Mitchell
Gary Newby

2/17

Jason Russell

2/20

Joseph Conness
Doug Kilpatrick

David Lytle

Jackie Meredith

Cory Williams

2/21

Timothy Adams
Jeffery Fuller
Joseph Marie
Gregg Petske
Kaven Soltes

2/22

Isaac Everett

2/23

Richard Adkins

Vincent Klock

Chris Saunders

Verdahl Yelldell

2/24

Robert Brown

Kevin Flott

2/25

Tabitha Landon

2/26

Krista Gehret

2/28

Rodney Beach
Garren Ward