

# LIFE ON THE HIGHWAY

ADVANCING THE TRUCKER LIFESTYLE  
WITH HEALTHFUL MOMENTUM



**ADCCO**  
Distribution & Transportation



**SPINNING  
WHEELS EXPRESS**  
Trucking & Freight Brokerage

# OVERVIEW

As an over-the-road truck driver, you are the backbone of American's capitalist culture, hauling goods from one corner of the continent to the other daily to ensure consumers have what we need when we need it.

It's also no secret that driving a commercial truck is one of the most dangerous jobs in the U.S. According to Adzuna, **transportation workers have the highest risk of death on the job**. It's critical that you get the support you need to avoid unnecessary safety and health hazards. Even as a valued employee, you can sometimes feel forgotten as the hours and miles wear on your tires: Physical concerns pile up, loneliness creeps in, and relationships can become strained.

In honor of **Truck Driver Appreciation Week (Sept. 8-14, 2019)**, we at Adcco understand the struggles faced by long-haul truck drivers, and we have compiled these insights to help make your life on the road the smoothest ride it can be.



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# TALKING THE TALK: A BRIEF HISTORY

Trucking has a rich history going back to WWI, where vehicles other than trains and horse-drawn carriages were first drafted into service to carry freight over long distances. The increased number of paved roads -- and government regulations -- in the 1930s helped trucking evolve as a profession, and the 1950s brought with it the construction of the interstate highway system to give drivers a smoother ride and more

direct path to major hubs of business.

It wasn't until the 1970s, though, that trucking got its big break in the form of entertainment, focusing the spotlight on the lifestyle and communications of drivers. Though romanticized for film and TV, trucking became popular not only for the freedom it offers drivers, but for the language drivers used over CB radios.

Today, the profession has grown to the point where the common CB radio language has gone by the wayside, but it will always have a soft spot in the hearts and minds of the public. Here are some examples of "trucker lingo" that deserve a renaissance:

10-4 Rodger	Yes.
Chicken Coop	Weigh Station
Wind 'er up and let 'er go c'mon	Pick up the pace.
Bear	State trooper. Also, feeding the bears is getting pulled over, a bear trap is a speed trap or inspection zone.
Brush your teeth and comb your hair	Get ready, there's an officer shooting his radar gun. Also known as a "Kojak with a Kodak."
Clean shot	No officers around.
Gators	Busted tires on the side of every highway.
Front door	In front of you.
Donkey	Behind you, like "on your six."
Hammer down	Put the pedal to the metal.
Stack them 8s	So long, and good luck.
Stay loaded	Well wishes, make money.
Catch you on the flip flop	See you on your return trip.



# THE PERKS OF TRUCKER LIFE

Trucking is a career unlike any other, offering unique perks that other careers can't offer. CDL Class A over-the-road driving gives you many opportunities to forge your own path and take advantage of these benefits:



**Job Security** – Trucking is one industry that can't be outsourced and is used every day to transport the high volume of goods across the country. Because the current booming need for qualified drivers, your active CDL license is your ticket to job security.



**Great Benefits** – Over-the-road drivers can be gone for days, which is why employers offer great pay, benefits, and reimbursements.



**Opportunity for Travel** – You're not confined to a cubicle or office and can see new places and people. Each day is different and the scenery is always changing.



**Freedom of the Road** – The freedom of the open road is infectious. You act as your own boss, wearing comfortable clothes and taking breaks when needed.



**Opportunity for Growth** – Today, there's a shortage of truck drivers. The more experience you gain, the more opportunities you'll have to grow your career and earn pay increases.

Done right, this career path can be a fulfilling and rewarding experience. But to truly take advantage of these perks, you have to live a healthful physical and mental lifestyle, practice active driver safety, and understand the risks involved under all driving conditions.

# LONG-HAUL HEALTHY LIVING

Sitting alone all day can have many adverse health effects. Use these suggestions to improve vitality and happiness while on those long hauls.



**Use a high-grade sunblock on your face and arms.** This will help prevent long-term sun damage and cancer risks from the UV rays passing through the glass.



**Eat a high-protein breakfast (eggs, granola, etc.)** and pack your own healthy snacks to reduce your urge to eat more unhealthy options.



**Exercise in quick bursts.** The simplest and often best time is when you first wake up. Knock out some sit-ups, push-ups, and even a quick power walk.



**Interact with others.** Social media is a good way to stay connected to reduce stress and loneliness.



**Quit smoking.** It's a distracted-driving risk, and most drivers pick it up as something to keep themselves occupied.



**Drink water.** Keep a large reusable water bottle to sip throughout the day instead of buying a plastic water bottle when you're really thirsty.



**Engage your mind.** Listen to audiobooks, podcasts, or foreign language courses to increase your mental stimulation and keep your brain always at work.



**Find time to de-stress.** Read a book, do a crossword puzzle, or meditate to have a clear mind and feel more energized when you're driving.



**Snack, Don't Stuff.** Eating big meals can leave you lethargic. Eat small snacks throughout the day between smaller meals.



**Take a Power Nap.** Sometimes, your body just needs sleep. A 20-minute nap can restore wakefulness with minimal grogginess.

# BEST PRACTICES FOR STAYING ALERT

Do you have a long haul ahead of you? While nothing can replace a good night's sleep, that alone sometimes isn't enough to get you through an especially long trip. These 10 tips can help you stay alert, energized, and awake while you're driving.



## AVOID HIGH CONTRAST

Exposure to sudden bright lights can fatigue your eyes and make it harder to stay awake. At night, keep a dim light on, turn the brightness of your gauge lights down, and avoid looking directly into oncoming headlights.



## KEEP IT COOL

While a nice and warm cab can be comfortable, too much comfort can lead to drowsiness. If you are getting sleepy, stay alert by lowering the temperature or opening the window to let in a cool breeze.



## GET CAFFEINATED

A cup of coffee at the right time can give you a much-needed boost when staying awake on the road. If you're not a coffee lover, you can substitute it with a caffeinated tea.



## ...BUT NOT TOO CAFFEINATED.

As nice as coffee and energy drinks make you feel in the moment, relying on too much caffeine can lead to energy drops, putting you in a dangerous situation. Try to stick to one cup and never go above four in one day.

# STAYING SAFE ON THE OPEN ROAD

Freight management companies spend countless hours ensuring their drivers are qualified, trained, and fluent in the rules of the road -- but it doesn't hurt to have a quick refresher on a few of the finer points of trucking safety to ensure you're making the right decisions for yourself, your employer, the cargo company, and the other drivers sharing the road with you.



**Double Check Blind Spots** – You know your blindspots, but non-commercial drivers probably don't. Exercise increased caution when changing lanes, merging, or exiting high-traffic areas.



**Practice Safety in Work Zones** – One-third of fatal work-zone accidents involve rigs. Proceed with caution in work zones. If you can't afford the slowdown, map your route at the beginning of each day to plan for detours.



**Maintain Your Rig** – Inspect your vehicle every morning. Check the horn, mirrors, fluid levels, and brakes; if you see anything unusual or suboptimal, contact dispatch and ask them how to proceed before driving anywhere.



**Take Curves Slowly** – Large trucks have a high rollover rate, especially when travelling too fast around curves. Often, even the posted speed limits are too high. Slow down to compensate and keep everyone around you safe.



**Monitor Weather Conditions** – Forecasts can help you plan your route, but you can't avoid all bad weather. Lower your speed by one-third on wet roads, increase your use of lights and turn signals, and consider pulling over until the worst of a storm is done.



# ABOUT US

## **Adcco Consulting**

We consider ourselves to be our clients' outsourced transportation and logistics department and treat their issues with the same care and consideration that we would treat our own. We work closely to determine the best transportation solutions, meticulously analyze freight bill auditing and payment to gain efficiencies, and confidently negotiate with carriers to get our clients the best value.

## **Spinning Wheels Express Brokerage**

The slightest problem with moving goods can result in late deliveries and lead to dissatisfied customers and increased costs. Handling transportation logistics and hiring a less-than stellar delivery company could lead to these types of issues. Our firm offers in-depth market expertise, knowledge of changing industry rules and regulations, and a network of carriers to help our clients find the right fit for their requirements.

## **Spinning Wheels Express Fleet**

Are you looking for that carrier that does what they promise, will answer the phone, and is accessible 24/7? Our Spinning Wheels Express Fleet offers an outstanding group of drivers that have been with us for years. We have extremely low turnover and are always investing in the most up-to-date equipment. Our services include protection from freeze; hazardous materials certification; straps, blankets, and load bars; high-value shipments; spotted trailers; lift gate service; and GPS tracking.



**Contact us today to learn about employment opportunities or to get started with our services!**