

# BETWEEN *the* WHITE LINES

Issue 32  
August 2016



A SAFETY NEWSLETTER FROM PGT TRUCKING

## PLAN FOR HEALTH



### Goal Setting:

Setting and meeting personal health goals, whether it be to move more and eat better, or just to enjoy more time with friends and family, takes a plan and most likely a little help along the way. Blues on Call Health Coaches are here to offer insight into what's keeping you from reaching your health goals and to lend a helping hand when you need a boost to stick to your plan.



Workers exposed to hot indoor environments or hot and humid conditions outdoors are at risk of heat-related illness, especially those doing heavy work tasks or using bulky or non-breathable protective clothing and equipment. Workers who are suddenly exposed to working in a hot environment face additional and generally avoidable hazards to their safety and health. New workers and those returning from time away are especially vulnerable. That's why it's important to prepare for the heat and build up tolerance for hot conditions.

- Heat Stroke, the most serious form of heat-related illnesses, happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include confusion, loss of consciousness and seizures. Heat stroke is a medical emergency that could result in death. Call 911 immediately!
- Heat Exhaustion is the body's response to loss of water and salt from heavy sweating. Signs include headache, dizziness, weakness, irritability, thirst and heavy sweating.
- Heat Cramps are caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Cramps may occur during or after working hours.
- Heat Rash, also known as prickly heat, is a skin condition caused by sweat that does not evaporate from the skin. Heat rash is the most common problem in hot work environments.
- Heat illness can be prevented by remembering 3 simple words: water, rest, & shade! Drinking water often, taking breaks and limiting time in the heat can prevent heat related illnesses.

## Food Labels to Get a Makeover

On May 23, 2016, the FDA announced that food labels will be getting an overhaul. The new food labels will now list how many added sugars are in each product and more clearly define what a serving size is. Many Americans are unaware of how much sugar is added to foods that they wouldn't conventionally think of as sweet, like cereal, flavored yogurts and tomato soup. The FDA hopes that these new labels will help Americans better manage their diets.

The new label will also use a BOLDER font to highlight the number of calories in each food, and labels will now include potassium and vitamin D levels—since studies show that many Americans are deficient in these areas.

## Sleep Drive and Your Body Clock

From The National Sleep Foundation.

Most people notice that they naturally experience different levels of sleepiness and alertness throughout the day, but what causes these patterns? Sleep is regulated by two body systems: *sleep/wake homeostasis* and the *circadian biological clock*.

When we have been awake for a long period of time, sleep/wake homeostasis tells us that a need for sleep is accumulating and that it is time to sleep. It also helps us maintain enough sleep throughout the night to make up for the hours of being awake. If this restorative process existed alone, it would mean that we would be most alert as our day was starting out, and that the longer we were awake, the more we would feel like sleeping. In this way, sleep/wake homeostasis creates a drive that balances sleep and wakefulness.

Our internal circadian biological clocks, on the other hand, regulate the timing of periods of sleepiness and wakefulness throughout the day. The circadian rhythm dips and rises at different times of the day, so adults' strongest sleep drive generally occurs between 2:00-4:00 am and in the afternoon between 1:00-3:00 pm, although there is some variation depending on whether you are a "morning person" or "evening person." The sleepiness we experience during these circadian dips will be less intense if we have had sufficient sleep, and more intense when we are sleep deprived. The circadian rhythm also causes us to feel more alert at certain points of the day, even if we have been awake for hours and our sleep/wake restorative process would otherwise make us feel more sleepy.

Changes to this circadian rhythm occur during adolescence, when most teens experience a sleep phase delay. This shift in teens' circadian rhythm causes them to naturally feel alert later at night, making it difficult for them to fall asleep before 11:00 pm. Since most teens have early school start times along with other commitments, this sleep phase delay can make it difficult to get the sleep teens need -- an average of 9 1/4 hours, but at least 8 hours. This sleep deprivation can influence the circadian rhythm; for teens the strongest circadian "dips" tend to occur between 3:00-7:00 am and 2:00-5:00 pm, but the morning dip (3:00-7:00 am) can be even longer if teens haven't had enough sleep, and can even last until 9:00 or 10:00 am.

The circadian biological clock is controlled by a part of the brain called the Suprachiasmatic Nucleus (SCN), a group of cells in the hypothalamus that respond to light and dark signals. From the optic nerve of the eye, light travels to the SCN, signaling the internal clock that it is time to be awake. The SCN signals to other parts of the brain that control hormones, body temperature and other functions that play a role in making us feel sleepy or awake.

In the mornings, with exposure to light, the SCN sends signals to raise body temperature and produce hormones like cortisol. The SCN also responds to light by delaying the release of other hormones like melatonin, which is associated with sleep onset and is produced when the eyes signal to the SCN that it is dark. Melatonin levels rise in the evening and stay elevated throughout the night, promoting sleep.

In teenagers, research has shown that melatonin levels in the blood naturally rise later at night than in most children and adults. Since teens may have difficulty going to bed early to get enough sleep, it can help to keep the lights dim at night as bedtime approaches. It can also help to get into bright light as soon as possible in the morning.

Circadian disruptions such as jet lag put us in conflict with our natural sleep patterns, since the shift in time and light cues on the brain forces the body to alter its normal pattern to adjust. This is why jet lag can leave travelers feeling poorly and having more difficulty thinking and performing well. But these symptoms can also occur in everyday life, when the circadian rhythm is disrupted by keeping long and irregular hours. Because of this, it is important to keep a regular sleep schedule and allow plenty of time for quality sleep, allowing these two vital biological components -- the sleep/wake restorative process and the circadian rhythm -- to help us perform at our best.

## RELATE TO FREIGHT



### Tarp Care

To protect your freight, you must know how to properly care for your tarps.

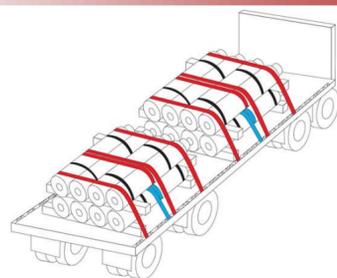
Tarps should always be properly folded and stowed. If you have a tarp with holes or rips, do you know how to fix it? Below lists the simple steps in repairing holes in your tarps.

- Get PVC cleaner & PVC glue or rubbing alcohol & gorilla glue
- On the underside of the tarp locate damaged area and clean with cleaner or alcohol.
- Add the glue on the patch as well as the damaged area and apply the patch.
- Let the patch dry for 20 minutes and roll the tarp professionally and secure it in the nose of the trailer.

**PGT requires all loads to be tarped unless your Fleet Manager directs you otherwise.**

## SECURE to ENDURE Graphite Electrodes

1. Set 4" X 4" lumber on the trailer deck to support the front and back of each set of electrodes. Use rubber belting underneath the supports to prevent movement. If your trailer has wooden floor strips running the entire length of the trailer, nail blocking in the front and back of each set of supports to prevent movement.
2. Before loading the bottom tier of electrodes, position your straps so that they will be ready to secure the electrodes. For bundles or stacks of 10' long electrodes, you will need one strap around the center of the bottom tier and three straps over the top tier.
3. **DO NOT USE CHAINS ON GRAPHITE ELECTRODES**
4. Load the bottom tier of electrodes. Belly wrap the bottom tier with the center strap.
5. To support the top tier, set 4" X 4" lumber on the front and back of each set of electrodes in the bottom tier.
6. Load the top tier of electrodes.
7. Secure the top tier with three straps over the top and tighten all straps. The end straps should be positioned as close to the lumber supports as possible. Do not over-tighten straps (especially the middle straps, because there is no lumber supporting it).
8. Make sure the white end caps are attached to the front and the back of each graphite electrode.
9. Tarp the load as required.
10. Secure all loose equipment including chains, binders, lumber, tarps, rubber belting, coil racks, edge protectors, tarps and load bar.



## Did You Know?

**PGT Trucking, Inc.** is listed in the top 100 carriers of 2016 in Transport Topics

### FMCSA Appendix-B Part §385

- Acute Regulations: are those identified as such where noncompliance is so severe as to require immediate corrective actions by a motor carrier regardless of the overall safety posture of the carrier
- Critical Regulations: are those identified as such where noncompliance relates to management and/or operational controls. These are indicative of breakdowns in a carrier's management controls

### FMCSA §393.104 (f)(4) Edge protectors

- Edge protection must be used whenever a tiedown would be subject to abrasion or cutting at the point where it touches and article of cargo. The edge protection must resist abrasion, cutting and crushing.

### FMCSA §393.106 (c)(1) Cargo placement and restraint

- Articles of cargo that are likely to roll must be restrained by chock, wedges, a cradle or other equivalent means to prevent rolling. The means of preventing rolling must not be capable of becoming unintentionally unfastened or loose while the vehicle is in transit.

## 2016 Team Building Days:

August 20 — Ashland  
September 17 — TBD  
October 15 — Cleveland  
TBD — Rockport  
September 10 — Houston  
October 1 — Leipsic



**Remember: it is required to attend one safety meeting per year to be eligible for your Q4 Safety Incentive.**

## Question of the Month

Those who submit the correct answer to [safetynewsletter@pgttrucking.com](mailto:safetynewsletter@pgttrucking.com) within 24 hours will be entered into a drawing to receive a \$25 Gift Card.

## True or False

You should always use chains to secure graphite electrodes.

Congratulations to the June 2016 winners:

Andrew Erin, Clarence Hall, Kevin Lynn, Josh Malcolm, Sheree Mallmann, Andrew Utz, and Lynn Walker.

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is a publication of PGT Trucking.

If you have any questions or would like to see a specific topic, please contact:  
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**SAFETY IS EVERYONE'S JOB - ALL THE TIME!**