

BETWEEN the WHITE LINES

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A SAFETY NEWSLETTER FROM PGT TRUCKING



During the week of Sept. 11-17, 2016, law enforcement agencies across North America will conduct inspections on large trucks and buses to identify out-of-adjustment brakes, brake-system and anti-lock braking system (ABS) violations as part of the Commercial Vehicle Safety Alliance's (CVSA) Brake Safety Week, an annual outreach and enforcement campaign designed to improve commercial motor vehicle (CMV) brake safety throughout North America.

Properly functioning brake systems are crucial to safe CMV operation. CMV brakes are designed to hold up under tough conditions, but they must be routinely inspected and maintained carefully and consistently so they operate and perform properly throughout the vehicle's life. Improperly installed or poorly maintained brake systems can reduce braking efficiency and increase the stopping distance of trucks and buses, posing serious risks to driver and public safety. ABS systems help the vehicle, and thus the driver, maintain control in certain situations, which reduces the risk of some types of crashes.

Brake-related violations comprised the largest percentage (representing 43 percent) of all out-of-service violations cited during Operation Airbrake's companion International Road-check campaign in 2015, which focused on inspections of both vehicles and drivers.

Inspections conducted during Brake Safety Week include inspection of brake-system components to identify loose or missing parts, air or hydraulic fluid leaks, worn linings, pads, drums or rotors, and other faulty brake-system components. ABS malfunction indicator lamps are also checked. Inspectors will inspect brake components and measure pushrod stroke where applicable. Defective or out-of-adjustment brakes will result in the vehicle being placed out of service.

Many inspectors will be conducting Level I Inspections, and in the 10 jurisdictions currently using performance-based brake testing (PBBT) equipment, vehicle braking efficiency will be measured. These systems include a slow speed roller dynamometer that measures total vehicle weight and total brake force from which braking efficiency is determined. The minimum braking efficiency for trucks is 43.5 percent, required by U.S. federal regulation and the CVSA out-of-service criteria.

Outreach and educational efforts by CMV inspectors, participating motor carriers and others in the industry will also take place during Brake Safety Week and are integral to the success of the campaign.

More than 3.4 million brakes have been inspected since the program's inception in 1998.

Brake Safety Week is part of the Operation Airbrake program sponsored by CVSA in partnership with the U.S. Department of Transportation's Federal Motor Carrier Safety Administration (FMCSA).

Commercial Vehicle Safety Alliance Website

Childhood Cancer Awareness Month

Every day 43 children in the United States are diagnosed with cancer. Of those children, 12 percent will not survive. September is Childhood Cancer Awareness Month, a time to honor and remember children and families affected by these rare diseases, and help rally support to give kids with cancer better outcomes by supporting ground-breaking research.

By taking steps to fight this disease, all children may have the chance to live a full and healthy life. Besides donating money to the cause of spreading awareness of childhood cancer, consider volunteering your time at one of the Cure Search for Children's Cancer's events. There are over 20 walk events in the month of September alone, which are estimated to raise over \$1.75 million for cancer research and support. Donating to children's cancer research can help fund:

- Research
- Clinical Trials
- Resources for Families

For more information on how you can help, visit CureSearch.org.

Seubert & Associates Inc.

**MAKE YOUR
FLU SHOT A
YEARLY EVENT**

Everyone six months and older needs to get a flu shot-every year.

Highmark Blue Cross Blue Shield Members can get a flu shot at:

- Network Retail Clinic
- Retail Pharmacy
- Primary Care Provider (PCP)

Your flu shot may be covered at 100% if the clinic, pharmacy, or PCP is in network! Stay healthy. Protect those around you from the flu and its complications. Get your flu shot today! Questions?

Call Blues on Call Health Coach at 1-888-BLUE-428

WONDERING WHERE TO GO FOR WELLNESS?

Your Personal Coach Has the Answers



It can be hard to motivate yourself to get healthy and even harder to choose the wellness programs and activities that are right for you.

A personal wellness coach can give you the guidance you need by:

- Connecting you to resources available through your health plan, your employer, and your community.
- Helping you select the options that can have the greatest impact on your health
- Giving you the push you need to get started
- Empowering you to make healthy, sustainable lifestyle changes

To take advantage of free personal coaching sessions, call 1-888-BLUE-428 Monday-Friday 9:00 am to 9:00 pm EST

Getting Started with Personal Coaching

A personal wellness coach, registered dietitian or exercise physiologist is ready to:

- Review your Wellness Profile and how it relates to your health risks
- Discuss your health screening results and what the numbers mean
- Help you set goals for improving your health through lifestyle changes
- Help you overcome the obstacles that interfere with making healthy choices every day
- Connect you to appropriate resources to support sustained wellness challenges
- Provide expert information how to better manage weight, quit tobacco and increase physical activity
- Provide nutrition coaching to help you improve your diet to better control weight management, heart health, diabetes, and other health issues

Keep you motivated to eat healthy and stay active-like a personal trainer who is only a phone call away!

Highmark Blue Cross Blue Shield

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**"Are your brakes ready for the day?
Have no doubt – inspect!"**

BRAKE INSPECTION CHECKLIST

FMCSA Brake Regulations 393.40 – 393.55

Tools you need to inspect your brakes:

- o Blocks/chocks to place behind tires
- o Chalk to mark push-rods
- o Small ruler to measure push-rod travel and brake linings
- o Brake application device (to apply brakes) or a "second" person to assist

Before you inspect:

- o Park on a level road surface
- o Block/chock the tractor wheel(s) and trailer wheel(s), if hooked
- o Confirm air pressure at 90-100 psi
- o Shut off engine – Remove keys from ignition
- o Release spring (parking) brakes
- o Check each brake to confirm normal released position
- o Listen for air leaks

Inspect for:

- o Chaffing/rubbing air hoses against other hoses and/or other components
- o Hoses that are worn to second color or nylon braids are visible
- o Damaged, broken, or missing components; i.e. broken brake chamber bracket, missing clevis pin, hanging slack adjuster
- o Brake pads/linings; Air Drum brake pad, measured at the center, must be above ¼ inch. Air Disk brake, must be above 1/8 inch.
- o Cracked pads/linings or rust-jacked lining from shoe (upper & lower)
- o Excessive up/down & sideways movement on the camshaft (worn bushings)
- o Rusted drum due to inoperative brake
- o External cracks on the brake drum
- o Rusted (holes) brake chamber

Measure the push-rod travel stroke by:

- o Check air pressure gauges are holding 90-100 psi
- o Make certain spring (parking) brakes are fully released
- o Confirm you've made a chalk mark on each push-rod at the rear of the brake chamber
- o Via the brake pedal apply full (service) brake application (approx. 80 psi)
- o Measure distance from the chalk mark to rear of brake chamber
- o Confirm travel is within DOT Standards via brake chamber size & if short or long stroke:

Brakes out of adjustment? Do NOT adjust, inspect for issues & repair

Brake Chamber Type & Size	Location	Maximum Travel Limit Allowed
Short stroke 20 or 24 (round air port)	Steer axles	1-3/4 inches
Short stroke 30	Truck drives & Trailer axles	2 inches
Long stroke 20 or 24	Steer axles	2 inches
Long stroke 30 (square air port)	Truck drives & Trailer axles	2-1/2 inches

National Transportation Safety Board (NTSB) warns continuously adjusting automatic slacks is not recommended. Have your brakes checked and repaired, if needed, before getting back on the road.

8 2016 – OAB web site reference information

Did You Know?

There are 54 various brake violations in the [Vehicle Basic](#) of CSA?

All of them carry a "Violation Severity Weight" or a point value of four. When the time weight is applied, they carry 12 points for the first year.

If the inspecting officer determines the violation to be an out-of-service, two points are added to the severity weight. When the time weight is applied, they carry 18 points for the first year.

Below is just a sampling of those 54 violations.

Section	Violation Description	Point Value
393.40	Inadequate brake system on a CMV	4
393.41	No or defective parking brake system on CMV	4
393.42	No brakes as required	4
393.43	No/improper breakaway or emergency braking	4
393.47(c)	Mismatched slack adjuster effective length	4
393.47(d)	Insufficient brake linings	4
393.47(e)	Clamp/Roto-Chamber type brake(s) out of adjustment	4
393.47(f)	Wedge type brake(s) out of adjustment	4

2016 Team Building Days:

September 17 — Shippingport October 1 — Leipsic
October 1 — Houston October 15 — Canton/Cleveland
October 22 — Rockport



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

Question of the Month

What is the minimum braking efficiency percentage for trucks?

Those who submit the correct answer to safetynewsletter@pgtrucking.com within 24 hours will be entered into a drawing to receive a \$25 Gift Card.

Congratulations to last month's winners: Glenn Gray, Tracy Hopkins, Natalie Kochanowski, Jose Loera, Josh Malcolm, Jacob Nill, and Dave Phillips.



BETWEEN THE WHITE LINES
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If you have any questions or would like to see a specific topic, please contact:
safetynewsletter@pgtrucking.com



SAFETY IS EVERYONE'S JOB - ALL THE TIME!