



August 2024 Newsletter

Brake Safety Week Aug. 25-31

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 your PSP and our CSA safety rating.

1. Inspect visible portions of the brakes during pre/post trip. Pay close attention to rotors or signs of metal shavings- especially with disc brakes



2. Look for signs of missing lining, such as grooves in the drum from rivet contact
3. Look at the shoe-to-drum clearance ensuring 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. This could also create metal shavings or "glitter".
9. Make sure all repairs are consistent with the brake manufacturer's requirements and guidelines.

10. Note any issues in your DVIR and report them to AIM to get anything repaired.





- KAY H.- TRUCK 2451
- P-NUT R.- TRUCK 2450
- DAVID L.- TRUCK 2452

Spotlight Driver- Dylan Hostler

Dylan has been a regional driver with GT since February 2024. Starting his driving career in 2020,

Dylan has already racked up numerous awards. When he is not behind the wheel, he enjoys his weekends at home

and spending time with his fiancé. We are proud to have you as part of the GT Family!

YOU ROCK!



Office Spotlight- Mike Lamtman

Mike has been in sales at General Transport since June 2023. He started his transportation career at a large brokerage firm. When he is not pumping out freight, he is pumping iron at the gym, watching scary movies, or checking out new restaurants. He enjoys spending time with his 2 daughters Riley (8) and River (6) and his girlfriend Jordan. We are proud to have you as part of the GT Family!



Lake Thoughts

As some of you know, my folks have a cabin in Michigan. Last year there was a freak wind storm that knocked down several trees. Some trees were ripped right out of the water, but not quite knocked over. Some trees fell back down into place and you would never know. This year when I was up there, I expected to see them down or at the very least dead. To my surprise, they were still half way standing and still alive!

This led me down a philosophic rabbit hole of thoughts. Sometimes, life is going to knock you down. It is not a matter of if but when. It is your choice to stay down or continue to grow. You may not have the option to return to how you were before, but you can grow and thrive. The best part about adapting is making everyone wonder how the hell you did it!

“We are ever only one thought away from peace, love, and joy- which come from a state of no thought”- Dicken Bettinger