



May 2024 Newsletter

International Roadcheck May 14-16

It is that time of year again! Commercial Vehicle Safety Alliance's (CVSA) International Roadcheck is scheduled for May 14-16 and will focus on tractor protection systems and alcohol and controlled substance possession.

During Roadcheck, CVSA-certified law enforcement personnel will inspect commercial motor vehicles and drivers at weigh/inspection stations, temporary sites and mobile patrols to verify compliance with federal, state, provincial or territorial regulations.

Controlled substance and alcohol possession/use remains a significant concern for motor carriers and DOT. As of December 2023, 158,330 drivers are listed prohibited to drive in the Clearinghouse database. Truck drivers are reminded to not possess, use or be under the influence of alcohol or controlled substances while on duty.



Roadcheck's other focus, on the tractor protection systems, CVSA hopes will increase awareness for drivers, motor carriers, technicians and enforcement

personnel of these vehicle components; specifically, the tractor protection valve, trailer supply valve and anti-bleed back valve, which may be overlooked during trip and roadside inspections.

Over the three days of International Roadcheck, inspectors will conduct their routine North American Standard Level I Inspection, which is a thorough 37-step inspection procedure consisting of the examination of vehicle components and driver documentation and requirements.

A vehicle that successfully passes a Level I or V Inspection without any critical vehicle inspection item violations may receive a CVSA decal, which is valid for three months. We also double your clean inspection bonus on those 3 days!



- MIKE E.- TRUCK 602

Spotlight Driver- Victor Suarez

Victor has been an owner operator at General Transport since March 2023. In that time, he has safely driven 127,208 miles. Victor started his driving career in 2015 after moving to the states from Columbia. Victor is always willing to help out; whether that is a load or helping us out with a language barrier- he is always a go to! When Victor isn't behind the wheel, he enjoys reading and spending time with his family. We are proud to have you as part of the GT Family!



Office Spotlight- Tenley Osberg

Tenley has been in operations at GT since June 2010. She previously was a driver herself, so she knows what it is like being in that seat. When Tenley is not at work, she enjoys spending time with her family, reading, and baking. (If you are lucky, you will be treated to one her wonderful creations at the office sometime!) We are proud to have you as part of the GT Family!



Keeping your emotions in check

We all have our moments, or have witness someone else having their moment. It's human to get rattled, but blowing an emotional gasket is optional. Our feelings are never wrong; they are simply our emotions. What causes



problems is the behavior that can result from strong emotions.

Some don't think aggression is a problem for them because 95% of the time they are calm and pleasant. But all of us can benefit from honest self-reflection. If you are reading this, let safety know to get a special something. Even if we only go ballistic every now and then, it's a red flag telling us there's something we need to attend to before it gets worse.



Many of us try to push away the feelings we perceive as negative or that are uncomfortable. But if we try to sidestep our feelings we may never learn how to handle them.

It's important to accurately identify our emotions. We can't manage what we can't identify. We need to recognize our triggers so that we can get used to them.

You can always make a change!

1. be honest with yourself	6. take full responsibility
2. understand the consequences of your behavior	7. apologize for past offenses
3. be teachable	8. practice, practice, practice
4. commit to change	9. forgive yourself
5. learn assertiveness skills	10. pay it forward