

# ROADSIDEREADER

NATIONAL ASSOCIATION  
OF INDEPENDENT TRUCKERS

## 2 WINTER AWARE

Winter conditions increase the likelihood of accidents, particularly for large trucks that require more stopping distance and careful handling. Reduced visibility, black ice, and sudden weather changes can make routine routes treacherous.

According to the Federal Highway Administration, nearly 25% of weather-related vehicle crashes occur on snowy, slushy, or icy pavement.

## 3

### MEMBER BENEFITS

NAIT MAKES THE MOST OF \$11 EACH MONTH!

## 5

### ON-THE-GO RECIPE

Omelet ... in a mug



## 6

### WORD SEARCH

BRRR! COLD WEATHER

## Safe Driving: Winter Awareness



Winter conditions increase the likelihood of accidents, particularly for large trucks that require more stopping distance and careful handling. Reduced visibility, black ice, and sudden weather changes can make routine routes treacherous. According to the Federal Highway Administration, nearly 25% of weather-related vehicle crashes occur on snowy, slushy, or icy pavement.

### **Pre-Trip Inspections**

- Check tire tread, brakes, lights, windshield wipers, and fluid levels.

### **Speed and Following Distance**

- Increase following distance to allow for extended stopping times.

### **Using Proper Braking Techniques**

- Use controlled, gradual braking and take advantage of engine braking.

### **Monitor Weather/Road Conditions**

- Check forecasts and use weather alerts for route decisions.

### **Chain Laws and Tire Traction Aids**

- Know when and where to install chains to prevent getting stranded.

### **Avoiding Distractions and Fatigue**

- Take regular breaks, stay hydrated, and avoid distractions.

### **Recognizing High-Risk Areas**

- Bridges, overpasses, and shaded areas tend to freeze first.

### **Being Prepared for Emergencies**

- An emergency kit can be lifesaving in the event of a breakdown.



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**MEMBER BENEFIT**



## OMELET ... IN A MUG

- 2 Eggs
- 1 Tbsp Milk
- 1 Tbsp Chopped Onion
- 2 Tbsp Chopped Bell Pepper
- 2 Slices Deli Ham, Chopped
- 1 Tbsp Shredded Cheddar Cheese
- Salt and Pepper

Whisk eggs, milk, onion, pepper, ham, and season with salt and pepper. Microwave on high for 1 minute, 30 seconds.

### DID YOU KNOW?

While both "omelette" and "omelet" refer to the same dish, "omelette" is the more traditional spelling, typically used in British English, while "omelet" is the preferred spelling in American English; essentially, "omelette" is considered the correct spelling, but "omelet" is widely accepted in the United States.

# Word Search

Q F Y X M Q W V K E T V O D N C M H Y N G V I F V  
 W E L Z C G H A F T J J T X U P V T Q I K K P E S  
 S P V C S B B L I Z Z A R D X J G G L F R O S T Y  
 F P M C X P M Q U Z A S L E E T S J S B H F O R W  
 V N B B P I G F L W Q M C H I L L N H L N R Y U Y  
 F O A R T Q W I N T E R T I M E A S O C B E S I D  
 B L I Z Z A R D S L K Z F R E E Z E K W F E O Y R  
 S I Q B P J S N O W Z G Z O A S B Q Y J Y Z I F O  
 J N E U D Z H N W I N T R Y Y S N A S F W I D A J  
 K Q O D G H N I C I C L E J A H R O N Q M N Z R K  
 Z B V W C M A O J H C U Z D L L Y G W C B G T C T  
 B C Q U M B E J K O V Z F N P H F W X S O O H T Y  
 J A L D M A I M Y G K I R R L Q I G M O T L J I B  
 Y I W P V A N R D U R S C V K C H I L L Y O D C H  
 H L J Y Z R H G A P A H P Y E A C P J K F Z R P L  
 F K N O V S V S U B J S N O W F A L L S R U M M N  
 C W D P L N I D L B N F B Q B R K N A E I K A B F  
 F R H F C O P X E H O B O R N V S X P K G Y M S O  
 Y M B G A W I F D G G F L O U C W T Z P I K P X F  
 T D P D V F R R Q L Z Q T K K W K O D M D F B S K  
 X F F Q J L U O A I E H C X J S I J O E H M J F W  
 V B Z C Q A Q Z E R C P G A W X R N D U J V D J D  
 X S A A V K R E I F Z J S F R O S T T J J V K Y P  
 R J Z A Z E H N C V S I U K A I R X H E Q V N K W  
 C V V Y G Q L W E A S U P Q K K D A Y K R K V N W

- |           |          |        |           |            |
|-----------|----------|--------|-----------|------------|
| arctic    | cold     | frosty | sleet     | snowstorm  |
| blizzard  | freeze   | frozen | snow      | snowy      |
| blizzards | freezing | ice    | snowfall  | winter     |
| chill     | frigid   | icicle | snowflake | wintertime |
| chilly    | frost    | icy    | snowman   | wintry     |