

ROADSIDEREADER NATIONAL ASSOCIATION OF INDEPENDENT TRUCKERS

NAVIGATING

3 THE
WINTER CHILL

During the winter months, truck drivers' safety is paramount. Regular vehicle maintenance is essential to prevent mechanical failures exacerbated by cold weather. Ensuring drivers' well-being is also vital, with adequate rest, nutrition, and access to facilities to combat the challenges of prolonged exposure to harsh conditions. By prioritizing safety, we can support truck drivers in navigating the winter chill safely, ensuring the smooth flow of goods while preserving lives on our highways.



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Comprehensive Insurance



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NEW BENEFITS

- Telemedicine
- Chiropractic
- Dental/Vision/Hearing
- MRI and Lab Tests
- Pharmacy Discount Program
- Diabetes Care
- Vitamin Discounts
- Pet Telehealth/Vet Visit/Medicine
- ... and more!

BUSINESS SOLUTIONS

- Emergency Breakdown and Roadside Assistance
- NAIT Fuel Program
- Used Truck Purchase Program
- · Computer Hardware and Software
- Form 2290 Truck Tax Assistance
- Heavy Duty Truck Parts
- Office products
- Tax Consultants/Preparation
- Mapping and Navigation App

INSURANCE COVERAGES

www.transguard.com

Comprehensive packages designed for members and families by IAT TransGuard.

Available coverages Include:

- Occupational Accident and Non-Occupational Accident
- · Workers' comp for employee drivers and casual labor
- Occupational Compensation for casual labor
- · Non-Trucking Liability when your truck is used for a private passenger vehicle
- Physical Damage, including Collision Comprehensive, Glass Breakage, Towing, Rental, and Personal Contents
- Passenger Accident

EXCLUSIVE BENEFITS / DISCOUNTS

- Hotel
- Flowers and Gift Baskets
- Car Rental
- Epic Vue
- Sleep Test Mobile App



MORE INFO
NAIT Specialist Mona Brimeyer
(877) 770-6248
MemberBenefits@NAITUSA.com





As winter blankets the roads with snow and ice, the importance of safety for truck drivers amplifies. Amidst freezing temperatures and unpredictable weather conditions, these unsung heroes of the highways embark on their journeys, ensuring the smooth flow of goods across the country. However, the challenges they face during the winter months underscore the critical need to prioritize their safety.

Unpredictable Weather Conditions

Winter brings forth many weather conditions, from blizzards to black ice, presenting formidable challenges to truck drivers. Reduced visibility, slippery roads, and sudden snow squalls can turn a routine journey into a hazardous endeavor. Therefore, staying informed about weather forecasts and road conditions becomes imperative for truck drivers to plan their routes effectively and mitigate risks.





Emergency Roadside Assistance Membership Benefits

All benefits are 24 hours a day 7 days a week within Canada and USA



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SAVE \$300+ when paid in full vs monthly payment. That's great savings on great coverage!



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Increased Risk of Accidents

The adverse weather conditions during winter significantly elevate the risk of accidents for truck drivers. According to statistics, a considerable number of highway accidents occur due to weather-related factors, with winter accounting for a substantial portion of these incidents. Ensuring adherence to safe driving practices, such as reducing speed, maintaining a safe distance from other vehicles,

and avoiding sudden maneuvers, can help minimize the likelihood of accidents.

Importance of Vehicle Maintenance

Maintaining trucks in optimal condition is crucial, especially during the winter months. Cold weather can exacerbate mechanical issues, such as engine malfunctions and brake failures, posing serious safety risks. Regular inspections and servicing of vehicles, including checking tire





tread depth, ensuring proper functioning of brakes, and inspecting heating systems, are essential preventive measures to uphold safety standards.

Driver Health

The well-being of truck drivers is paramount, particularly when navigating harsh winter conditions. Prolonged exposure to cold temperatures and extended hours on the road can damage their

physical and mental health.

Adequate rest, nutrition, and
hydration are vital for sustaining
energy levels and cognitive function.

Moreover, providing access to rest
areas equipped with amenities like
heating facilities and nutritious
meals can contribute to the overall
welfare of truck drivers.

Embracing Technology for Safety

Advancements in technology offer valuable tools for enhancing safety





measures for truck drivers during winter. From real-time GPS tracking systems to weather alert apps, leveraging technology enables drivers to make informed decisions and respond promptly to changing conditions. Additionally, integrating driver-assist technologies, such as anti-lock braking systems and traction control, enhances vehicle stability and control, thereby reducing the likelihood of accidents.

As winter grips the roads, truck

drivers' safety is a paramount concern. Navigating treacherous conditions requires diligence, preparation, and a commitment to prioritizing safety above all else.

By staying vigilant, adhering to safe driving practices, maintaining vehicles in optimal condition, and prioritizing driver well-being, we can ensure that truck drivers traverse the winter months safely, facilitating the uninterrupted flow of goods and preserving lives on our highways.











WWW.NAITUSA.COM/DROWZLE

15-Minute Microwave Meat Loaf

INGREDIENTS

- 1 large egg, lightly beaten
- 5 tablespoons ketchup, divided
- 2 tablespoons prepared mustard
- 1/2 cup dry bread crumbs
- 2 tablespoons onion soup mix
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound ground beef
- 1/4 cup sugar
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar



DIRECTIONS

- In a large bowl, combine the egg, 2 tablespoons ketchup, mustard, bread crumbs, dry soup mix, salt, and pepper. Crumble the beef over the mixture and mix well. Shape into an oval loaf.
- Place loaf in a shallow 1-qt. microwave-safe dish. Cover and microwave on high for 10-12 minutes or until no pink remains and a thermometer reads 160°; drain.
- Meanwhile, combine the sugars, vinegar, and remaining ketchup in a small bowl; drizzle over the meat loaf. Cover and microwave on high for 2-3 minutes longer or until heated through. Let stand for 10 minutes before slicing.

DID YOU KNOW?

- National Meatloaf Appreciation Day,
 Oct. 18 in the U.S. is dedicated to honoring this beloved dish.
- The largest meatloaf ever was made in Walpertshofen, Germany, in 2009. It weighed 6,874.01 pounds.

Word Search

U E P D | O Y C F X L V | V W R O O L U K | O O P OBGKYFORDSQWPAIVTKAZMTNPO RHUTUCKERAONBQHTZINDLYIPN ZRYZMHNSUBARUOKHAQDKCVSWT | G V Q L E V F G | C A S C U A G | R I Q G S F I AVBAXVASTONMARTINEOKZCALA GIZUODOCADILLACMQEVLUINUC U B L A M B O R G H I N I U J X V P E O S Z C R U ANIAUAUADAAVKEXWJQRSEBFHI RVLXLSHELBYURROLLSROYCEOE IREZPFXZVVMIGLTZXSTFIGRNL LRXXURAOGLZEDHWSMNOPELZDI V P U G O Z C R B Z S K R U G J A A P X N B P A P DCSOYIMHOGVLFCVTWOSOTSFTE LOMOFNPBEMYIHTEKOGNERKVBN | DDSVUKEHVEPUSFDNY | BRSHNH BCEGFXCNGKROWGMAELOHEACKM BVPSEQRTFZWOLSFWCSRTWITHG OVTLBZKLXBMWLBLWAGBZAGDIE X S W H A V W E Y C H R O E S D D I G E Q G M C M NHDUYTPYBMKSPDTPCCDONSEFT CQMDELMEVLRDUKXAJCEVDZMTZ BVBSXTHDLFLVAKNQHDELOREAN UOUOYHOIKFERRARIABSHQZWDV OIPNGATVOLKSWAGENIBWWGYYS

- ALFA-ROMEO
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- CADILLAC
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- DODGE
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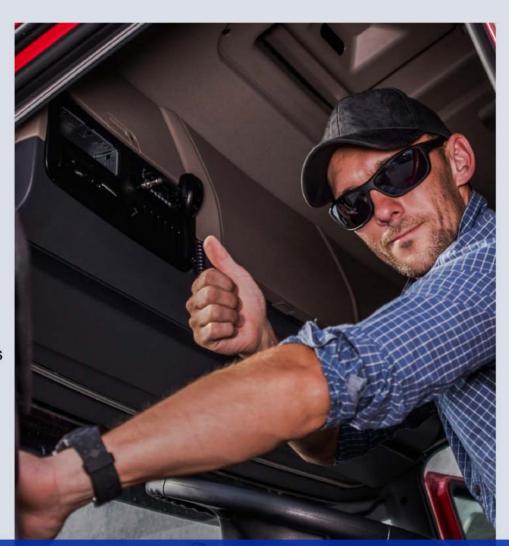
- GMC
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 - LEXUS
- LAND ROVER
- MASERATI
- MERCEDES-BENZ
 VOLKSWAGEN

- NISSAN
- OPEL
- PONTIAC
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- SHELBY
 - SUBARU
 - TOYOTA
 - TUCKER

MEMBER BENEFIT

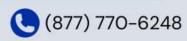
AVAILABLE COVERAGE

NAIT members can access
TransGuard services for
independent contractors' needs
based on motor carriers in the
General Freight, Moving and
Storage, and Home Delivery
industries.



- Occupational Accident
- Non-Occupational Accident
- Workers' Compensation
- Physical Damage
- Occupational Compensation
- Non-Trucking Liability

CALL NOW





February FYI

6 National Frozen Yogurt Day



National Fettuccine Alfredo Day

11 Super Bowl LVIII – Chiefs vs. 49ers



14 Valentine's Day



17 National Cabbage Day

19 Presidents Day



20 National Muffin Day

22 National Chili Day

27 National Strawberry Day



29 National Leap Day

DID YOU KNOW?

- Feb. 1, 1884 The first edition of the Oxford English Dictionary is published.
- Feb. 4, 2004 Facebook is founded.
- Feb. 6, 1788 Massachusetts becomes a U.S. State.
- Feb. 10, 1863 The fire extinguisher is patented.
- Feb. 16, 1959 Fidel Castro becomes leader of Cuba.
- Feb. 18, 1930 Clyde
 Tombaugh discovers the
 dwarf planet Pluto.
- Feb. 26, 1815 Napoleon Bonaparte escapes from exile on the island of Elba.

NOTABLE BIRTHDAYS

- Feb. 2, 1954 Christie Brinkley
- Feb. 4, 1902 Charles Lindbergh
- Feb. 5, 1934 Hank Aaron
- Feb. 7, 1962 Garth Brooks
- Feb. 8, 1931 James Dean
- Feb. 11, 1847 Thomas Edison
- Feb. 14, 1913 Jimmy Hoffa
- Feb. 17, 1963 Michael Jordan
- Feb. 18, 1954 John Travolta
- Feb. 25, 1943 George Harrison
- Feb. 28, 1940 Mario Andretti



DID YOU KNOW?

Four U.S. presidents were born in February:

- Feb. 6, 1911 Ronald Reagan
- Feb. 9, 1773 William Henry Harrison
- Feb. 12, 1809 Abraham Lincoln
- Feb. 22, 1732 George Washington