

# ROADSIDEREADER

NATIONAL ASSOCIATION  
OF INDEPENDENT TRUCKERS

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## NAVIGATING 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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WHAT TO KNOW IN FEBRUARY



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**MORE INFO**

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MemberBenefits@NAITUSA.com



## NAVIGATING THE WINTER CHILL

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.

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## NAVIGATING THE WINTER CHILL

### 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



## NAVIGATING THE WINTER CHILL

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



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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.



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

- ALFA-ROMEO
- ASTON MARTIN
- BENTLEY
- BMW
- CADILLAC
- CHEVROLET
- DODGE
- DELOREAN
- FERRARI
- FORD
- GMC
- HONDA
- HUDSON
- JAGUAR
- JEEP
- LAMBORGHINI
- LEXUS
- LAND ROVER
- MASERATI
- MERCEDES-BENZ
- NISSAN
- OPEL
- PONTIAC
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# February FYI

- 6** National Frozen Yogurt Day 
- 7** 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