Distracted Driving

Distracted driving is any activity that takes your attention away from the road. In everyday driving, however, distractions are common. Distracted driving endangers you and the public. The Centers for Disease Control and Prevention* describes three main types of distractions while driving.

- **Visual distractions** cause you to take your eyes off the road.
- **Manual distractions** cause you to take your hands off the wheel.
- **Cognitive distractions**, such as listening to a talk radio show, cause you to take your mind off what you are doing.

Each time you take your focus off the road, even if just for a split second, you’re putting your life and the lives of others in danger. Driving distracted is an emerging and deadly epidemic on the nation’s roads, in 2014, 3,179 people were killed, and 431,000 were injured in motor vehicle crashes involving distracted drivers.*

Some distractions can’t be eliminated, but most can be managed.

- Turn your cellphone off or silence it before you start the engine.
- Secure your pets properly before you begin to drive.
- Don’t eat or drink while driving.
- Set your GPS before starting the engine.

**Did you know?** Research commissioned by FMCSA shows that the odds of being involved in a safety-critical event (e.g., crash, near-crash, unintentional lane deviation) are 6 times greater for CMV drivers who engage in dialing a mobile phone while driving than for those who do not. Dialing drivers took their eyes off the roadway for an average of 3.8 seconds. At 55 mph (or 80.7 feet per second), this equates to a driver traveling 306 feet, the approximate length of a football field, without looking at the roadway!

**Commercial drivers found violating texting and cell phone bans can be fined up to $2,750!**

---

Landstar CSA Performance
Based on a 24 month record ending 9/23/2016

<table>
<thead>
<tr>
<th>BASIC</th>
<th>THRESHOLD</th>
<th>RANGER</th>
<th>INWAY</th>
<th>LEA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unsafe Driving</td>
<td>60%</td>
<td>50%</td>
<td>34%</td>
<td>15%</td>
</tr>
<tr>
<td>Hours of Service (HOS) Compliance</td>
<td>60%</td>
<td>48%</td>
<td>50%</td>
<td>37%</td>
</tr>
<tr>
<td>Driver Fitness</td>
<td>75%</td>
<td>11%</td>
<td>19%</td>
<td>0%</td>
</tr>
<tr>
<td>Controlled Substances / Alcohol</td>
<td>75%</td>
<td>3%</td>
<td>9%</td>
<td>0%</td>
</tr>
<tr>
<td>Vehicle Maintenance</td>
<td>75%</td>
<td>65%</td>
<td>70%</td>
<td>13%</td>
</tr>
</tbody>
</table>
Avoid Roadside Violations on Improper Spliced Air Hose

**Service Brakes d(4) Brake Hose**
Two hoses improperly joined (such as a splice made by sliding the hose ends over a piece of tubing and clamping the hose to the tube).

**Will result in failure during the Federal Periodic Inspection/Landstar's 120**

**FMCSA Regulation 393.45(a)**
Improperly spliced made by sliding the hose ends over a piece of tubing & clamping the hose to the tube

**Will result in an out of service violation on roadside inspection**

A Special Holiday Gift from Landstar

We know that some of you will be on the road Thanksgiving and Christmas, away from family and friends. To show our appreciation for your dedication, we’ve once again teamed up with TravelCenters of America and Petro Stopping Centers to offer you a FREE MEAL on Thanksgiving and Christmas day. Here’s how it will work:

1. For UltraONE members there will be a link available on Landstar Online beginning November 1st for the Thanksgiving meal and December 1st for the Christmas meal. BCOs should log on between 11/1/16 and 4 PM 11/22/16 to register for their Thanksgiving meal and between 12/1/16 and 4 PM 12/23/16 to register for their Christmas meal. BCOs can confirm their information and register for the holiday meal. On the holiday, swipe your card and select the “Special Offers” button from their Member Services screen. Your Landstar Holiday Meal Coupon will be available for qualified members to print only on Thanksgiving Day and Christmas Day.

2. Present the coupon to the server or cashier, and your meal up to $19.00 is free. (You must have the coupon to be eligible for the $19.00 discount, this cannot be combined with any other discounts and the coupon has no cash value).

For those BCOs that don’t have a TA/Petro loyalty card, contact LCAPP or an orientation center for a holiday meal coupon.

This offer is good on Thanksgiving Day and Christmas Day only, and is only valid in the full-serve restaurants (not valid for fast food).

Thank you for all you do, the whole year through. We hope that you will take advantage of this special offer from Landstar and our friends at TA/Petro, and we wish you and your family a happy, healthy and safe holiday season.
Congratulations! October LSO of the Month

Jim Wappler of the SLV Agency in Locust Grove, GA has been selected as the October 2016 LSO of the month. Jim works with his customers and capacity providers to ensure freight gets delivered on time and accident/claim free. In the past year, Jim and the SLV agency has dispatched every load they have moved without a single accident. Jim attends all LSO Meetings in his area and recently setup a MUST Program visit with his customer, Toppan InterAmerica in McDonough, GA. During this visit, Jim was able to update his customer with the latest regulation changes, accident and cargo claim trends, and review dispatch and loading procedures. Jim’s proactive approach to safety is deserving of the title of LSO of the month. Congratulations to Jim and his entire staff at the SLV Agency!

October Monthly Tire Winner

(Clean Inspection, Safety Event Attendance, PRIDE Campaign)

<table>
<thead>
<tr>
<th>NAME</th>
<th>DATE / EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jamie Gould</td>
<td>10/03/16 Pride Campaign</td>
</tr>
<tr>
<td>Cindy Rodeman</td>
<td>10/10/16 Clean Inspection</td>
</tr>
<tr>
<td>Mujo Jakupovic</td>
<td>10/15/16 Safety Mtg Tampa, FL</td>
</tr>
<tr>
<td>Renae Scott</td>
<td>10/15/16 Safety Mtg Laredo, TX</td>
</tr>
<tr>
<td>Gheorghe Penciu</td>
<td>10/22/16 Safety Mtg Hermitage, PA</td>
</tr>
<tr>
<td>Bennie Porter</td>
<td>10/22/16 Safety Mtg Hermitage, PA</td>
</tr>
<tr>
<td>Mark Hill</td>
<td>10/22/16 Safety Mtg Hermitage, PA</td>
</tr>
<tr>
<td>Bill Jones</td>
<td>10/22/16 Safety Mtg Hermitage, PA</td>
</tr>
<tr>
<td>Stephen Sommer</td>
<td>10/22/16 Safety Mtg Hermitage, PA</td>
</tr>
</tbody>
</table>

Congratulations Arthur Jones!

Drive for Five jacket winner for participating in the safety topic online training.

WAY TO GO!!
September 20+ Years Safe Drivers

<table>
<thead>
<tr>
<th>Safe Years</th>
<th>Safe Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doris A McCord 21</td>
<td>Steven A Sims 23</td>
</tr>
<tr>
<td>Roger G Hobbs Sr. 21</td>
<td>Stewart E Biegler 23</td>
</tr>
<tr>
<td>Lee A Edwards Jr. 21</td>
<td>William J Marcussen 23</td>
</tr>
<tr>
<td>John York 21</td>
<td>Benjamin H Willcutt 24</td>
</tr>
<tr>
<td>John J Ross 22</td>
<td>Nicholas A Candela 25</td>
</tr>
<tr>
<td>Oswald Gene Madray 22</td>
<td>Burris W Ward 26</td>
</tr>
<tr>
<td>James Terry Reed 23</td>
<td>William Chambers 29</td>
</tr>
<tr>
<td>Roger Miller 23</td>
<td>Stephen Hill 31</td>
</tr>
<tr>
<td>Ronald G Burton 23</td>
<td>Anthony J Kuharski 32</td>
</tr>
</tbody>
</table>
Distracted Driving

Thursday, November 17th, 2016 @ 12 p.m. ET
Region Sponsor: Region 7
Department Sponsor: Agent Development

To dial in on Safety Thursday, call 877-717-5921
Please call in 5 - 10 minutes early to avoid congestion getting on the call.

Stop by any Landstar Orientation Center every Safety Thursday for a free lunch and an extra entry in the Safe Truck Giveaway for listening in on the Safety Conference Call

Navigate to the Landstar Safety Meeting
November 12, 2016 @ 9:00 a.m.
Held at the Landstar Service Center
1000 Simpson Road, Rockford, IL

RSVP to Debbie @ CRH agency at 708-675-3333 x3
8:00 am continental breakfast and lunch served after the meeting.

Please join us! BCOs and Agents welcome.

Mark Your Calendars…. 

Safety Thursday Events (continued)

Oak Grove, MO - Safety Meeting
Hosted by KCL, 11am @ Petro Truck Stop Iron Skillet, 301 SW First St I-70 exit 28

Longmont, CO - Safety Meeting
Hosted by LMC, 10am @ 4328 State Highway 66

Other Safety Event

November 5, 2016
Waterloo, NY - BCO/LSO Safety Meeting
Hosted by Field Safety Manager Jeremy Bush, 8 am @ TA Truckstop/Petro #371 I-90 exit 41

November 19, 2016
St. Augustine, FL - BCO Safety Meeting
Hosted by Field Safety Manager Jared Fritts, 830 am @ Orientation Ctr. 205 Cumberland Pk Dr, RSVP BY 11/15/16 (904)390-1156 or by email jfriggs@landstar.com

Safety Thursday Events November 17, 2016
Portland, OR - Safety Meeting
Hosted by PRT, breakfast 8am @ Jubitz Truck Stop 10350 N Vancouver Way

Reno, NV - Safety Meeting
Hosted by JKT, 9am @ Cabela’s off I-80 near Boomtown

Sacramento, CA - Safety Meeting
Hosted by SJV, 8am @ 49er Travel Plaza 2828 El Centro Rd.

Laredo, TX - Safety Meeting
Hosted by LMO, 11am @ 18702 Metropolitan Rd. in the drivers’ room

Fairfield, OH - Safety Meeting
Hosted by WAD, 11 am @ 3240 Production Dr.

Joplin, MO - Safety Meeting
Hosted by SFM, 11 am @ Petro T/S I-44 exit 4