



## SAFETY IS NO ACCIDENT



### SPACE AHEAD

To be a safe driver, you need space all around your vehicle. When things go wrong, space gives you time to think and to take action. To have space available when something goes wrong, you need to **manage** space. While this is true for all drivers, it is very important for large vehicles. They take up more space and require more space for stopping and turning.

Of all the space around your vehicle, it is the area ahead of the vehicle...the space you are driving into...that is most important. You need space ahead in case you must suddenly stop. According to accident reports, the vehicle that trucks and buses most often run into is the one in front of them. The most frequent cause is **following too closely**.

One good rule for how much space you should keep in front of you is at least 1 second for each 10 feet of vehicle length at speeds below 40 mph. At greater speeds, you should add 1 second.

**EXAMPLE**

If you are driving a 30-foot vehicle, you should leave at least 3 seconds between you and the vehicle ahead.

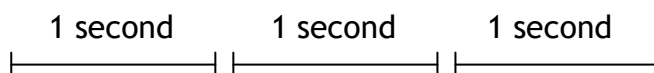
**EXAMPLE**

In a 60-foot tractor trailer, you will need at least 6 seconds between you and the vehicle ahead.

Sometimes it is a difficult task to maintain and manage the Space Ahead. However lives, including your own, depend on it.

**The Golden Rule...at least 1 second for each 10 feet of vehicle length.**

**Add another 1 second if over 40 mph.**



30 ft.

## TRIVIA QUESTION OF THE MONTH

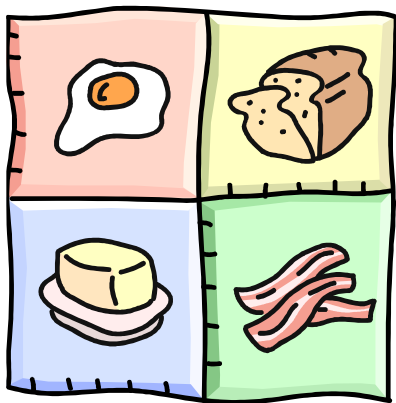


Congrats to ONT driver Nasir Ali who correctly answered the July trivia question.

**September Question...** according to the article on the front page, if you are driving 50 mph in a 30-ft bobtail truck, how many seconds of following distance do you need between you and the vehicle in front?

Submit your answer to Rob Leetham  
email: [robl@rjrtransportation.net](mailto:robl@rjrtransportation.net)  
text: 209.256.9271 call: 209.858.1124

Correct answers will be entered in a drawing to win a \$25 Chili's Gift Card!



## Health & Wellness Awareness

Today is a good day for you to take charge of the food choices you make! With healthful eating habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life. So the sooner you start, the better!

**Mix it up** *Focus on fruits.* Eat a variety of fruits. For a 2,000 calorie diet, you need 2 cups of fruit daily.

**Know the limits on fats, salt, and sugars.** Look for foods low in saturated fats and trans fat. Choose foods and beverages with little salt and/or added sugars.

**Calcium.** Get 3 cups of low-fat or fat-free milk (or an equivalent amount of low-fat yogurt or cheese) daily.

**Whole-grain.** Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta daily.

## REBECCA'S CORNER



### Happy Birthday!

Angelo Trinidad	Sep 04	CNP
Cruz Garnica	Sep 05	ONT
Greg Correia	Sep 06	HAY
Khoeun Kheav	Sep 07	SCK
Chris North	Sep 09	SCK
Brad Franks	Sep 14	SCK
Mike Kissam	Sep 24	HAY
Elias Williams	Sep 28	HAY



### Company Anniversaries

Nasir Ali	13 Years	ONT
Ray Merrill	3 Years	LAM
Tyler Williams	3 Years	CNP
Hector Jauregui	2 Years	SCK
Angel Cazarez	2 Years	SCK
Jesse Gonzales	1 Years	CNP

**SURPRISE! SECRET GIFT! WINNER! CONGRATULATIONS!**

IF YOUR NAME IS HANDWRITTEN BELOW CALL ROB or REBECCA by Thurs 09/24 to REDEEM YOUR PRIZE!

(209) 858-1124. \_\_\_\_\_