MaGallon hauls many container loads on his way to Million Miles

Wallula Terminal Manager Andy Sarrazin said something about one of his new Million Mile safety award recipients that has never be said before. “Daniel MaGallon has probably hauled more loads in reaching this milestone than any other Million Mil-er.+

That’s because of the kind of hauling he has been doing.

“Achieving this milestone is very impressive given that for the past several years he’s been on the Container fleet and miles/day can be limited due to the close proximity of the customers,” Sarrazin said.

“He’s an extremely hard worker and is well liked by our customers.”

McGallon started with Boise Trucking as a company driver in the early 2000’s before going out on his own to pull reefers. In 2010, he returned as a BCT Owner-Operator and has been leased on ever since.

His beginnings in trucking are typical of young men who grow up around farming. But he may have started a little earlier than

(Continued on page 4)
Predictable preventables lead to higher accident frequency

Five preventable accidents last month resulted in an Accident Frequency Rate (AFR) of 4.65. It raised the two-month AFR for 2019 to 3.82.

“The accidents involved backing, space management and driving too fast for conditions,” said Randy Bailey, manager of Driver Services and Safety.

Three of the preventable accidents were caused by drivers of company trucks giving that group of drivers and AFR of 7.02.

Owners, who logged 647,582 miles, had two preventables for an AFR of 3.09.

“There isn’t a driver involved in these preventables who can’t look back and imagine a different outcome,” Bailey said. “That indicates that there was certainly something they could have done to prevent these incidents.”

**ACCIDENT FREQUENCY**

2018 12-Month AFR

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*A Any accident in which our driver failed by defensive driving to do everything reasonable to prevent the accident.

** The number of preventable wrecks per million miles of travel.

Each of the preventables involved drivers of company trucks giving that group of drivers an AFR of 7.02.

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“There isn’t a driver involved in these preventables who can’t look back and imagine a different outcome,” Bailey said. “That indicates that there was certainly something they could have done to prevent these incidents.”

**ACCIDENT FREQUENCY**

2019 2-Month AFR

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Welcome to new and returning drivers who have joined the ranks of BCT, Inc. and Boise Trucking Operations during the past month (by publication deadline)

Welcome new truck owner for Jackson, Houndog Trucking. Returning driver, Tony Humburg, will be driving the truck.

Javier Garcia of Kennewick, Wa. Feb. 18, as a new driver for Ideal Energy out of Vancouver.

Neb Mavrak as a returning driver March 3 driving for truck Owner Damir Juresic.

If you’re an Owner-Operator who knows a driver who would be a good ‘fit’ for BCT call 1-800-544-5989, Opt. 5.
Another successful training session growing safety culture

Waco Terminal Manager Ron Bates led another Safestart training session, this time at DeRidder last month.

“We had a great session this last Saturday in Deridder,” Bates said. “Steven (Terminal Mgr. Steven Crain) has a great group of guys there. His wife Michele was kind enough to bring in the lunch for the guys.”

Seventeen drivers, spotters and mechanics attended in the unfinished area above offices at the new terminal building.

Top photo (Front row, L to R.) Richard Ziesemer, Pete Kaltsas, Chris Bruce, Paulo Ramirez, Jeff Kay, Carl Davis, Mike Stewart, Robert Blanchard, Ron Bates. (Back row, L to R.) Randy Smith, Jimbo Matthys, Warren Bohm, Fred Martin, David Lewis, Al Harden, Greg Rappold, Glenn Aikens.
MaGallon hits million miles of safe driving

(Continued from page 1)

most. He was a 14-year-old working on a farm in Burley, Idaho when he started driving spud trucks on the farm.

He was still working on farms when he moved to Pasco in 1999. His experience expanded when he started driving to Mexico and Texas hauling apples, pears and cherries and grapes to Florida.

He said he has not had an accident in his 27 years of driving.

McGallon said he plans on staying with BCT because he has few problems and “dispatch is nice to me.”

While McGallon credits “good luck and nervousness” for his million miles of safe driving, he makes much of his own good luck. “I check the tractor every morning,” he said and he looks for anything that could possibly go wrong with the equipment. He checks for fluid leaks and air leaks to be certain his truck is safe.

His “nervousness” might be similar to focus and attention to what other drivers are doing on the road.

McGallon has been married to his wife Guillermina for 27 years. They have two daughters and five grandchildren.

When McGallon can get away from trucking, he enjoys returning to Mexico to visit family there. And he will soon be travelling to Chicago where his mother will be visiting her sister and said he may be taking his mother back to Mexico from there.

McGallon receives a cash award a plaque and a watch to commemorate his safe driving achievement. A duplicate of the plaque will be hung at the terminal.

“Achieving this milestone is very impressive given that for the past several years he’s been on the Container fleet and miles/day can be limited due to the close proximity of the customers.”

-Andy Sarrazin
Wallula Terminal Mgr.
Gerardo Gomez admits he was a little nervous when Wallula Terminal Manager Andy Sarrazin told him a couple months ago that he was very close to reaching one million miles of safe driving.

Baseballs fans might see it like telling a pitcher in the eighth inning that he has a no-hitter going.

But Gomez continued his safe driving and became one of BCT’s newest members of the Million Mile Club. He said he was proud to see his name on the plaque he received.

Gomez was 17 when he first came to the United States. He was working, married his wife Esther and began raising a family.

But he returned to Mexico in 1993 when his father passed away to help his mother. “My father, my uncle, my entire family,” were truck driver, Gomez said. So he continued the tradition and drove from 1993 until returning to the U.S. in 2000.

He hauled corn for the large Medelez Trucking out of Hermiston, Oregon and then drove for Tate Transportation out of Walla Walla, Washington. He purchased his first truck in 2005 and ran 48 states until another

(Continued on page 6)
Gomez surprised to see settlement sum

(Continued from page 5)

driver told him about openings at BCT.

That may have been when he was first recognized as a quality driver. Sarrazin ordered the required background checks and DMV report during the driver qualification process. “He said I was the first driver with no violations or citations,” Gomez said.

When it comes to the skills he uses to maintain safety he didn’t point to his daily pre-trip routine or driving skills. “I’m trying to do my best because that’s my job” Gomez said.

“Gerardo is one of the most adaptive, dependable and safe drivers in our fleet,” Sarrazin said. “He’s helpful to other drivers and is viewed as a “go to guy” by dispatchers. They know that if you need it done and Gerardo is available, you can count on it happening.”

Gomez and his wife have a daughter 25 and son who is 22 Oregon Coast and California when he can get away.

New members of the BCT Million Mile Club receive the plaque, a commemorative watch and a significant bonus added to their settlement. Gomez had only worked three days the week his bonus was added to his settlement and went to Sarrazin thinking there was a mistake.

“I asked Andy why my settlement was too high,” he said. He didn’t know that was part of BCT recognizing his major safety milestone.

If you’ve been in an accident (minor incident, animal hit, or anything where damage has occurred)...no matter what time of day or night...

Call 1-800-544-5989 #2
Drivers and others at the Columbus Terminal received their introduction to Safestart last month led by Waco Terminal Mgr. Ron Bates. The safety event included door prizes and a little fun.

“Ron did an outstanding job keeping everyone engaged in the training,” said Columbus TM Rob Roop. “Ron’s passion and awareness for safety was a good touch to help get our drivers thinking safety in all aspects of their day. We are thankful for the experience and look forward to the next time!”

Pictured above: Ron Bates, Tommy Asbury, Allan Wiseman, Harold Asbury, Todd Garrity, Mike Clark, Kenny Calender, Bill Haddix, Jason Britton, Mike Mohns, Alex Garrity, Joe England, Marc Passmore, Tim Hadley, Kenny Chandler, Bill Wilson, Mike Day, Mike Hill, Kevin Elliott, and Charlie Colbert.

Pictured left are Columbus Terminal Mgr. Rob Roop and Waco Terminal Mgr. Ron Bates.
Tips for Nighttime Driving

1. First and foremost - if you feel too sleepy to continue driving, pull over and take a little cat nap.
2. Devise a regular sleep schedule. Try to refrain from waking up with an alarm clock. You want to try to wake up of your body's own accord so you know you're completely rested.
3. If you're having trouble staying in your lane, watch the reflectors and lines on the side of the road. Use them as guides for staying centered.
4. If you're driving a 7pm-7am shift, it can be tempting to load up on the coffee and Mountain Dew. By all means, grab a cup o' joe when you first begin your shift, but do not pump caffeine into your veins throughout the entire night. It will keep you awake for a few hours, but that perk will eventually lead to a caffeine crash and you'll be sleepier than before. Resist the urge to rely on caffeine to keep you alert, and rely instead on getting a good rest.
5. Watch out for any 4-wheelers on the road at 3am who may have had a drink (or six) at the bar. Be a defensive driver. If you see someone swerving or displaying signs that they're intoxicated, call 911.
6. If you start getting heavy eyed, pull over and take a lap or two around your truck. Do some jumping jacks. Exercise will perk you up and get the blood flowing again.
7. Don't blind other drivers with your high beams! If you see headlights or taillights in your windshield, be courteous and turn your high beams off.
8. Do things to stay awake and keep your mind alert. You don't want to zone out - that's a common cause of accidents. Audio books are a good idea - it's hard to fall asleep when you're trying to understand what's happening in a story. Other activities to keep you awake and alert include chatting with your co-driver (if they happen to be a night owl and are still awake), listening/talking via your CB radio. Remember, these activities are supposed to keep you alert. If you find yourself getting too distracted by them, quit and focus purely on driving. These activities should be used as a means to keep you awake and alert, not as a free-time activity to keep you entertained while you're driving an 80,000 pound truck down the highway at 60 miles per hour.
9. Reduce your speed and increase your following distance at night (basic, but often overlooked).
10. Last but certainly not least, BE ALERT. And again, if you feel like you're too tired to keep driving, pull over and take a little nap. No one will fault you for being proactive about your safety. Remember, fatigued driving is a serious violation that can have big repercussions.
Night driving tips from courtroom expert

Driving at night has its advantages such as less traffic and more open parking spaces in the morning. But it has its drawbacks, too, the main one being that humans are hardwired to be up during the day and sleep at night.

"It's important to understand that your body will never fully adapt to working overnight," says Nancy Grugle, who got her Ph.D. about studying the effects of sleep deprivation on human performance. She currently works as an expert courtroom witness for plaintiff and defense sides concerning sleep deprivation, fatigue, and drowsy driving.

There are some things that drivers who work at night can do to help, but it's not what most people think they are. Rather than focus on techniques for staying alert at night, like using caffeine or sugar drinks, opening windows and playing loud music, she says it's more important to get the best sleep you can during the day.

"It's very difficult to block out the real world during the day, but it's important to get your sleeping conditions as ideal as possible," she says.

"[Have a] completely dark room, no sounds if you can avoid it, no interruptions, no people coming in asking you to do things. Hopefully, you can block out lawnmowers and whatever other activities are going on outside. But it's also important to understand that even if you are getting the same number of hours of sleep, the quality of your sleep is not going to be the same as if you were sleeping at night."

-Randy Bailey
BCT Manager of Driver Services and Safety

Many BCT drivers and others are motorcycle riders and all drivers have contact with motorcycles on the road. As a reminder to both drivers and riders, none of the bikes in this photo can be seen by the driver, regardless of fender mirrors. Riders should know to stay away from blind spots and truckers must always keep in mind that a bike could be there.
Hitting a fixed object is always preventable.

The rule our best drivers follow is: Get Out And Look!
Earn an extra $1000 in just six months!

BCT's Driver-to-Driver Recruiting Program

Recommend a new Owner-Operator to BCT and earn cash!

✔ $500 when they sign on
✔ $500 after six months

One cent for every mile they run

Openings now available!

“Finding good Owner-Operators is important to BCT. We feel our own drivers are the best source of new people who meet our safety and service standards.”

-Pat Robinson

Call Recruiting Manager

Pat Robinson
800-544-5989, Opt. 5

ALL FLEETS
Seven drivers get clean roadside inspections (and cash)

Five different fleets were represented by Owners who passed through roadside inspections with no violations during the latest reporting period.

The Southern Fleet doubled up with Joseph Citizen and Joseph Lewis each earning the clean inspection bonus.

“Clean inspections are important,” said Randy Bailey, manager of Driver Services and Safety. “It shows these drivers have done adequate pretrip inspections to be certain they are operating safely and legally.”

Each clean inspection earns Owners $100 which is added to his settlement.

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CSA Reports for Owner Operators and Company Drivers

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Inc. = Inconclusive  No Vios = No Violations  * = Exceeds  Improving  Alert
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Jerez helps organize yard by moving trailers

*From Abel Franco Industry Terminal Mgr.*

Kudos to Industry Driver Carlos Jerez. Without being asked, Carlos moved several dropped 53ft trailers in our yard to our designated area.

Doing this gave other carriers enough clearance to back into and exit loading doors.

Thanks Carlos … we are very fortunate to have you on our team.

A pro and role model from Wallula chips

*Paul A Fischer Wallula Dispatch*

I would like to thank Ramon Alcoser. He has really stepped up and helped out a lot with the resin to the Elgin mill.

I don’t know if it is just timing or faith. Ramon has gone out and done a super job no matter how the roads or traffic conditions have been.

He has been a true professional and he is a great role model for the other drivers.

Linder keeps BCT’s Smartway certification going which produces fuel and environmental benefits

*From Dan Bernert BCT General Mgr.*

Kudos to Mr. Chris Linder and his efforts to collect and submit required data to maintain BCT Smartway certification.

Along those same lines, we appreciate the efforts of Brent Martel to keep fuel efficiency a priority when spec’ing our trucks. Since 2016, the average MPG for our company trucks has increased an impressive 28.74%!

Before SmartWay, the shipping industry didn’t have a way to identify goods moved with reduced environmental impacts.

Today, the SmartWay brand is well known as a symbol of sustainable freight transportation, and, according to industry surveys, SmartWay and its partners are widely recognized for their leadership in moving goods using less fuel, more efficiently, and with a reduced carbon footprint.

SmartWay encourages freight carriers, shippers, and logistics providers participating in SmartWay to use the SmartWay brand as a tool for demonstrating their commitment to more sustainable shipping strategies. The SmartWay brand sends a clear signal to suppliers, customers, and the broader public about a company’s environmental commitment.

BCT has been certified as a Smartway carrier since 2008 and has enjoyed efficiency and environmental benefits as a result.

Submit Kudos to the newsletter?

Send Kudos to Craiglockwood@Packagingcorp.com.
There’s a better number for help from Road Squad

When I was filling in for Amy today I had to call Road Squad for a driver who had two blown out tires.

When I called the number in the manual, 1-800-772-7782, it was a strange recording telling me that I may qualify for free roadside assistance.

I looked up Road Squad online and called 1-800-824-7467 and was able to get help right away.

Cassie Wood
Driver Services and Safety Analyst

Two drivers recently received anniversary awards at Columbus from Terminal Mgr. Rob Roop. Hearold Ashbury (left) received a 15-year award and Kenny Calender (right) received a 20-year award.

What’s your MIS?

Most Important Stop

One of my most important stops is at the camp with my wife and family. All of us working together to maintain the camp. We have lots of fun and fellowship time in a peaceful and quiet environment. Always a great and enjoyable time.

-DeRidder Mechanic Jimbo Matthias

To loved ones and home
Hazard Awareness

Covers how to recognize hazards on the road—both from other road users, and road conditions themselves.

Index: Road Conditions, Soft Road Surfaces Unstuck, Sloping Road Surfaces, Road Contours-Curvature, Road Contours-Visibility, Road Contours- Crosswinds, Other Road Users, Drivers with Obstructed Vision, Parked Vehicles, Distracted Drivers, Disabled Vehicles, Confused, Slow, and Impatient Drivers, Impaired Drivers, Sharing the Road, Obstructions and Merging Brake

LOGON

Go to: www.protread.com/

1. Click Pro-Tread “User Login”
2. Login:
   • User ID: YourName (no space between names)
   • User ID: YourName (again, exactly the same)
   • Site ID: Type in “200744”
3. Click “Login”
4. Choose “Lesson Menu”
5. Choose “All Lessons By Title”
6. Choose “Hazard Awareness”
7. Choose “Accept”
8. Lesson loads and starts automatically
9. You see “Congratulations” when completed.
10. Click “Stop” button to get credit for completing the lesson.

BCT/PCA Driver Safety Training