

"The future depends on what we do in the present." – Mahatma Gandhi

Health TIPS How much is enough? There have been a number of debates on how much water an adult should drink on a daily basis, but unfortunately there is no magic number. As a standard, the American Medical Association indicates that the average adult should drink eight 8 ounce glasses of water per day. According to the Mayo clinic, the main compound in our body is water and sixty percent of our weight is made up of water. Every system and organ depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition where your body doesn't have enough water in your body to carry on with normal functions. Even mild dehydration: as little as one to two percent can lead to exhaustion and drain your energy.

Some signs of dehydration include:

- Tired or excessive exhaustion
- Excessive thirst
- Headache
- Dry mouth or thirsty
- Little to no urination
- Muscle weakness
- Dizzy or light headed
- Nausea



There are certain factors that increase the need for water.

- **Exercise:** If you participate in activities that make you sweat, you have to drink more water to make up for those lost fluids.
- **Environment:** Working in hot or cold weather, your body loses critical fluids to assist you in keeping hydrated. While working in warm to hot weather your body loses hydration due to perspiration. The same goes for cold weather. By dressing in layers and working actively, your body still perspires even though it is cold out.
- **Location:** Altitudes greater than 8,200 feet puts a greater strain on your body. Increased heart rates, frequent urination and rapid breathing places more strain on your body, requiring your body to use more fluids, making you more susceptible to dehydration.
- **Illness:** When your body is fight a cold or the flu, your body uses more fluids to keep your core body temperature down. This will require you to drink more water or rehydrate your body with sports drinks.
- **Increase in caffeinated beverages and high sodium products:** Both caffeinated beverages and salty snacks dehydrate your body, requiring more water to rehydrate. Avoid these products to avoid dehydration.

Sun Glare While Driving:



Many people enjoy the warmth of its rays, its ability to improve people's attitudes and personalities and are more likely to be outside when it appears. However for a professional driver it can be a huge issue. During the early morning hours and late afternoon the glare

from the sun can be a distraction making it difficult to see and blurring objects in the roadway. The glare induced blindness that can occur when either you are directly facing the sun or a reflection off a building, car or another stationary object. Unfortunately, we cannot control the sun and when and where it appears, but we can limit our exposure to it by taking the proper steps to ensure that we reduce our risk of being affected by sun glare.

- Drive cautiously. Leave plenty of room around and in front of your vehicle to allow ample time to stop or react.
- Whenever possible, lower the sun visor to cut down on the glare from the sun
- Keep your windshield clean both on the interior and exterior and always make sure the windshield fluid reservoir is full
- Whenever possible, pick a route that could be shaded by trees, homes, buildings to cut down on the sun's glare.
- Wear sunglasses at all times. Even more importantly use sunglasses that are polarized. It will reduce the glare, prevent sun spots and will protect your eyes from harmful UV rays.

Driving Safety

Safe Driving Techniques

Driving too fast for conditions is one of the leading causes of tractor trailer accidents. Because the vehicle you are operating is six times larger than the normal vehicle, this makes you more susceptible to accidents. According to the Federal Motor Carrier Safety Administration the definition of driving too fast for conditions is, "*traveling at a speed that is greater than a reasonable standard for safe driving*". The FMCSA indicated that twenty-three percent of large truck crashes occurred because the driver was traveling too fast. Traditionally incidents occur because of road conditions (wet, snow, etc.), reduced visibility (snow, fog, rain), road construction, uneven roads, entering/exiting a road and heavy traffic.

According to the FMCSA, here are some tips on how to reduce your exposure and maintain a safe speed in adverse road conditions:

- Reduce your speed in adverse road and/or weather conditions: Adjust your speed to match weather conditions, road conditions, visibility and traffic. Excessive driving speed is a major cause of fatal crashes and higher speeds may cause more severe crashes.
- Enter curves slowly: Speed limits posted on curve warning signs are intended for passenger cars not commercial motor vehicles. Large trucks should reduce their speeds even further from the posted speed limit. Studies have shown that large trucks entering a curve, even at the posted speed limit, have lost control and rolled over due to their high center of gravity
- Reduce speed entering/exiting an exit ramp: Approach an exit/entrance ramp at a safe speed. Truck rollovers are more likely to occur on exit/entrance ramps when the driver misjudges the sharpness of the ramp curve and enters the curve at an excessive speed
- Drive slowly with a loaded trailer: Be more cautious with a loaded trailer. Loaded trailers have a higher center of gravity and sudden speed adjustment may cause the load to shift, leading to skidding or a rollover.
- Slow down in work zones: Before entering a work zone, decrease your speed, merge into the correct lane well ahead of any lane closures, and be prepared to slow down or stop suddenly. Speed increases perception-reaction distance, braking distance, and stopping distance



September 19 through 25, 2010 is National Truck Driver Appreciation week.

OLS 5 Year Anniversaries

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