

JULY 2019



TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

A photograph of a man, Orlando Torres, standing outdoors. He is wearing a bright orange short-sleeved shirt, black pants, and red safety gloves. He is positioned next to a tall metal rack filled with numerous metal bolts or nuts. The background shows a paved area, some greenery, and a building with a satellite dish.

Meet
Orlando Torres
CPC Puerto Rico

THE BEST DRIVERS DRIVE CPC



Orlando Torres started his driving career in 1992 and has been assigned to Walgreen Company in Carolina, Puerto Rico for CPC Logistics since March 2003.

Orlando is very dedicated to his work and always makes safety a priority. He knows the Walgreens/ Puerto Rico operation very well as he has done both delivery to the stores and also the port shuttle where he has pulled trailers with merchandise coming from the USA. His willingness to help others and his cooperative attitude makes him extremely well liked by his colleagues and by store personnel. He has received the CPC Logistics Driver of the Month Award and he was honored as a 2014 Driver of the Year.

Orlando lives in one of the towns in the center of the island that was significantly affected by Hurricane Maria. However, from the first day Walgreens operations were restored, he was present and ready to work. He and his wife of 28 years have one son who is currently studying at the University of Puerto Rico.



"Excellent driver! For him, customers & safety are always first. He is a team player and a very well-grounded human being. We are glad to have him on the Puerto Rico team." – Mario Maldonado, Logistics Manager, Walgreen Company



"Orlando does an excellent job! He has shown himself to be an excellent driver and an even better person. It isn't often you find someone that is so good at what they do, yet humble and modest. We are very grateful to have Orlando as part of the CPC family!" - Ken Pruitt, Division Manager, CPC Logistics, Inc.

ORLANDO TORRES is just another example of why we say..... THE BEST DRIVERS DRIVE CPC!

3 GENERATIONS OF TRUCK DRIVING



There are many careers that are generational. It is not uncommon for a police officer, service member, or preacher to have a son or daughter follow in their footsteps. And it's no surprise that driving is also one of those passed-down professions.

CPC Logistics would like to recognize not two, but three generations of professional drivers we can proudly say work here. What makes this even more special is that they all three work for the same CPC customer, Avery Dennison.

Jim Miller, his stepson Jeff Shoopman, and Jeff's son Jeff (Donnie) Shoopman, Jr. have been with CPC Logistics and assigned to Avery for a combined 34 plus years!

And as the saying goes, the apple doesn't fall far from the tree. These gentlemen have unparalleled dedication to service and safety.

Both Jim and Jeff joined the fleet together in 2002 to run team out of Sharonville, Ohio, and while Jim no longer runs team, Jeff's current partner says he's one of the smoothest drivers he's ever worked with. Jeff recently was awarded a 2 Million Mile Award and has been recognized as an NPTC ALL STAR!

With over 30 years of team driving experience, Jim is uniquely qualified to fill in for other team drivers to cover vacations, sick days, etc. It takes a special driver to have so many personalities feel comfortable enough to rest while someone else is behind the wheel. Jim is always there to fill the void, sometimes traveling many miles just to get to the domicile. Jim has a passion for his truck stop ministry and can be found almost every Sunday ministering to his fellow drivers who are out on the road over the weekend.

When Donnie acquired the three years of experience we require for this position, he came on board immediately. The driver giving him the road test said he was just like his dad; smooth, meticulous and in control. Donnie currently runs team out of Greenfield, Indiana going to the northeast.

Their meticulousness shows in their jointly shared hobby, restoring classic cars. Dodge men through and through, their cars have won numerous awards. Even Jeff's personal car, a 2019 Dodge Charger, always looks like it was just waxed and detailed.

We are proud to share their remarkable achievements.



RECENT SAFETY MEETING

Walgreen Company
Tabor, Iowa – July 14, 2019



L-R: Arthur Alexander, Dan Holmes, Rodney West, Tim Hall and Michael Pope

Toyota Quality Parts Express
Phoenix, AZ, July 19, 2019



UPS/Bimbo Bakeries – Vernon, CA – July 23, 2019



1ST Row: Sandra Madrid & Eduardo Ribota
2nd Row: Victor Perez, Paul Piercy, Felipe Ramirez, Angel Jimenez, Jose Sanchez & Raymundo Udoro

ICU Medical, Inc.
Pleasant Prairie, WI – July 18, 2019



L-R: Jeff Fietze, Kelly McCarthy, Todd Tobin, Kurt Phillips and Matthew Loriss

UPS/Essendant
Perris, CA - July 19, 2019



Bridgestone Americas Tire Operations,
Jackson, MI – July 2, 2019



Willie Connell & Linnie Ross

Bridgestone Americas Tire Operations
Green Bay, WI – July 3, 2019



John Soquet & Timothy Crowley

ONE MILLION MILE AWARD

CONGRATULATIONS!

Russell Neal was recently presented the prestigious One Million Mile Award. He has been assigned to the Firestone domicile in Indianapolis, Indiana since March 2009.



Pictured are CPC Regional Manager Mike Kazy and Mr. Neal.

Driver of the Month Presentation

Congratulations



to **Donald Rongve** on being selected CPC Driver of the Month for May 2019. He has been assigned to Walgreen Company in Rochester, Minnesota since July 1999. Presenting the award to Don is Dean Cretsinger, CPC Operations Manager.



Joe Cosenza

Safety Managers Tip of the Month

The "Drive": First Line of Defense for Fuel Spills.



Drivers are usually the first on the scene when spills and leaks of hazardous materials on roads occur. As a driver, you are also the first line of defense in containing or cleaning up minor releases or spills.

If you have a spill: Stay calm.

- ◆ Pull off to a safe location.
- ◆ Turn tractor ignition off.
- ◆ Secure the scene, set out warning devices.
- ◆ Place out spill kit contents.

Spill Kit Contents:

- Absorbent Materials
- Putty (*Can Expire And Become Hard*)
- Gloves • Goggles • Snakes, • Mats Or Pads
- Wood Plugs • Disposal Bags.

PROCEDURES:

- ◆ **Assess the risk.** Recognize what you can and cannot do. Ask yourself, what substances are involved? How much liquid has spilled? How dangerous is it? What are the potential risks related to people, property and the environment?
- ◆ **Do not smoke** or use an ignition device such as road flares.
- ◆ If the spill is major, please call 911 and then your immediate supervisor and dispatcher.
- ◆ It is extremely important not to park the vehicle (leak source) near drain areas, waterways and grassy areas. A grassy area is often unavoidable but easier to contain and clean-up a spill other than a waterway.
- ◆ It is extremely important to **protect all drain and waterway areas.**
- ◆ Establish the spill zone, will the spill sink or spread? What is the spill path?
- ◆ Stop the source / discharge. The sooner you stop the leak, the smaller the contamination area.
- ◆ Confine the contaminated area by using the spill kit contents, absorbent socks, snakes, mats, wooden spikes, kitty litter and clay / putty.
- ◆ When working with the spill, it is required to use Personal Protective Equipment (PPE). Use the supplied rubber gloves and safety goggles, especially if exposing hands to diesel fuel when you are placing putty or wooden spikes in the leaking / damaged fuel tank.
- ◆ When cleaning up all contaminated absorbent materials from the scene, after the spill, place the items in a plastic bag and seal. Do not dispose of these materials in any public trash receptacle.

POORLY HANDLED FUEL SPILLS:

- ◆ **In a recent incident**, a driver punctured the fuel tank, and thought it was best to pull his vehicle over a sewer drain to stop the spread of fuel. Obviously, this contaminated the waterway. This will be a costly clean-up bill.
- ◆ **In another incident**, a driver struck a tire on the roadway. The tire damaged the fuel tank. The driver never pulled over to a safe location to inspect the vehicle for damage, thus spreading fuel down the highway for numerous miles, eventually arriving to the DC location continuing the release. How many drivers pull over to inspect their equipment after running over an object on the roadway? This is an important inspection; pull over into a safe location to do so.
- ◆ **Our most common fuel spill occurs** while we are fueling the tractor. Do not leave the fuel pumping station while fueling the tractor. Do not place an item in the fuel nozzle to keep the pump running while you sit in the tractor cab or inspect your tractor. Never leave the fueling nozzle unsupervised while fueling the tractor.

SAFETY IS A CPC FACT:

Focus: During your pre-trip inspection, check for existing leaks or damaged equipment prior to leaving your location and make sure a spill kit is in your vehicle.

Anticipate: Do not assume the equipment is damage free after striking an object in the roadway. Pull over in a safe area and inspect the equipment for damage and leaks.

Correct: You may not be able to correct a spill per say, but you can follow the above procedures to control the spill and minimize the contamination of the affected areas.

Talk: Communicate immediately with your supervisor, client or 911 (depending on severity) if you are involved in any type of hazardous material leak or spill.

SAFETY IS A



FACT



Congratulations to the June 2019 Drivers of the Month!

EAST DIVISION

Tiffany S. Lowe

Bridgestone Americas Tire Operations
Perrysburg OH

Christopher L. Austin

New South Express/Lincoln AL

WEST DIVISION

Terry W. Farr

Walgreen Company/Round Rock TX

Daniel L. Wulf

John Deere Shared Services/Davenport IA

CANADA DIVISION

Paul J. Page

Canadian Tire/Brampton ON

NILES FRANTZ RETIRES



L-R: Gary Knappenberger, Operations Manager, Niles Frantz, Bill Koons, Division Manager

Niles Frantz has been with CPC Logistics since June 1991, assigned to Walgreen Company in Nazareth, Pennsylvania. In that time he has earned several Driver of the Month Awards, the One Million Mile Award and he was recognized as a 2016 All Star Driver by the National Private Truck Council. Niles has always been reliable, on time and safe; a true professional. CPC will miss you, Niles, and the quality service you provided to our customers.

**Enjoy your Retirement.
You have earned it!**



Blood Pressure and DOT

When you take your DOT exam, be aware that there are medical guidelines for blood pressure that must be met. Employers are also allowed to impose more stringent medical requirements although most companies follow FMCSA guidelines.



Hypertension - High blood pressure • Hypotension - Low blood pressure

- ♣ A driver with a BP of less than or the same as 140 / 90 may be medically certified to drive for a two-year period.
- ♣ A driver with a BP of 140 – 159 systolic and /or a BP of 90-99 diastolic, has stage 1 hypertension, and may be given a 1-year certification (at the discretion of the Medical Examiner) and may be advised to seek advice prior to returning for their DOT. DOT Certification examinations should be done annually thereafter and should be at or less than 140/90.
- ♣ A driver with a BP of 160-179 systolic and/or a BP of 100-109 diastolic, has stage 2 hypertension, and is a candidate for blood pressure medication. The driver is given a onetime certification of three months to reduce his or her blood pressure to less than or equal to 140/90. Provided treatment is well tolerated and the driver demonstrates a BP value of 140/90 or less, he or she may be re-certified for one year from the date of the initial exam. The driver is certified annually thereafter.
- ♣ A driver with a BP at or greater than 180 systolic and / or 110 diastolic has stage 3 hypertension and is disqualified. The driver may not be qualified, even temporarily, until blood pressure is reduced to equal to or less than 140/90 and treatment is well tolerated. The driver can then be certified at 6-month intervals

What if I don't normally have high blood pressure, but I have "white coat syndrome"?

First off, we understand that this is a very real concern for some drivers. If you have "white coat syndrome", tell the examiner, and ask to have multiple BP's taken. He should be taking 2-3 readings anyhow, especially if you say so upfront. Sometimes it helps to check the BP at the end of the exam.

What if I'm on blood pressure medication?

Taking blood pressure medications will reduce your DOT medical certificate to one year. Your blood pressure must be controlled and be below 140 / 90 at the time of your DOT examination. Also, it is very helpful, if you have a note from your treating physician that states that your condition is being treated and that the treatment has been shown to be effective, safe and your condition is stable.

SALT AWARENESS



Do you find yourself searching for that lost shaker of salt? While Jimmy Buffet likes salt on his margaritas, too much salt can have significant effects on our overall health. Monitoring your daily sodium intake can have major health benefits—from reducing your risk of a heart attack and stroke to lowering your blood pressure. Cutting back on the salt in your diet doesn't have to be extremely limiting.

Whether your blood pressure is within the healthy range or not, eating a healthy diet with low salt intake can be very beneficial to your health. The American Heart Association recommends no more than 1,500 milligrams of sodium per day. Eliminating some of the salt in your diet doesn't have to mean completely changing what you're eating. Here are some easy ways to limit your salt intake:

- Limit meals out. Typical restaurant meals are high in sodium. Try eating out less – unless you know you can order a low-sodium meal.
- Avoid high salt foods. Foods that are typically high in salt with more than 400 milligrams of sodium per serving include canned foods, spaghetti sauce, macaroni and cheese, pizza, processed meat and pickled foods. Many brands offer low-sodium varieties of these foods that you can find at your grocery store.
- Put away the salt shaker. Avoid adding salt before and after cooking. Try experimenting with other flavors such as black pepper, garlic, lime or lemon juice and red wine vinegar.

REDUCING YOUR RISKS

Although reducing your sodium intake has many health benefits, the main factors that influence the risk for developing high blood pressure are the following:

- Family history of hypertension
- Obesity and excess weight
- Sedentary lifestyle
- Not enough potassium, calcium and magnesium in your daily diet
- High stress levels or chronic pain
- Excessive consumption of alcohol

Combine your reduced salt diet with exercise and an overall healthy lifestyle to maintain normal blood pressure and reduce your risks of health problems in the future.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110



SAFETY AWARDS

ONE YEAR

Andrews, Stephen
 Baise, Maurice
 Battle Jr, Frank
 Bennett, Lori
 Bishop, Curtis
 Edgar, Autumn
 Ephriam, Jeremy
 Floro, Jeffery
 Foulkes, Charles
 Gurley, John
 Harms, Rick
 Johnson, Dontriel
 Johnson, Ernest
 Piercy Jr, Paul
 Ritter, Michael
 Sealey, Jason
 Taylor, Julius
 Thiessen, Michael
 Urbanak, Loria
 Walls, Darryl
 Zachero Jr, James

TWO YEARS

Byler, Jeffrey
 Cowell, Kevin
 Fields, Delvin
 Huckeba, Wayne
 Lyda, Jonathan
 Martina, Kevin
 Michalkiewicz
 Jr, Richard
 Sluder, Caleb
 Smith, Ryan
 Sungaila, Robertas
 Watkins, Terry
 Williams, Terry

THREE YEARS

Barnes, Johnny
 Batey, Wesley
 Betancourt Jr, Oscar
 Cheeks, William
 DeGarmo, Tom
 Eckman, Donald
 Gordon, Terry
 Hamilton, Norman
 McBride, Brad
 Pointer, Albert
 Radon, Samuel
 Rocker, Phillip
 Stevens, Austin

FOUR YEARS

Bell, Willie
 Calderon, Luis
 Hall, Timothy
 Harris-Brown, Deon
 Hernandez, Raymundo Varo
 Hicks, Rodney
 Holbrooks, Dallas
 Hurr, Howard
 Jackson, Charles
 Jimenez, Angel
 Luttrell Jr, Donald
 Madrid, Sandra
 Mann, Steven
 McCain, Brandon
 McCombs, Joseph
 Oswald, John
 Perez, Victor
 Regnier, Andrew
 Shaddix, Steven
 Thompson, Michael
 Whetstone, James
 Williams, Lynn

FIVE YEARS

Byars, Jason
 Castro, Jose
 Copeland, Wolfgang
 Courtney, Joseph
 Fernandez, Luis
 Fluharty, Jarold
 Garcia Vivar, Miguel
 McGinnis, Lloyd
 Mitchell, Hubert
 Perkins, Patricia
 Ramirez, Felipe
 Ribota, Eduardo
 Rosell Diaz, Alfredo
 Sanchez, Jose
 Shaffer, Robert
 Varo, Juan
 Villalobos-Avalos, Luis
 Watts, Phillip

SIX YEARS

Bearden Jr, Hilton
 Chumley, Roger
 Conner, William
 Eckel, Thomas
 Hale, Terry
 Heard Jr, Lemuel
 Marbut, William
 Metzger, Robert

Morgan, Bennie
 Oswald, Lawrence
 Rambo III, Herman
 Reeves, Jr, Billy
 Taylor Jr, Randelle
 Yeager, James

SEVEN YEARS

Baird, Chester
 Bennett, George
 Cartwright, Charles
 Dixon, Stephen
 Falor, Kyle
 Grizzard, Deborah
 Lay II, Frederick
 Maydole, Jonathon
 Mayne, Donald
 Rogalski, Keith
 Seevers, Ronald
 Sheffield, Jermichael
 Stanley, Aaron

EIGHT YEARS

Austin, Christopher
 Dudley, Larry
 Hunter, Bernard

NINE YEARS

Cook, Phillip
 Jones, Marvin
 LaCroix, Kevin
 McCuiston, Richard

TEN YEARS

McNeil Jr, Howard
 Simmons Jr, Rudolph
 Woodbury, James

ELEVEN YEARS

Hartwell, Matthew
 Harvey, Robert

TWELVE YEARS

Dye, Charles
 King, Terry
 Kitchens, Marvin
 Rood, Jared
 Tyus, Robert
 Watson, Mary

THIRTEEN YEARS

Borucki, Jeffrey
 Byers, Rudy
 Cowan Jr, William
 Gilbert, Calvin
 Nelson, Allen
 Shuler, William
 Sims, Jeffrey
 Sweet, Robert
 Swindall, Harlan
 Whitten, Ricky

FOURTEEN YEARS

Bagwell, Jerry
 Brewer, Bobby
 Brown, Jr., Leon
 Lovelace, Steven
 Runfola, Benjamin
 Smith, Bobby
 Taylor, Terry
 Turley, Virgil

FIFTEEN YEARS

Canipe, Danny
 Parker, Steven
 Vincent, George
 Vincent, George
 Wilson, Lewis
 Wilson, Lewis

SIXTEEN YEARS

Pope, Michael
 Ramirez, Frank

SEVENTEEN YEARS

Glenn, Allen
 Payne, Richard

EIGHTEEN YEARS

Holmes, Daniel

NINETEEN YEARS

Rice, Robert

TWENTY NINE YEARS

Alexander, Arthur

