

Williams Tank Lines

November 2009

Winter Driving

Winter can cause many problems, from black ice to whiteouts. Proper pre-trip planning, preparation, and driving can result in the successful completion of a trip. Here are some tips you can use to help reduce the risk of a crash in the winter:

Plan trips accordingly. Check weather forecasts and possible road construction areas along your route and allow extra time for traffic delays.

Make sure your equipment is winterized. Check antifreeze, inspect tire thread depth, and test the heater and defroster. Install tire chains (if required), carry extra warm clothing and boots.

Use proper driving procedures when on the road. In adverse weather, drivers should decrease their speed to increase following distances.

November Anniversaries

Terminal	Employee Name	Years of Service
LAS VEGAS	ALLAN JR BUTLER	25 Years
SAN JOSE	JAMES YOUNG	13 Years
STOCKTON	ROXIE GIMENEZ	12 Years
LAS VEGAS	JOHN COX	9 Years
SAN JOSE	CARLOS ROSAS	8 Years
BAKERSFIELD	DAVE FREDRICKSON	8 Years
BAKERSFIELD	ED BREEDLOVE	8 Years
BAKERSFIELD	DAVID HENRY	7 Years
SACRAMENTO	ROD HINDMAN	6 Years
STOCKTON	CARRIE BOSCHEE	5 Years
STOCKTON	BARBARA GILL	5 Years
STOCKTON	MICHAEL THOMAS	4 Years
STOCKTON	JONATHAN ARCHER	4 Years
SAN JOSE	DEMISSIE BEYENE	4 Years
SAN JOSE	WILLIE RUSH	4 Years
LAS VEGAS	RICKY GREEN	4 Years
LAS VEGAS	MICHAEL KANIZAR	4 Years
LAS VEGAS	DALE OLSEN	4 Years
STOCKTON	RICHARD LAWRENCE	3 Years
BAKERSFIELD	JEREMY PINCOSKI	2 Years
FRESNO	GEORGE DEVERE	2 Years
LAS VEGAS	CRISTINO VILLALOBOS	1 Year
BAKERSFIELD	CHRIS POLACH	1 Year
STOCKTON	ANDREW RICE	1 Year

Health and Wellness

Lose Weight, Feel Great

After the holidays, you might be thinking about shedding a few pounds. In fact, achieving a healthy weight is one of the most common New Year's resolutions made each year. The following tips will help you improve your health by achieving a healthy weight.

Change your thinking

Instead of focusing on fad diets or "get-thin-quick" fixes which are rarely successful over the long term. Focus on other aspects you can improve, such as raising your fitness level, decreasing your blood pressure, reducing your blood sugar if you have diabetes, and lowering your blood cholesterol and triglyceride levels.

Use these 5 tips to help you manage weight day-to-day:

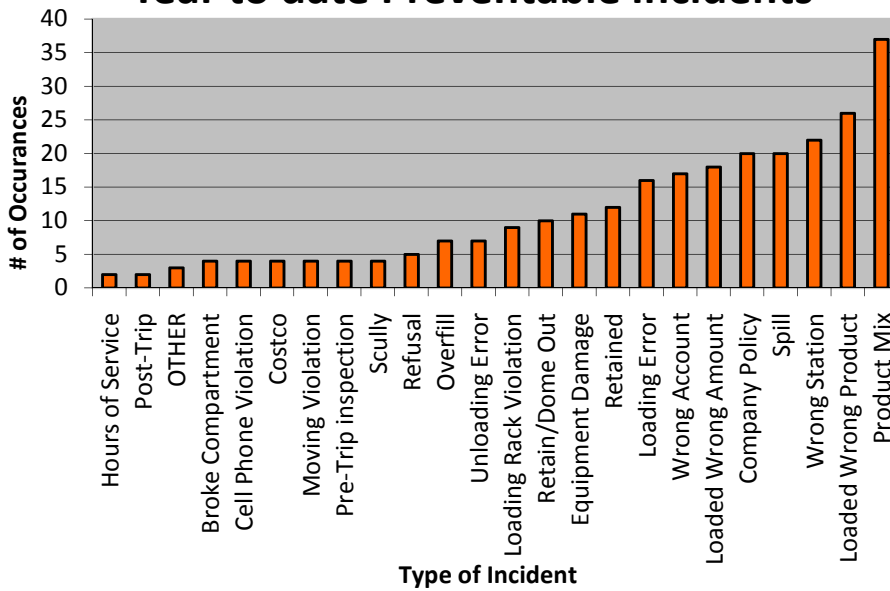
1. Eat your food slowly. Eating slower will make you actually eat less because it allows your body time to properly digest and obtain that "full" feeling.
2. Choose smaller plates and bowls.
3. Limit TV when eating. Studies have consistently shown that when we sit down at the dinner table, our food intake decreases.
4. Be mindful of the amount of food that you consume. Avoid second helpings and read those labels!
5. Keep temptations at bay. Limit the amount of junk food that you buy and keep on hand. Decrease carbonated soda intake.

DID YOU KNOW...

walking 10,000 steps a day is equivalent to walking 5 miles! Use a pedometer to measure your steps. You'll be surprised how many steps you take in a day. 10,000 steps per day have been associated with significant health benefits as a general guideline and it a great goal to achieve everyday!

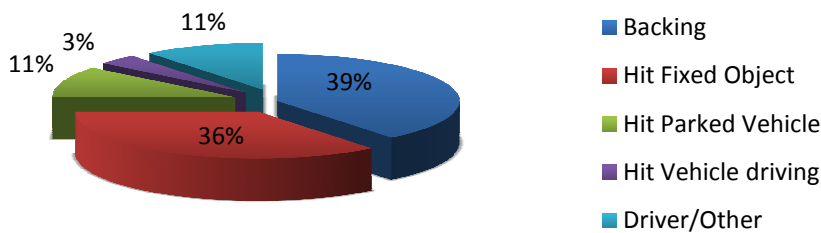


Year to date Preventable Incidents



Hours of Service	2
Post-Trip	2
OTHER	3
Broke Compartment	4
Cell Phone Violation	4
Costco	4
Moving Violation	4
Pre-Trip inspection	4
Scully	4
Refusal	5
Overfill	7
Unloading Error	7
Loading Rack Violation	9
Retain/Dome Out	10
Equipment Damage	11
Retained	12
Loading Error	16
Wrong Account	17
Loaded Wrong Amount	18
Company Policy	20
Spill	20
Wrong Station	22
Loaded Wrong Product	26
Product Mix	37

YTD Preventable Accidents



Type of Accident	# of Occurrences	Cost to Company
Backing	11	\$ 5,441.34
Hit Fixed Object	10	\$ 15,198.18
Hit Parked Vehicle	3	\$ 13,181.22
Hit Vehicle driving	1	\$ 1,829.00
Driver/Other	3	\$ 2,250.00
Total	28	\$ 37,899.74



Qualcomm will notify the company of any driver exceeding 58 mph. When this happens the driver will be contacted by your terminal manager and will be disqualified from the quarterly incentive. Drivers who exceed 60 mph will be issued a written letter of warning and will be disqualified from the yearly safety program. Second offense for speeding may result in suspension. Third offense may result in more severe disciplinary action up to and including termination

The hours of service in the QualComm is your paper log converted electronically. You need to input the same data as you would on a paper log.

Effective December 11, 2009, any Williams Tank Lines driver failing to properly input Load information and Hours of Service information into the Qualcomm unit will be placed at the bottom of their respective Terminal daily Call-Out list until he/she can demonstrate the ability to comply with all Williams Tank Lines Qualcomm/Hours of Service input procedures.

REMINDERS:

Attention New Hires and Re-Hires

Please turn in your insurance packets by the date listed on the cover sheet of your insurance packet. You must still return your completed insurance forms if you plan to waive the insurance coverage. If you have any questions regarding your insurance enrollment, please call Cristina at ext. 10 or Marlys at ext. 14.