

THE GREEN LIGHT II

The official newsletter of Alliance Interstate Risk Service



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TIS THE [HOLIDAY] SEASON.

While Thanksgiving is the "official" start of the Season (we're only a week away, y'all), many holiday enthusiasts are already in full celebratory mode, putting up decorations and dusting off those Christmas music playlists (which we support 100%).

The holidays bring more travel. People are hitting the roads more during this time of year. The first-half of 2023 has shown a decline in traffic fatalities, but unfortunately the holiday season is associated with an increase in crashes resulting in serious injury or death.

As we prepare to travel and visit friends and family during the holidays, remember to stay AWARE, UNDISTRACTED, and SAFE.

TIS THE [HOLIDAY] SEASON

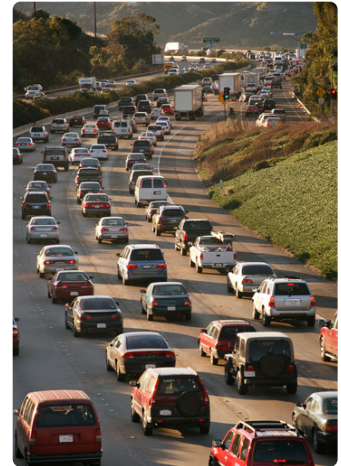
Todd Hager November 9, 2023

November usually starts the season of challenging travel and increased traffic. There are four main areas of focus during your winter month travels.

Holidays

Like we mentioned in the opener, holiday season brings more travel. To save money, families are hitting the roads instead of paying for airline tickets. Increased traffic means more vehicles on the road, emotional driving, and the risk of more accidents, injuries, and even fatalities. Keep these things in mind before you hit the road this holiday season.

- Plan for increased traffic and the extra vehicles on the road.
- Take alternate routes to avoid congestion.
- Don't drive distracted. This includes distraction from technology, conversation, fatigue, and emotion.
- Expect delays. Allow for extra time in your busy schedule.
- Stay ALERT.



Winter Weather

November usually begins the winter weather months with snow and ice accumulating on the roads. This can lead to dangerous driving conditions resulting in sliding or loss of vehicle control and not being able to stop in time. Plan your trips in advance and know the weather forecast along your route. If driving in snow or ice, SLOW DOWN and take your time.

Time Change

Daylight Saving Time has ended (sad face) and many commuters are driving or walking home in the dark, increasing the risk of accidents while drivers get used to new sun angles and/or darkness during their daily travels. Take your time, stay ALERT, and watch for pedestrians.



Deer Rutting Season

November also marks the height of deer rutting season. Deer are more active at dusk and dawn, when visibility is difficult for drivers. Watch for eyes in and around the roadways as animals are unpredictable.

- Don't speed and stay ALERT.
- Clean older headlights that might be fogged over.
- Never swerve to avoid animals in the road.
- Always wear your seatbelt.

STRENGTHEN YOUR IMMUNE SYSTEM

Jason Brown July 24, 2023

Your immune system acts as an important defense against disease and viruses. As the cold weather (and holiday gathering) season approaches, a strong immune system is essential. So how do you keep it running at its best?

DEFENSE!

The retail marketplace and social media feeds are full of immune supplements (mushroom coffee, anybody?), and though many of these might help to strengthen your immune system, the easiest way to build up those defenses is simple:

- **Maintain a healthy diet.** Our bodies are structured to run on the vitamins and nutrients supplied by healthy foods. Peak performance comes from wholesome nutrition.
- **Exercise.** Just 30 minutes of exercise 3-5 days a week keeps our bodies strong and ready to battle disease.
- **Have an outlet for stress.** Mental health is just as important as physical health as it drives us to provide maintenance for our bodies. Find ways to keep your mind healthy so your body can be strong from top to bottom.
- **Get a good night's sleep.** Anyone else seeing a trend here (think back to this year's Safety Blitz)? Sleep is crucial to our physical and mental well-being.
- **Don't smoke.** Smoking is bad. It increases the susceptibility to bacterial and viral respiratory infections and decreases the body's ability to fight them off, causing more severe and longer-lasting illness.
- **If you drink alcohol, only do so in moderation.** Frequent alcohol consumption can weaken the immune system, leaving the body vulnerable to infection and disease.

KEEP IT SIMPLE.

While some of these are straight forward, let's take a closer look at how some of these simple activities can give your immune system a boost...

- **Sleep well... or at least take a nap!** If you can't get a full night's sleep (7-8 hours), add a 15-minute power nap to your day. Taking a small amount of time to rest and rejuvenate works wonders for your immune system.
- **Start your day with a good breakfast.** While no specific foods boost your immunity, a balanced, nutritious diet can help you stay healthy.
- **Do what must be done, then de-stress.** It's impossible to avoid stress completely throughout the day, so make sure when your day is done, you take some time for yourself. Go for a walk, listen to music, exercise, watch TV. Focus some time on whatever works to lower your stress levels.

Hopefully these tips help you stay healthy! And for goodness sakes... WASH YOUR HANDS.

THAT'S A WRAP ON SAFETY BLITZ 2023, FOLKS.

Abby Greer November 8, 2023

Safety Blitz 2023 was a success! Each week, we tackled different aspects of healthy living, because let's face it, who doesn't want to feel their best? We hope everyone found the information helpful and was able to implement some of these healthy habits into their daily routine. Let's recap...

Week 1: Healthy Lifestyle

We kicked off this year's Blitz with a focus on the fuel we give our body to sustain a healthy lifestyle. Healthy Meals, Healthy Snacks, and Hydration are key factors to providing our bodies with the nutrients it needs to go the distance.



Driver Health Wellness: Healthy Meals via YouTube



Driver Fitness: Workouts & Cardio to Keep You Rollin' via YouTube

Week 2: Healthy Body

After fueling our bodies in Week 1, we needed to focus on making sure all the parts are getting regularly serviced. Regular Fitness and Stretching helps keep your body running like a finely-tuned diesel.

MEET OUR SOMEWHAT FAMOUS FIGHTER

Mike Romano has partnered with Alliance Interstate Risk Service and the ATA Comp Fund as the voice of our Safety Blitz the past three years. His hilarious impersonation of Alabama football coach, Nick Saban, drove our 2021 Blitz "press conferences", and last year's Chaos was the star of the show. This year, he slowed it down (a lot) and instilled our "fighter" with some healthy inspiration. We would like to give Mike a huge THANK YOU and a big round of applause. Safety Blitz videos would not be the same without Mike's talent.



Mike is a voice actor and producer for Mobile, Alabama-based Archangel Radio. You can learn more about Mike by visiting his [website](#).

THAT'S A WRAP ON SAFETY BLITZ 2023, FOLKS.

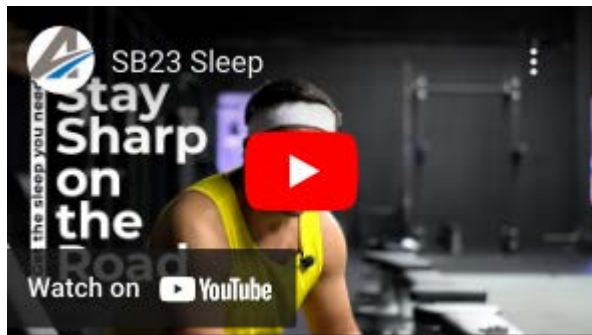
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Week 3: Healthy Mind

Taking care of your Mental Health is as crucial as physical exercise. One in five American adults deal with a mental health condition every year, and it can be overwhelming. Prioritizing your mental health is essential for your well-being.



Safety Blitz 2023: Mental Health via YouTube



SB23 Sleep via YouTube

Week 4: Healthy Habits

Making changes to your daily Routines can help promote restful Sleep; sleep is crucial to your body's physical and mental state. Make your mental and physical pre- and post-trip inspections just as much a priority as the journey itself.

Get your head in the game!

This year, we added a gaming experience to our material. Participants were able to "Get in the Game" and test their knowledge on the weekly material for a chance to win weekly prizes. CONGRATULATIONS to all of our weekly winners!

SAFETY BLITZ 2023 WEEK 1: HEALTHY LIFESTYLE GAME WINNERS

- Theodoric Johnson (DMT Trucking *Birmingham, Alabama*)
- Missy Berry (Performance Trucking *Lawrenceville, Georgia*)
- Gage Waddell (Swift Supply *Daphne, Alabama*)
- Mark Windon (HS Express *Toledo, Ohio*)
- William Nail (Watkins Trucking *Birmingham, Alabama*)

SAFETY BLITZ 2023 WEEK 3: HEALTHY MIND GAME WINNERS

- Chris Jumper (Buddy Moore Trucking *Birmingham, Alabama*)
- Courtney Smith (McGriff Tire *Cullman, Alabama*)
- Curtis Lewis (C & W Global *Winter Garden, Florida*)
- John Lee (Nextran *Jacksonville, Florida*)
- Tim Martin (Spectrum Environmental *Alabaster, Alabama*)

SAFETY BLITZ 2023 WEEK 2: HEALTHY BODY GAME WINNERS

- Jeremy Spencer (Blair *Birmingham, Alabama*)
- Michael Cooper (Loudon County Trucking *Loudon, Tennessee*)
- Clyde Ward, Jr. (Priority Transportation *Cullman, Alabama*)
- Anthony Barnard (Watkins Trucking *Birmingham, Alabama*)
- William Chunn (Swift Supply *Daphne, Alabama*)

SAFETY BLITZ 2023 WEEK 4: HEALTHY HABITS GAME WINNERS

- Dustin Jarnigan (DT Freight *Tuscaloosa, Alabama*)
- Benji Smith (Baldwin Transfer *Chickasaw, Alabama*)
- Joe Watson (P&S Transportation *Birmingham, Alabama*)
- Michael Gowder (Performance Trucking *Lawrenceville, Georgia*)
- Brad McClendon (Watkins Trucking *Birmingham, Alabama*)

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Visit the [Safety Blitz 2023](#) page on our [website](#) for all the information from this year's Blitz, including videos for each week and much more!



Love's Travel Stops is the nation's leading travel stop network with 644 Love's locations in 42 states. Love's is committed to providing customers with "Clean Places, Friendly Faces" at every stop. Thank you to [Love's Travel Stops](#) for partnering with our team this year to promote Healthy Lifestyles.



SAFETY SPOTLIGHT

Abby Greer November 13, 2023

The "Safety Spotlight" feature of The Green Light II shines the spotlight on safety professionals to gain insight into their background, and their thoughts and ideas on safety in our industry.

Meet Brian and Val Lindley, owners of LB3 Trucking in Wedowee, Alabama. Founded in 2012, LB3 Trucking is a reefer operation, a far cry from their start as a side business of buying, collecting and reselling organic fertilizer to local farms. Brian is also a member of the ATA Comp Fund Risk Management Advisory Committee (RMAC), a panel of representatives from all over the industry that meet to discuss trends and changes in safety.



How did you get started in Safety?

Val: It was not the plan. We were a young company, and I was just starting to homeschool our kids and Brian needed some "help." As we we grew, we had a few small "incidents",

and then we got the call of a not so small one. It turned our world upside down. We are honest, hard-working people and the last thing we wanted was to see someone hurt involving one of our trucks. That is the moment our world changed. We began going through the questions asked by attorneys and we quickly realized we needed help; we were not on the farm anymore. We had not been involved with the [Alabama Trucking Association](#) for exceptionally long and Tim Frazier came into our life shortly thereafter. We had Mr. Tim go through our files and do a mock audit on us. My, my did he teach us some things. I knew then if we were going to stay in business, I had to have a plan in place. This is when I got involved in safety.

What do you view as the main duties of a Safety Director?

Keeping everyone aware of the importance of safety and the effects it has on so many people personally and financially. We have discovered a healthy safety program is the foundation for success in all other areas of our business.

Why is safety important to you?

It is peace of mind. Things happen in our industry every day. It is important that we educate and make everyone aware of the risks and the rewards that safety has in our day-to-day lives.

SAFETY SPOTLIGHT

Continued

What has been the most challenging task in your role/career as Safety Director?

Val: The hardest for me was Brian LOL. He was raised as a farmer and is determined to accomplish a job. In farming, he did not have a rule book he had to follow. Starting in this industry in his 40's, he had to go through some hard changes. This is not to say he did not want everyone safe; he had to learn we had to get the job done while being safe at the same time. That accident I mentioned earlier took care of all of that for me. It profoundly changed our life. I remember Brian telling me the Lord spoke to him louder than audible and said to him "If I'm going to be a part of this company, we are going to do it right."

How do you promote your company's safety culture? How do you get employees to get involved?

We have won many safety awards over the years. Those awards sit in our offices and when new recruits and our current drivers come in, they see those awards. We speak about these and the difficulty it was in earning each award. We stress the importance of doing things right in every aspect of the company. We just had our shop floors painted and sealed so that when someone comes by, even the shop is clean and well-presented. I guess you could say success breeds success. Our participation in the state competitions has also helped in this area. We have our own TDC in April every year. The top two earn a spot at the State TDC. We have had the pleasure over the years to have representatives Tim Frazier (ATA), Candy Woodruff (ATA Comp Fund), Sergeant Jason Harris (ALEA) and even FMCSA director Clinton Seymore attend.

What advice do you wish you had received early in your Safety career? What advice would you give to someone who is starting out in their Safety role?

The Alabama Trucking Association and the ATA Comp Fund/AIR program have changed our lives. I wished we had known the importance and the value of being involved in these two great organizations earlier. If everyone that received a new DOT number would have the first year required to be a member of the ATA, it would help in ways that I do not think we could measure. The vast array of people we have become such good friends with within these organizations have helped mold us to what we are today. Knowing that none of us have all the answers but also knowing to have a group of people you can call to get the answers means everything.

What would be your safety quote or message?

"Treat every vehicle you meet as a member of your family."

WHAT'S HAPPENING



BETTER TOGETHER

As 2023 comes to a close, would like to extend a heartfelt THANK YOU to our trucking association partners. With the help of [Alabama Trucking Association](#), [Georgia Motor Trucking Association](#), [Iowa Motor Truck Association](#), [North Carolina Trucking Association](#), [South Carolina Trucking Association](#), [Virginia Trucking Association](#), our program continues to expand its reach. Without these associations, our industry's voice would not be heard. Please take a moment to thank the hard-working teams who work day-in and day-out to advocate for our industry politically and publicly. We appreciate everything they do!

ATRI RELEASES 2023 TOP INDUSTRY ISSUES



The [American Transportation Research Institute](#) released its annual report, outlining the top critical issues the trucking industry faces. With nationwide economic challenges showing little sign of letting up, trucking companies and truck drivers were hit hard. This year's survey featured 29% of respondents who were professional truck drivers, so the top issues reflect the concerns of not only company executives, but the drivers themselves.

- | | |
|-------------------------|----------------------------------|
| 1 - Economy | 6 - Lawsuit Abuse Reform |
| 2 - Truck Parking | 7 - Driver Distraction |
| 3 - Fuel Prices | 8 - Driver Retention |
| 4 - Driver Shortage | 9 - Delay at Customer Facilities |
| 5 - Driver Compensation | 10- Zero-Emission Vehicles |



OSHA RELEASES NEW REQUIREMENTS FOR FORM 300 AND 301 DATA

Effective January 1, 2024, [OSHA](#) has updated the submission requirements for Forms 300 and 301, which track workplace injuries and illnesses. The following requirements are now included:

- Establishments with **100 or more** employees in certain high-hazard industries must electronically submit their Form 300 and 301 on an annual basis.
- Establishments are now required to include their **legal company name** when making electronic submissions.

For more information on the amended requirements, visit OSHA's news release [HERE](#).

PROGRAM NEWS

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A copy of our most recent **Financials** can be found on our website.

WELCOME TO OUR NEW MEMBERS

The Alliance Interstate Risk program is proud to welcome the following new members:

- **AH Trucking LLC** *Purdy, Missouri*
- **Big Sky Transport** *Valdosta, Georgia*
- **Carolina Public Warehouse** *Winston Salem, NC*
- **Coastal Carriers** *Wilmington, North Carolina*
- **David Koehn** *Crawford, Mississippi*
- **Desirable Logistics Trucking** *Valdosta, Georgia*
- **Duncan Transportation Service** *Bogart, Georgia*
- **Extra Mile Trucking** *Williamsport, Maryland*
- **High Water Express** *Olive Branch, Mississippi*
- **JUR Corporation** *Spring Hill, Tennessee*
- **Justin Time Transportation** *Ashdown, Arkansas*
- **Mabbett Transport** *Allendale, South Carolina*
- **Morgan Van Lines** *Booneville, Mississippi*
- **North State Express** *Durham, North Carolina*
- **Northeast Expedited Express** *Summerville, South Carolina*
- **Phelps Transportation** *Rome, Georgia*
- **Southern Trucking Enterprises** *Lambert, Mississippi*
- **Titan Transfer** *Shelbyville, Tennessee*
- **Trucks, Inc.** *Jackson, Georgia*

RENEWALS HAVE BEEN PROCESSED... WHAT'S NEXT?

Renewals pricing proposals have been issued as of mid-October and you should have received these via email. Please take a moment to review your proposal, and, if there are any questions or updates, notify a member of Underwriting at (334) 834-7911. As previously communicated, all changes to payrolls will be processed after January 1st.



Year-end audit information is going out in the next few weeks. Be on the lookout for email communications regarding scheduling your 2023 payroll audits. It is very important that these are scheduled early and completed as soon as possible. If you have questions, please contact Rita Golson at (334) 834-7911 or RGolson@ATACompFund.org.

**we're
growing!**

OUR TEAM CONTINUES TO GROW!

Alliance Interstate Risk Service is pleased to announce the hiring of Adam Tallmon as Risk Manager effective September 6, 2023. Adam will be responsible for providing loss control and risk management services to our members in Iowa and surrounding states. Adam graduated from Southwestern Community College and

is currently working towards his bachelor's degree in Occupational Safety and Health. He has almost 20 years of experience in various safety and loss control-related positions.

On behalf of the Alliance Interstate Risk Board of Trustees and the entire team, we want to express our gratitude for each and every partnership we have. From our agency and broker partners to each of our member companies, we are thankful for the trust placed in our program.

We are proud to partner with the ATA Comp Fund to celebrate 30 years as one of the leading self-insured programs in the nation. This would not have been possible without your participation. We are very excited to see our programs continue to grow and know that our mutual success comes from working together toward our common goal: making sure each driver and employee arrives home safe.

*Thank
you!*