

BEHIND THE WHEEL

Spring 2015



Welcome Aboard!

Drivers

- Chris Alexander-SAV
- Trey Bass- WIL
- Tyrone Fields-NOR
- David Figgins-WIL
- Dustin Hamaker-WIL
- Robert Hartshorn-WIL
- Steve Hill-CHS
- Alvin Holmes-WIL
- Bill Jirniec-WIL
- Melvin Nick-CHS
- Justin Plante-NOR
- Vince Sawyer-NOR

Office

- Candice Corbett- WIL Dispatch
- Marianne Wellman-WIL Warehouse

Behind the Wheel is available on our website at www.mcotransport.com

If you have any suggestions or ideas for the newsletter, we'd love to hear from you!

info@mcotransport.com

or call Laurie King at 800-626-3290, ext. 6020

Follow us!



A Clean Truck is a Safe Truck

We've all done it at one time or another: been too busy to clean or tidy up, and before we know it, dust, clutter—and this time of year, pollen—have piled up everywhere. And when it happens at work, it can lead to additional challenges: papers get lost, details are missed, and others may perceive us in less than stellar ways.

In cleaning up, we're more likely to find a detail overlooked, find that critical piece of paper, and be able to focus better on our work. Studies even show that a clean workspace—whether it's a desk, shop bay, or truck—can promote productivity and motivation.

On trucks, Safety Director Danny Hefner argues that in cleaning, you're also more likely to notice something that needs attention or repair. Catching it during time you've set aside to clean may save you from getting a breakdown or Out of Service later. So the time it takes each week to clean up becomes more important. Wilmington Regional Driver Mike Kunze says "I keep supplies in my truck, and make a few swipes here & there during downtime. Keeping my truck clean is a matter of pride, it makes me feel good, and I have an easier time finding things when I need them."

The Wilmington Terminal has a wash bay and supplies for cleaning your truck, but if you're elsewhere and need a



Charleston Driver Anthony Elliott washes down his truck while passing through in Wilmington

clean, talk with your terminal manager about options.

Forbes.com provides some tips to keeping your workplace clean and tidy:

- Set a weekly appointment to clean your truck/area. Having a set time each week to tidy up can keep clutter from getting out of control.
- Your desktop/dash is not a storage space. A clean surface will help you stay focused on what's important.
- Get it off the floor. Clutter on the floor can lead to safety hazards such as tripping or getting caught behind brake pedal
- Wipe down regularly with disinfectant or polish. Not only will this help prevent accumulation of dust & grime, it can also help prevent illness.

News Around Our Terminals

Congratulations to the following drivers with Clean DOT inspections so far this year: Mark Bailey, Trey Bass, Charles Clinard, Ousmane Diaoune(x2), Elias Gibbs, Dustin Hamaker, Marvin Hansley, Chris Hillis, Alan Hubbard, Mike Kunze, Linda Pepper, Vince Sawyer, Johnny Skipper, Dean Smith, Dennis Solomon. Thank you and keep up the good work!

We're updating our website! Be on the lookout in the next few months for the new MCO Transport website, where we hope to have a better portrayal of who we are as a company. We also hope to have a company store where you can buy gear with the MCO logo on it, and possibly an employee portal where you can access helpful information.

Please keep Danny Hefner's grandchild, Justin in your prayers. He was born with a defect in his lungs last September, and is fighting a very difficult battle.

The 4th generation of the MCO family is on its way! Rumor has it that Laurie King is expecting this September. It'll be Danny McComas' first grandchild.

WELL FARGO BENEFITS FOR MCO EMPLOYEES

Thanks to a new partnership with MCO Transport, Wells Fargo Bank is offering the following benefits to all MCO employees and their families:

- Monthly promotions for new customers (February's was \$50 bonus with setting up direct deposit & 10 check card swipes)
- Discounted bank products such as interest rates, mortgage, refinance, auto loans
- Free money orders or cashier's checks
- Free financial seminars- topics include budgeting, loans, ID theft
- Free gift with Mortgage or Refinance
- Online banking
- Retirement accounts starting at \$100 for IRA
- Credit card offers

Contact Laurie King or your local branch for details!

March Birthdays

- Matt Blocker March 9
- Melvin Nick March 10
- Don Corbett March 11
- Chris Hillis March 12
- Tammy Piner March 12
- Jean Deloe March 13
- Penny Tertzagian March 15
- Ulysses Johnson March 20
- Silas Frasier March 20
- David Eaddy March 22
- Tom Brooks March 25
- Matt Williams March 27
- Steve Smith March 30

MCO Implements Pro-Tread Training Tools

MCO Transport has teamed up with Instructional Technologies, Inc. to provide some excellent training tools for drivers, forklift operators, mechanics and operations staff with their ProTread training system. With this system, each employee is given a personal login information, and is able to take any training video on their own time, or they may be assigned a particular one from the Safety department. These can be done either from the terminal computer, or from your computer at home.

Danny Hefner will also be using these ProTread lessons for safety meetings. The first one that all driver will be taking (or have taken) is titled Rear End Collision Avoidance, which focuses on safe following distances and avoiding hard brakes. So far, feedback from Safety Meetings on this new training

program has been very positive. Thanks Danny!

The great part about these training modules is that they are interactive: Rather than just sitting through a video, segments of the lessons are divided by activities and quizzes that help retention of information.



Brian Roman & Brian Register listen on as Danny goes over a question in the training module.

Celebrations!

MCO Anniversaries- March

- Bobby Askew WIL 21 years
- Linda Johnson WIL 19 years
- Joe Williams SAV 6 years
- John Holmes CHS 3 years
- Stephen O'Harte CHS 3 years
- Luck Sackett NOR 3 years
- Chris Hillis WIL 1 year
- Layfield Reddick NOR 1 year
- George Robinson NOR 1 year
- Walt Thomas NOR 1 year
- Charlie Wuori NOR 1 year

April Birthdays

- Elias Gibbs April 1
- Rob Willis April 5
- Vince Sawyer April 6
- Steven Hill April 8
- Luck Sackett April 13
- Randy Hawthorne April 14
- Tommy Chester April 19
- Terence Campbell April 19
- Bobby Askew April 22
- Candice Corbett April 24
- Brian Roman April 25
- Harry Waller April 26
- Mark Bailey April 26

Anniversaries- April

- Randy McIntyre WIL 29 years
- Charles Clinard WIL 12 years
- Harry Johnson SAV 11 years

- Mark Thorndike WIL 11 years
- Jewel Hamme WIL 10 years
- Stefan Fink WIL 7 years
- Sheldon Mekler WIL 7 years
- Dwain Murphy NOR 4 years
- Nic Nichols NOR 3 years
- Brandon Brackley WIL 2 years
- Mary Phillips NOR 2 year
- Morgan Freeman SAV 1 year
- Alan Hubbard WIL 1 year
- Ron Southern WIL 1 year

May Birthdays

- Robert Winner May 5
- Robert McLeod May 5
- Reggie Harley May 17
- Jim Prince May 23
- Travis Midgette May 24
- Walt Thomas May 25
- Danny McComas May 26
- Michael Jackson May 26
- Charles Clinard May 27

May Anniversaries

- Marvin Hansley WIL 30 years
- David Haldeman WIL 10 years
- Eddie Ingle CHS 3 years
- Julius Shaw NOR 2 years
- Dave Shoup NOR 2 years
- Craig Labrozzi NOR 1 year
- Melvin Lucas NOR 1 year
- Leroy Smith WIL 1 year

Health4Me Mobile App! HR & Benefits Corner

Health4Me is designed to make managing health care a lot simpler. You can easily access your health plan ID card, benefit amounts, account balances and Personal Health Records. You can manage claims, estimate costs and find nearby providers and quick care facilities anytime and anywhere. Health4Me allows you to personalize the interface and even talk to someone at the push of a button if you have questions. Health4Me is available from the App Store or Google Play.