Behind the Wheel profile:
John Dizenzo

(John Dizenzo at his home in New Rochelle, NY)

By Paul Markoff
Safety Compliance Coordinator

Owner-operator John Dizenzo knows FAF, Inc. as well as anybody. The veteran FAF, Inc. contractor has been with the company for 18 years, ever since FAF, Inc. acquired a run from Emery Transportation where John had been working.

Although John has a long-standing history with FAF, Inc, his beginning actually occurred in Italy. John was born in Italy, but immigrated, along with his parents (Benito and Filomena) and brother (Aurelio), to America in 1967. The family then added the final piece of the Dizenzo family puzzle in 1972 with the birth of John’s sister, Carmela.

The Dizenzos trek across the Atlantic was possible due to his uncles. Benito’s brothers both married American citizens, which made the immigration of John and his family much easier.

Benito and Filomena moved to America for a better life for their children, and John’s 30-year career as a truck driver is a testament to their success. “My dedication to the company and their dedication to me allowed me to grow. At one point, I owned four trucks and all were on dedicated runs,” John states.

John currently operates as a solo driver on a dedicated run, running between New York and New Jersey. He appreciates the ability to be home to his family on a daily basis. “Although I’ve driven team, I’d much rather be driving solo. With someone else driving, I cannot sleep comfortably.”

John calls New Rochelle, New York his home along with his wife, Jenny, of nearly 30 years and his three grown children, Filomena (29), Benito (26) and Giulia (21). The family is made complete with their nine-year old Maltese dog named Snowball.

FAF, Inc. recognizes John for his years of safety and service with the company, and hopes that it lasts for at least another 18 years.

Recognizes drivers

FAF, Inc. would like to recognize drivers who have recently reached or surpassed ten or more years of safety and service with the company. These drivers are:

Robert Alexander      4/12/2002
David Carvalho        5/19/1997
Rebecca Demoura         4/5/2001
John Dizenzo            4/28/1994
Angel Dorame            4/5/2002
Gloria Frazier          5/18/1991
Daryl Humphrey          5/31/2002
Cheryl Sims              4/26/1999
Donald Sims              4/26/1999
Dennis Usrey             4/3/1995
James Watson            5/16/2002
Herman Williams         5/26/1998

Special thanks for these drivers’ devoted service.

Thoughts or ideas for Safety Behind the Wheel? Email Paul Markoff at pmarkoff@forwardair.com
Facts and figures provided in this edition were provided by the Federal Motor Carriers Safety Administration (http://www.fmcsa.dot.gov.)

**Sleeping better = driving better**

A message from the Safety Department

One of, if not the most dangerous, driver impediment on the road is lack of sleep.

A relatively common, but detrimental health condition for drivers is sleep apnea. Sleep apnea is defined as a temporary suspension of breathing, occurring during sleep. People with sleep apnea are at a greater risk to be involved in vehicular accidents due to sleepiness while driving.

Often those with sleep apnea stop breathing for an extended period of time during sleep. This may happen a few or many times an hour, depending upon severity. Many Americans suffer from sleep apnea and most of those with sleep apnea are overweight. Here are some symptoms that you, or your bed partner, may have that indicate that sleep apnea is an issue for you:

**Symptoms of Sleep Apnea that you may notice:**
- Excessive daytime sleepiness
- Not feeling refreshed after sleep
- Morning or night time headaches
- Heartburn or sour taste in the mouth at night
- Getting up at night to use the rest room
- Sweating and chest pain while you are sleeping

**Symptoms of Sleep Apnea that your bed partner may notice:**
- Episodes of not breathing
- Loud snoring
- Restless tossing and turning during sleep
- Nighttime choking or gasping spells

If you feel you may suffer from sleep apnea, please see your physician immediately. Your doctor may prescribe the use of a CPAP machine, a sleep study or other alternatives to lessen the severity of your sleep apnea. By being diagnosed with sleep apnea, and seeking proper treatment, drivers can ensure that they will be safe, alert and responsive on the roadways. In addition to protecting lives, avoiding accidents and ensuring timely delivery, your personal well-being and quality of life will improve.

Being diagnosed with sleep apnea may be the best thing that could happen to you. With correct diagnosis, you can sleep and live better every day. The only thing to fear is when sleep apnea goes untreated and its effect on your day-to-day activities.

Should you discover that you have sleep apnea, please contact Jesse Runyon, Safety Compliance Coordinator, at 1-800-347-0071, x3181.

*(Information obtained in this piece was obtained at www.webmd.com/sleep-disorders/sleep-apnea)*

**Courtesy on the roadways**

By Ashley Daffner  
Safety Compliance Coordinator

Summer is upon us and that means smiling faces, sunburns, and traffic! It’s that time of year where families pack up and hit the open road. With more traffic comes more responsibility for the professional driver. The ability to drive a motor vehicle with courtesy and consideration for other motorists is one sure sign of a professional driver. Driving courteously encourages safety and professionalism. Here are a few tips to keep you safe this summer:

- In all cases, yield the right of way. Getting into a “me-first” situation is dangerous to all parties involved. It is better to let the other car go so that you both reach your destinations safely.
- Allow for faster traffic to pass.
- Signal your intentions. This notifies the other drivers of what you plan to do. This is a simple courtesy action so make sure all lights work prior to leaving for your route.
- Maintain a safe distance from the car in front of you.
- Obey all traffic rules! These are for your safety and the safety of the other vehicles around you.
- Keep your vehicle well maintained. Follow maintenance procedures, perform pre and post trip inspections, and keep your vehicle clean. This will alert you to items that need to be tended to so you stay safe.

While on the road you are representing FAF, Inc. so be a courteous and respectful driver. When courtesy becomes a habit it can ensure safe driving.

*(Courtesy on the road tips acquired from Toolboxtopics.com and “Lessons learned” article by Frederick C. Clark, ARM)*

**Share The Road Safely tip:**

**Take care of yourself!**

The most important part of a moving truck or bus is the driver!

Get plenty of rest before getting behind the wheel. Eat well and stay fit. Remember, hours of service violations are serious and can threaten your livelihood or even your life. Stay healthy and well rested, or don't drive!

*(Share the Road Safely tip is courtesy of the FMCSA site: http://www.sharetheroadsafely.org/truckAndBusDrivers/truckAndBusSafetyTips.aspx)*
Technology: Working for your safety and your tractor’s protection

By Paul Markoff and Loretta Miller
Safety Department

Amazing things are happening thanks to modern technology in business, social networking and even in the field of accident prevention. Currently several companies are offering safety technologies that can help you avoid the most critical crashes: lane changes, roll-overs and rear-end collisions.

These systems can be installed on your tractor to help detect the distance you are from another vehicle or object. By enabling the driver to know the distance between their vehicle and another, often times the technology can eliminate, or at the least, reduce the severity of an accident.

FAF, Inc. owner-operators William (Bill) and Betty (Jo Jo) Wynn have their tractor (#6253) equipped with a pulsating radar, which enables them to detect vehicles that may be too close to the blind spot on the right side of their truck.

“I know who is over there,” Bill states, regarding his truck’s blind spot on the right side. “We have audio and a light. The light turns red if there is anyone there (too close). It also beeps. Sometimes it scares you, but it works.”

After hearing about other FAF, Inc. drivers that had accidents, Bill and Jo Jo determined it was in their best interests to invest in the technology since their job, income and most importantly, safety, depended upon it. “It’s really easy to glance and miss something,” Bill states. “It’s a safety thing, and we value our contract.”

The Wynns utilize a Bendix radar, but several other companies also provide similar technology that can help you avert an accident.

(Bendix Blindsight alerts drivers of other vehicles in a tractor’s blind spot)

Another device that can prevent harm from crossing your path is a sensor mount. These contraptions are mounted to the front of the vehicle and can help detect the distance between you and the vehicle, or object, in front of you.

(Bendix Wingman Advanced Senor Mount helps to eliminate or reduce the severity of a rear-end collision)

These mounts will provide you with audio and/or visual warnings that will alert you that an object or vehicle is in close proximity to your truck, and in some cases, the mount will send a message to your brakes, and will actually automatically reduce your speed.

The National Highway Safety Administration (NHSA) reports that two to three accidents occur per hour in the United States involving heavy trucks. With a sensor mount, the chance of this occurring to you will be greatly reduced.

Radars and sensors mounts are two of the technological advancements in the transportation industry that are available to help eliminate accidents. You can’t put a price on safety, but you can help to ensure it. Check out one of these devices for your trucks. It may be one of the best investments you make.

Please contact Paul Markoff (1-800-347-0071, x3518; pmarkoff@forwardair.com) or Loretta Miller (1-800-347-0071, x3212; lmiller@forwardair.com) in the Safety Department to obtain information on a variety of available technologies.

Inspections needed

A message from the Safety Department

FAF, Inc. requires all owner-operators, excluding California-based drivers, to have a DOT inspection performed on their tractors every six months. Per California law, all California-based trucks are required to have an inspection performed every 90 days.

A level one roadside inspection, without any violations will be accepted in place of a standard inspection and earn a $50.00 gift card.

Owners are responsible for ensuring, be it by mail or fax, that DOT inspections are received by the Safety Department. Inspections can be faxed to 423-783-9011 or emailed to Karen Hobart, Safety Compliance Coordinator, at khobart@forwardair.com.
Introducing the Maintenance Help Desk

A message from the Maintenance Department

The FAF, Inc. maintenance group is available 24 hours a day, seven days a week to assist you with any issues or concerns you may have with your tractor. With constant contact between maintenance and the drivers, we’d like to put a face with the names you’re so often in contact with.

Introducing:

Paul Leitenberger
Desk Supervisor (West Region)
Hire Date: 8/21/91
Available: Mon-Fri, 0900-1800

Tammie Farmer
Desk Supervisor (East Region)
Hire Date: 3/3/08
Available: Mon-Fri 0800-1700

Adam Hoggett
Forklift Manager
Hire Date: 10/24/06
Available: Mon-Fri, 0800-1700

Gary MacNealy
Breakdown Specialist
Hire Date: 12/28/98
Available: Swing Shift, Wed-Sat 0600-1800

Managing the Merge: Avoiding Accidents with Oncoming Traffic

By Paul Markoff

A number of accidents can be prevented by simple defensive driving techniques. One type of accident that occurs frequently involves oncoming and merging motorists. Although many tractor-trailer drivers are not cited in each of these accidents, there are still several ways that drivers can see that these accidents are prevented.

Here are some protective driving techniques that should be utilized to prevent accidents from occurring when a traffic merge takes place:

1) Assume that the other driver may make a mistake or drive aggressively when merging
2) Prepare in advance how you are going to adjust if another driver makes a mistake or drives aggressively
3) Recognize roadway hazards and obstacles in advance, allowing yourself enough time to navigate around them

These three simple protective driving techniques can go a long way to prevent accidents from occurring due to oncoming traffic. Your effort in seeing that these accidents are avoided is greatly appreciated.

Buckle up for safety!

Michael Skinner
Breakdown Specialist
Hire Date: 11/16/2009
Available: Swing Shift, Sun-Wed 0600-1800

Richard Jones
Breakdown Specialist and Shop Supervisor
Hire Date: 4/18/01
Available: Swing Shift, Weds-Sat 1800-0600

Jayson Hatfield
Breakdown Specialist and Shop Supervisor
Hire Date: 11/2/06
Available: Swing Shift, Sat-Tues 1800-0600

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