

ISSUE 8

ROAD KNIGHTS NEWS

YOUR FAVORITE TRUCKING & LOGISTICS NEWS!

08 - 2022



Motivational Trucking Quotes

"The best truck drivers are patient, independent, determined, and hard-working. They love adventure and like thinking quickly." - Joanna Dunham.



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About Road Knights, Inc

We offer quality transportation and logistics services to all US clients at reasonable prices. Our courteous staff have the professional tools and experience necessary to help with all your needs. Our professional trucking company is well renowned throughout the	entire US. Our team is up for every job, managing projects with the skill and experience our clients have come to expect. Road Knights, Inc. is a family-owned trucking company that has been in operation since 2010 with headquarters in Schiller Park, IL. Our trucking	company is a full truckload and LTL carrier, specializing in refrigerated or climate controlled freight, and flatbed services; special equipment or atypical shaped/sized loads included. We always stand behind our work, with customer satisfaction being our #1 priority.
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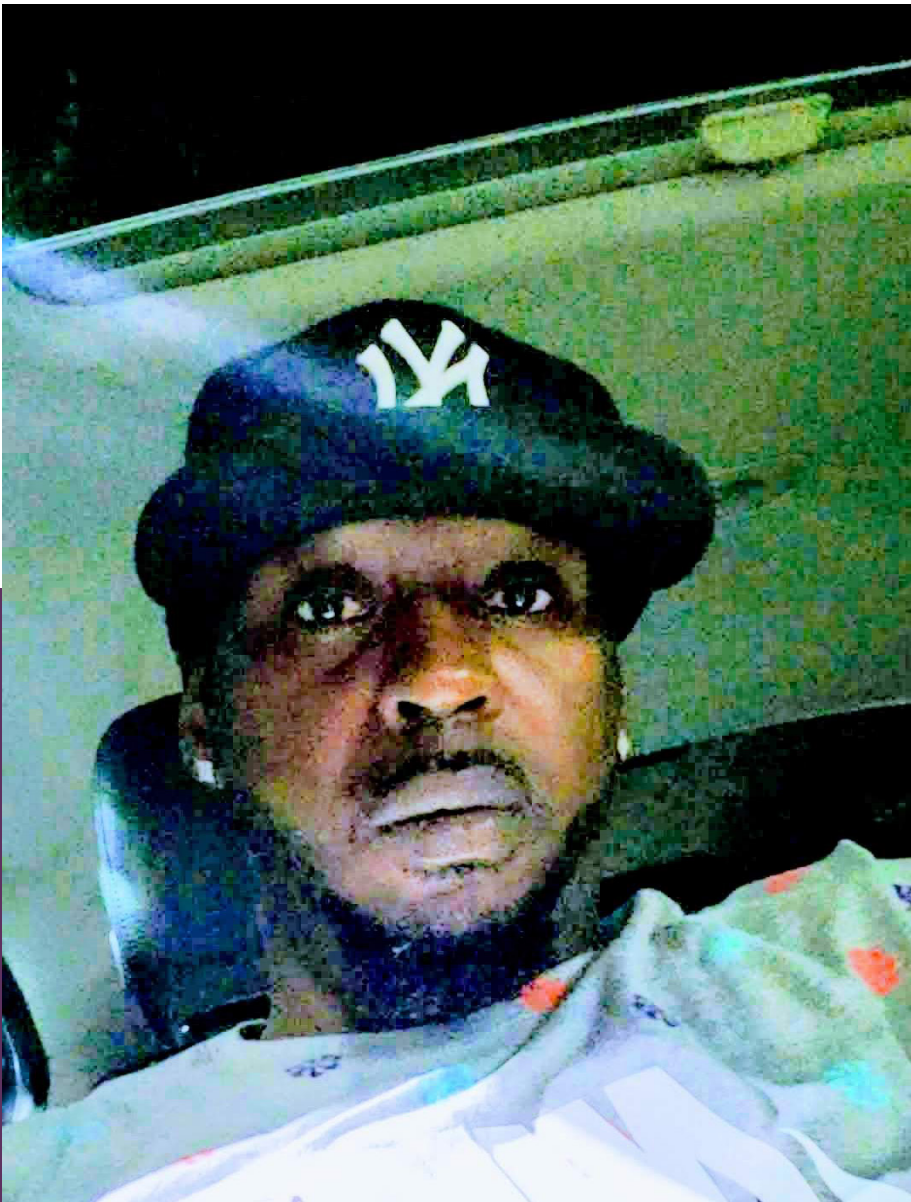
Top five drivers of the month of August

WE ARE DELIGHTED THAT YOU ARE WORKING WITH US!



- 1. Geoffrey Jones
- 2. Jeremiah Milholland
- 3. Dionte Chapple
- 4. Abdullahi Mohamed
- 5. Bobby Joseph

Meet the winner
Geoffrey Jones



Born in Jersey City NJ, the hill district. Made lots of errors as a young one. Relieved G.E.D. IN 2004. Went through more trials and tribulations. Started driving trucks in 2017. I remember saying to myself “I just earned a million dollar credit card, I just need to figure out how to cash it out”. I’ve driven for several different companies but only a handful I was comfortable with. Roadknights being in my top 3. I like to travel and sightsee while working and flying my drone when I get stopped in western areas of the country.

Come from a family of 5 including me and 3 siblings. Mom is where that hustle comes from. They say a woman could not raise a man I need to differ I’m living proof that’s a false statement. I recently moved to Las Vegas, and I’m going to grind n hustle to cash out this million dollar card. Thanks for the recognition of my work.



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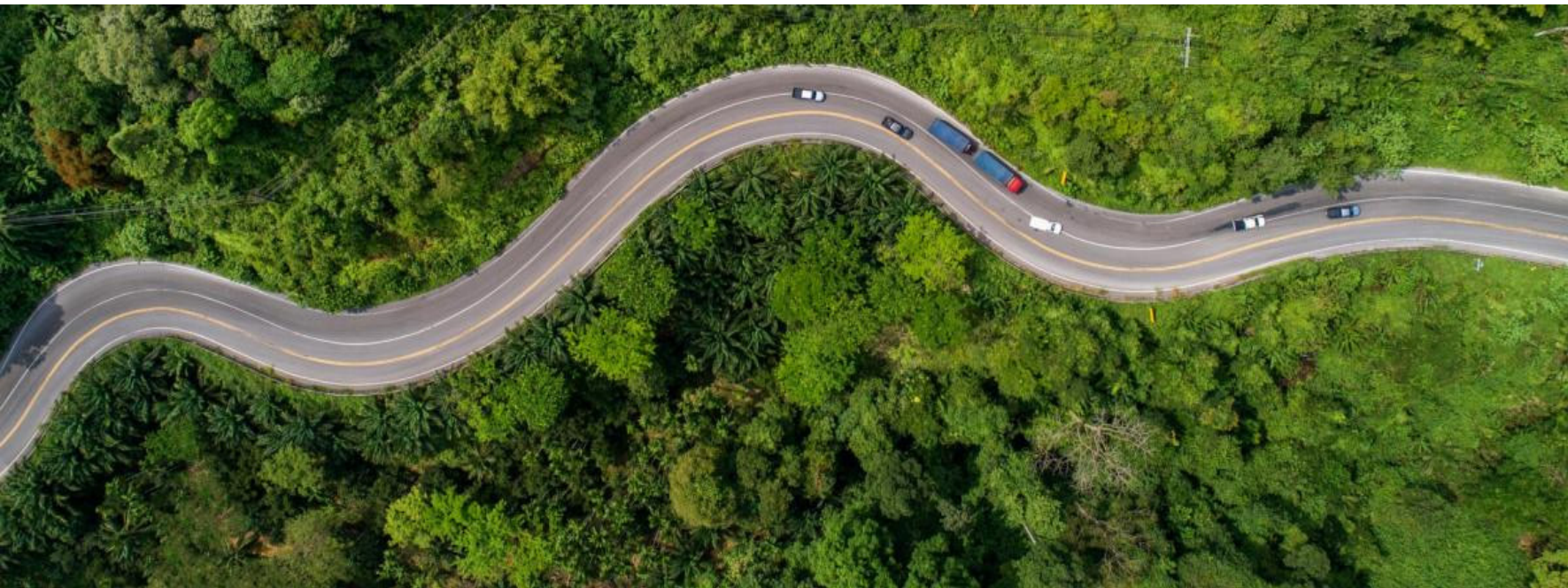
LOVE
WHAT
YOU
DO



Quote on second chances in life

“If you ever get a second chance in life for something, you’ve got to go all the way.”
— Lance Armstrong

How to Calculate the Fuel Cost Per Mile of Your Trucks



You need to know what you’re spending on diesel—down to the last mile.

Understanding how much money your trucking company makes—and spends—on a per-mile basis is crucial to booking profitable loads.

To better calculate your fleet’s costs, revenue and profit per mile, you must determine the fuel efficiency of each truck you operate. Specifically, you need to know how much money you spend on diesel for every mile your trucks drive.

On average, semi-trucks get about 6.5 miles out of every fuel gallon. That performance varies greatly, however, depending on where you drive, how you drive and the age of the truck.

- Use the following steps to determine a truck’s miles per gallon fuel usage and cost:
- 1

Fill up your truck’s fuel tank completely. Record the number of gallons and the odometer reading. As an example, let’s say your truck takes 200 gallons of diesel and the odometer reads 68,000 miles.
- 2

The next time you fuel up, write down the number of gallons it takes to completely fill the tank and the new odometer reading. In this example, you filled 190 gallons of diesel and the odometer now reads 69,083.

- 3

Subtract the earlier odometer reading from the current reading to determine how many miles you drove on the last tank of diesel: 69,083 – 68,000 = 1,083.
- 4

Divide the number of miles you drove by the number of gallons you just put into your tank: 1,083 divided by 190 equals 5.7. Your truck’s fuel efficiency is 5.7 miles per gallon.
- 5

Now, you can calculate your per-mile fuel spending. Take the current per-gallon price of diesel (\$2.10) and divide it by your truck’s miles per gallon. So, \$2.10 divided by 5.7 equals 36.84 cents. If you round that number up, you are spending 37 cents on fuel for every mile your truck travels.

DETERMINING PROFITABILITY

With this information handy, you can more accurately calculate the profitability of different loads for you truck. For example, a dry van load from Dallas to Houston will pay your trucking company \$1.89 per mile. Subtract the 37 cents per mile you expect to spend on fuel and you are looking at a \$1.52 profit per mile before calculating driver pay and other costs.

Keep in mind that a truck’s miles per gallon will change over time, depending on maintenance, the tires on the truck and the routes driven. The per-gallon cost of diesel, of course, is constantly rising or falling. Continuously tracking the fuel usage and expenses for each of your trucks will ensure greater accuracy in selecting loads and determining freight rates for your company.

FMCSA to slash UCR fees by 31%

The Federal Motor Carrier Safety Administration (FMCSA) announced a major reduction in fee amounts collected as part of the Unified Carrier Registration (UCR) Plan.

In a notice published in the Federal Register on September 1, 2022, the FMCSA announced plans to cut UCR fees by approximately 31% for all fee brackets.

According to the FMCSA, the reduction in annual registration fees would be between \$18 and \$17,688 per entity, depending on the applicable fee bracket that is based on the number of vehicles owned or operated by the affected entity.

The fee reduction will go into effect in the 41 states participating in the UCR plan starting on October 1, 2023.

The fee reduction was approved because of a 2007 rule requiring a fee adjustment when registration

revenues collected in previous years exceed a maximum annual revenue of \$107.78 million.

Since 2005, motor carriers, motor private carriers of property, brokers, freight forwarders, and leasing companies subject to UCR are required to submit annual fees based on fleet size to supplement funding for state highway motor carrier registration and safety programs.



Tips for Truck Drivers to Stay Healthy



Stay Healthy!



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In addition to their safety, truck drivers should be concerned about health and fitness. While taking weeks or even months-long trips, there are lifestyle changes that truckers need to follow and make to stay healthy. For most of them, maintaining a healthy lifestyle can be challenging because they may not have the resources that people in other professions have, but that's not to say that living a healthy life isn't possible. Forming new habits one at a time is a good way to get started to improve your health. The following tips and advice are practical and easy to implement.

- Eat Breakfast Every day

Breakfast is the most important meal of the day, whether you're a trucker or not. Eating breakfast increases your blood sugar which gives you the energy to start your day. It also prolongs your need to eat lunch and keeps you moving throughout the day, which is important for truck drivers taking long trips. Some drivers suggest eating a larger breakfast, and then smaller portions throughout the rest of the day to stay healthy while avoiding hunger.

- Stay Hydrated

Many people don't know this, but many health issues arise from dehydration. Not drinking enough water can affect a driver's alertness on the road. Drivers should be drinking at least 64 ounces of water per day to make sure their bodies are functioning to their full potential.

- Snack on healthy foods to reduce meal portions

Snacking on healthy foods throughout the day will help you cut down on meal portions. Healthy snack options that truckers can take on the road with them include apples, walnuts, almonds, veggies, hard-boiled eggs, dried fruits, dark chocolate, yoghurt, whole grain crackers with small amounts of cheese...

- Don't consume more than 2 cups of coffee per day and avoid stimulants

Use of stimulants in our industry was once widespread and commonplace. However, coffee and energy drinks will take their toll on your health. You may not know it, but coffee will actually dehydrate you. These drinks are intended to give your mind and body short term artificial boosts of energy and alertness. Coffee may help truckers stay awake, but consuming too much caffeine isn't good for anyone. If you do enjoy coffee or energy drinks, at least try to cut back on the amount you drink.

- Cut fizzy drinks out of your diet

Soda dehydrates the body and is bad for your teeth. There are so many healthier beverage options including water, juice and tea. Not only is water the best option for hauling loads because it keeps you hydrated, water keeps you feeling full longer. If you feel full while you're driving, you won't need to stop for food as frequently, saving you time.

- Get enough sleep

Truck drivers should sleep for at least 7 hours per day in a dark and quiet place. According to the Federal Motor Carrier Safety Administration, 1 in 5 deaths on the roadway are caused by drivers who fell asleep while driving. Sleep is the key to health and safety, especially if you're working long hours as a truck driver.

- Take time to rest every two hours

To avoid restlessness while driving, take a short break every two hours. Pull to a rest stop and grab a snack or just stretch your legs and do some simple exercises. Small breaks every two hours can revamp your drive and give you more energy. You can take a few minutes to just touch your toes,

roll out your neck or even do some jumping jacks to get your blood flow circulating properly.

- Avoid fast food

Truck drivers are often tempted with fast food because of its convenience. Try to avoid this unhealthy option at all costs. If you must go through a drive-thru, make a healthier food choice such as a salad or simply avoid the salty condiments and sides.

- Exercise

At the end of your driving day, you're tired from being behind the wheel and just want to chill right? At least try to get out for a short brisk walk for 15 minutes or so, to get your circulation moving and breathe the air. The secret here is to find an activity you like to do, which fits reasonably well into your daily schedule. While stopping for rest, drivers can take a short, 15-minute jog or fast pace walk. These exercises do not require any equipment and can be done anywhere. If you need some direction, there are tons of workout routines on YouTube. Some more exercises drivers can do include: 5-minute sprints, 4 sets of 10 squats, 4 sets of 10 heel rises, 2 sets of 12 pushups, 4 sets of 15 crunches, 2 planks for 30 seconds each, 15-minute walk to cool down...

No matter how important a load, truck drivers shouldn't neglect their health and fitness. Following these tips and health guidelines should be an easy way for truckers to contribute to healthy living.

But remember – Rome wasn't built in a day, so be realistic and take small steps for success. Don't try to do everything at the same time. Be willing to change, but make the changes at your own pace.



"Create healthy habits, not restrictions."



Warning! DRUG and ALCOHOL violations



DRUG AND ALCOHOL ABUSE BY TRUCK DRIVERS

Commercial motor vehicle (CMV) operators must be drug and alcohol free. In 1991, the Federal Motor Carrier Safety Administration (FMCSA) passed the Omnibus Transportation Employee Testing Act, which requires DOT agencies across the nation to regularly test their drivers for drugs and alcohol.

If a driver fails a drug and alcohol test or is arrested for a DUI, DOT regulation 383.37 requires that the employee disallow that driver from operating a CMV. A driver can be disqualified from a year to life, depending on the violation(s). If you were involved in an accident with a semi-truck because the driver was under influence of drugs or alcohol, or had a history of substance abuse but was still allowed to drive, you may have a claim.

DISQUALIFYING TRUCK DRIVERS FOR DRUG & ALCOHOL VIOLATIONS

According to FMCSA, truck drivers can be disqualified for drug and alcohol related offenses. For example, a first conviction for driving under influence can warrant a year's suspension. That same violation could warrant up to three years' suspension if the driver was transporting hazardous materials.

The most severe disqualifying offense

related to drug and alcohol is using a vehicle to commit a felony involving controlled substances. That offense would warrant a life suspension with the inability to petition for 10-year reinstatement. Drug and alcohol testing of truckers with commercial driver's licenses (CDLs) must be administered by an individual who has successfully completed DOT Supervisor Training.

STATISTIC FOR DRUG & ALCOHOL USE AMONG TRUCK DRIVERS

A review published in Occupational & Environmental Medicine indicated that drug and alcohol use among truck drivers was high due to the stresses of the job, the long hours that are often required, and availability at rest stops and gas stations. For example, amphetamines and cocaine can help drivers stay awake, but can also cause dangerous side effects such as hallucinations and vertigo.

While drug & alcohol use among truckers is high worldwide, the FMCSA's own numbers indicate that only one percent of U.S. truck drivers test positive on random drug and alcohol tests. Another study evaluated trucking fatalities from eight states over a one-year period and found that 67% of fatally truck injured truckers had

one or more drugs in their system, while 33% had detectable concentrations of drugs or alcohol in their bloodstream. The most prevalent drugs were cannabinoids and ethanol, each found in 13% of the drivers. Cocaine or benzoylecgonine was found in 8% of the cases. Seven percent of the driver's blood specimens contained amphetamine or methamphetamine and 7% contained phenylpropanolamine, ephedrine, or pseudoephedrine.

UNCOVERING EVIDENCE AFTER A DRUNK DRIVING TRUCK ACCIDENT

Truck accidents involving drug and alcohol abuse can result in serious injuries to the brain and spinal cord. Victims of drunk drivers may pursue compensation for their medical bills, lost wages, and other hardships. Drunk truck driving accidents may also involve punitive damages, which are intended to punish the at-fault party and provide additional financial compensations for the accident victim. While drug and alcohol abuse obviously take a toll on the trucker's health and wellbeing, the use of drugs and alcohol also impacts his or her ability to drive. The trucker may have slowed reaction times, a shortened attention span, or may take dangerous risks while driving. Any of these things can easily cause an accident.



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"LIKE SHARE FOLLOW"

ROAD KNIGHTS ON SOCIAL MEDIA PLATFORMS

Our company will soon start being more active on Facebook and Instagram. We would love for you to be a part of our social media platforms and participate in many giveaways.

To begin with, we will create a poll of the most interesting images of you during your workday. Send us some interesting pictures of you while at pick up, delivery, waiting for something on your trip, etc. We will have others vote which of you has the best photo. The winning photo, with the highest rating, will bring you a cash prize.

Do not hesitate to follow us on social media and be part of the team and win prizes.

<https://www.instagram.com/roadknights.us/>
<https://www.facebook.com/RoadKnights.us>



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SAFETY

How To Avoid Truck Stop Parking Accidents?



At the end of a long day, all a driver wants to do is find a spot to park the truck. This is not always an easy task and when drivers are desperate for parking they may make some bad decisions.

A large percentage of truck and trailer accidents occur at truck stops. Difficult backs, driver fatigue, inattention, inexperience, and yes, even downright stupidity all play a role. Unfortunately, you can only control your actions. It is up to you to park where the risk being involved in parking lot accidents is reduced.

Here are some good practices to help you avoid truck stop parking accidents:

1 KNOW WHERE YOU WILL STOP FOR THE NIGHT.

Pre-planning your route with designated stops will help you avoid hunting for the last remaining parking space of the night. Knowing where and when you will stop for the night lets you shut down with plenty of time to get a good spot that avoids risk.

2 GET IT DONE THE FIRST TIME.

The more times you have to stop and park the more times you leave yourself vulnerable to accidents. Plan to fuel, shower, eat, get coffee, do laundry or phone home all at once instead of making multiple stops during the day. Not only do you reduce your risk of accidents, you'll save time.

3 CONSIDER PARKING AT REST AREAS INSTEAD.

Statistics show that accidents at rest areas occur far less than at truck stops. Planning to overnight at rest areas and hitting a truck stop to shower and eat during the day, when traffic is naturally reduced at truck stops, is a good alternative.

4 AVOID PARKING AT THE END OF A ROW.

More traffic flows around the end of a row, therefore naturally increasing the risk of one of those trucks hitting you.

5 AVOID SPACES THAT WILL FORCE YOU TO BACK OUT WHEN YOU'RE READY TO LEAVE.

The best option is to choose a pull through spaces. If that's not an option, try finding a space that you can back into rather than being forced to back out.

6 AVOID PARKING ACROSS FROM TRUCKS THAT WILL BE BACKING OUT OF THEIR SPACE.

Being across from a truck that will have to blindly back out is just an accident waiting to happen.

7 TAKE PRIDE IN YOUR PARKING ABILITIES.

Park the truck straight. Not only does this reduce the surface area others can hit, it makes it easier for others to park. Be courteous and be professional. Just because it's the end of a long day doesn't mean you should make life difficult for others around you.

8 BE PREPARED TO MOVE YOUR TRUCK.

From time to time, a driver will park next to you while you watch in shock or fear. The unsettled feeling creeps in and you just know there is an 80% chance you are going to wake up to see your mirror dangling or your bumper laying on the ground. If you can move your truck, do it. If you can't move, write down the company name and DOT number of the truck.

9 PARK FOR SAFETY, NOT CONVENIENCE

Sure that space at the front of the lot will save you a 10-minute walk through the parking lot, but will it increase your risk of an accident? Choose a spot that is safe for your truck, but also, keep your personal safety in mind. Park in a well-lit area of the lot and remember to walk safely while making your way in for dinner.



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Summer driving is not without its challenges. Adopting a few summer driving tips for truck drivers can help you avoid issues with your personal health and your vehicle's well-being.

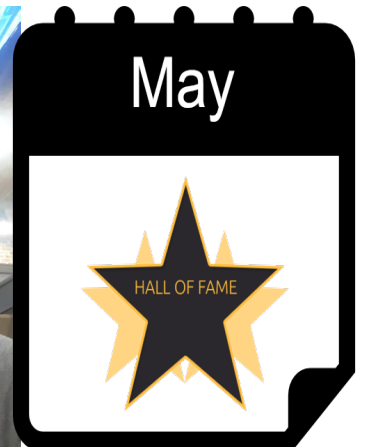
1. Pay Attention to Weather Forecasts
2. Check Your Truck's Condition Frequently
3. Hydrate Frequently
4. Prepare for Congestion and Traffic Hazards
5. Protect Your Eyes
6. Use Sunscreen to Prevent Painful Burns

Hall of Fame - ROAD KNIGHTS

WE ARE SO PROUD OF YOU!



“The future belongs to those who believe in the beauty of their dreams.” - Eleanor Roosevelt.



Join Us!

DON'T MISS THE PROMO PERIOD, WE ARE LOOKING FOR CDL DRIVERS AND OWNER-OPERATORS



ROAD KNIGHTS IS OFFERING A REFERRAL BONUS FOR THOSE WHO BRING A NEW DRIVER.

IF YOU HAVE SOMEONE WHO YOU THINK WOULD LIKE TO COME AND WORK WITH US, RECOMMEND ROAD KNIGHTS, AND GIVE THEM OUR CONTACT INFORMATION. THEY WOULD GET A GREAT OPPORTUNITY AND YOU WILL GET \$1,000 BONUS, \$500 AFTER 6 MONTHS AND ANOTHER \$500 AFTER A YEAR

Who are we?

We are a trucking company located in Chicago IL. Our company works with new equipment and well-maintained trucks and trailers. We have a very well organized 24 hour support. We take good care of our drivers, and look to build a lasting work relationship!

If you are a CDL driver and looking to become an Owner/Operator driving new or newer equipment, then look no further! Our team goes above and beyond to cater to each owner/operator's needs.

We offer:

- Trucks available: Peterbilt and Cascadias (2019 - 2023)
- Trailers: Reefer, Conestoga Flatbed, Regular Flatbed, Dry van (2020)



WE ARE HIRING

COMPANY DRIVERS

OWNER OPERATORS





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