TRUCKTALK



Prepping For Winter

Winterizing Your Rig, Increasing Your Uptime & Getting Comfortable

Increase Uptime, Efficiency & Comfort This Winter

The snow's started but there's still time to increase uptime, efficiency and driver comfort <u>Here are some great ideas</u> double check to see if there's something you hadn't thought of yet.

Everything You Need To Know About Chain Laws

<u>Learn more</u> about the laws in each state & the <u>New Colorado Traction Law</u>

Winter Driving A few <u>extra tips</u>.

NEW TSA Member Benefit

Document Garage

Digital Document Storage

Never worry bout accessing information again while you're on the road or out of the office.

Manage and Share documents while you are on the road! The possibilities are endless... Permits, Maintenance Inspections, Tax Documents, Carrier Contracts & more!

With TSA's newest member benefit you can store your documents with Document Garage and a Virtual Assistant will help you manage and share documents on your behalf!

TSA Member Discount more then 40%: <u>https://www.documentgarage.com/tsa-member</u>



TSA Member Package

For all TSA members, Document Garage has discounted their monthly fee more than 40%!

For only \$30 per month, you get access to:

- a digital Document Garage to store your personal business documents
- a Virtual Assistant to help manage and share documents on your behalf, so you can spend more time focused on the road!

Learn more at www.documentgarage.com/tsa-member or contact them at (931) 674-1744





This month on The Road Home...

We join host John Piper talking

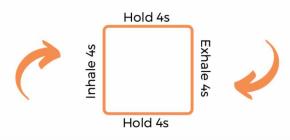
Electric vehicles (EV) specifically the Tesla Semi.

Health Struggles: Working a reasonable plan one day at a time.

A long weekend in New Orleans! We talk "The Big Easy" and how to make the most out of your trip to the emerald city.

Available on: <u>Apple Podcast</u> <u>Spreaker</u> <u>TSA.org</u> <u>iHeart</u> or Google Podcasts

Live Healthy, Drive Healthy



Does your breathing impact your health?

The average person takes approximately 25,900 breaths every single day. Even more if one eats a poor diet, sits for extended periods of time, is stressed out and anxious, or has poor movement mechanics. All of these systems are intimately related.

To control the breath is to control all aspects of one's life.

This month we're talking about breathing for health, breathing to reduce stress, and breathing to optimize sleep in this month's <u>Live Healthy</u>, <u>Drive Healthy</u>!

Miss a month? Want to get started? You can find the entire program on<u>TSA.org</u>

News Updates

DRUG TESTING: JAN 5, 2021 DEADLINE

- Clock's ticking for independents to run required self-check in Drug Clearinghouse
- Trucking Law: No false positives, no room for excuses in today's drug tests



TSATruck.org