

# M&M Cartage

Family-owned since 1972



## ATTENTION ALL DRIVERS/CDL HOLDERS

If your DOT physical or CDL will be expiring before **March 15, 2025**, make arrangements now to renew! **Remember, you can now make an appointment with our onsite clinic for DOT Physicals!** Physicals need to be renewed 30 days in advance and a copy of your physical needs to be submitted to your state. If you have any questions call Paula at ext. 2760. Please keep in mind you can sign up for a pre-DOT physical with the onsite clinic to make sure everything is in order. Thank you!

## PREFERRED FUEL PROVIDER - LOVE'S

Pilot has changed the pricing agreement and reduced discount buy approx. .10 per gallon. Pilot had matched the price of Love's but that no longer is the case.

**Quick Fuel in both Cincinnati & Louisville are approx. .55 per gallon higher than Love's.**

The M&M discount at Loves is significantly lower than the price listed on pump. This discounted price is lower than all other vendors.

**Please utilize Love's Travel Stops.**

VOL. 509

January 31, 2025

## Happy Birthday!

Kerry Brooks - 2/1

Robert Schenk - 2/2

Charles Burnette - 2/3

Kevin Eldridge - 2/4

Elivar Mazeriegos - 2/5

Ted Pranauski - 2/7

Pat Taurman - 2/7

Dave Haldeman - 2/9

Jill Karrer - 2/9

Florentin Carrera - 2/10

Tim Frierson - 2/11

Drew Matlock - 2/12

Thomas Hardy - 2/13

## Happy Anniversary!

Allen Wells 2/3 - 20 years

JP Smith 2/5 - 7 years

Ruben Padilla 2/7 - 3 years

Kindy Townsend 2/12 - 1 year

Derek Carrier 2/12 - 1 year

Rigo Alvarado 2/13 - 7 years

Kevin Wilson 2/14 - 3 years

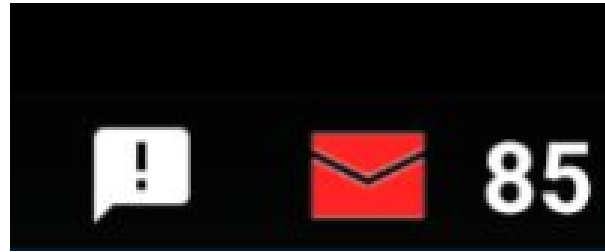
## Clean Inspections!

JJ Eldridge - Level III - \$25

Lynn Manis- Level III - \$25



## ISAAC DISPLAY ICONS



If you see either of the icons above at the top of your Isaac screen, please click on them.

The icon with the exclamation point (!) is a notification that something needs to be addressed by you. It might be uncertified logs, unidentified drive time or something else. The red envelope is your messages. Messages work like email and are sent to drivers, not the trucks. There could be important reminders in there from management or a message that needs your attention. Isaac is an easy way for you to communicate with dispatch, safety, the shop, and other departments. If you have any questions, please reach out to Tracy Stephens ext. 2100, Paula Armour ext. 2760, Lionel Gates ext. 2790 or Chris Baxley ext. 2780.

## 2025 POLAR PLUNGE

The Polar Plunge benefiting the Kentucky Special Olympics will be held on February 22, beginning at 10:00 am at the Main Event in Jeffersontown. We have several employees participating. Jeff Satterfield, David Warford, Jill Karrer, Laine Raney, and Dan Fallahay will make up team DRIVER DIVERS! Please see the flyer attached to the newsletter email for more information and ways to donate to this great cause.



LOUISVILLE  
**POLAR PLUNGE.**



**FOR SPECIAL OLYMPICS KENTUCKY**

# COLD WEATHER MAINTENANCE

## Cold Weather Maintenance Instructions Fontaine Fifth Wheel No-Slack®

6000, 7000, 7000CC, NT and H7



Special precautions should be taken during extreme cold weather to ensure that the fifth wheel locking mechanism operates freely. At low temperatures ice and sludge can build up, and lubricants can become thick and binding. If you are in a region that experiences extreme and/or prolonged freezing temperatures (below 0°F) a thorough cleaning and de-greasing of the fifth wheel should be performed followed by lubrication with a less viscous lubricant. Following is the recommended cold weather procedure. (Refer to LT-072 for lubricating instructions under normal conditions).

**WARNING!** You should never attempt to couple a fifth wheel that has snow, ice, or debris in the throat area. Improper coupling can occur possibly resulting in serious injury or death.

- 1** Remove all snow, ice and debris from the fifth wheel especially focusing on the throat area; and remove all hardened lubricants that bind the locking mechanism.



- 2** Lubricate top plate and locking mechanism.



Fontaine suggests the use of a lithium complex grease when applying lubricant (see LT-072 for lubricating instructions). However, in extreme cold conditions a less viscous lubricant should be used, such as: 90-weight oil, diesel fuel, kerosene, motor oil, etc. (unless prohibited by government regulations). This will help ensure proper movement and lubrication of the locking mechanism in extreme cold weather. This less viscous lubricant can be distributed using a spray bottle. Be sure to spray the top surface of the fifth wheel and all moving components including the pull handle, throat area (jaw and wedge) and secondary lock. Fontaine recommends that you contact your specific lubricant manufacturer for guidelines on mixing compatibility of any lubricant.

- 3** After application of fresh lubricant, open and close the lock several times to make sure that it is operating freely.



Close the lock by inserting a pry bar into the throat of the fifth wheel to activate the trigger mechanism. **Keep hands out of the fifth wheel throat.** Move the handle back and forth several times without fully engaging the lock to distribute the fresh lubricant.

Follow the procedure on the reverse side to verify that your fifth wheel is coupled properly.

# Coupling Visual Inspection

## Fontaine Fifth Wheel No-Slack®

6000, 7000, 7000CC, NT and H7

**WARNING!** When coupling, the fifth wheel must lift the trailer. Always inflate the tractor suspension air bags prior to coupling. Coupling should not be attempted with the tractor suspension air bags deflated.

Inflating the tractor suspension air bags while positioned underneath the trailer may result in damage to and incorrect coupling of the fifth wheel, possibly resulting in serious personal injury or death.



**Warning!**

Visual inspection of the fifth wheel coupling is required by law. Some improper couplings can pass a "tug test" and sound is not reliable to verify proper coupling. The coupling procedure is not complete without a visual inspection. It is necessary to get out of the tractor and look. Incorrect coupling could cause the trailer to disconnect, possibly resulting in serious personal injury or death.



**IMPORTANT:** For more detailed coupling/uncoupling instructions see Fontaine publications LT-071 and LT-001. Go to <http://www.fifthwheel.com/literature/> or scan this QR code with your mobile device.



**IMPORTANT:** Fontaine Training Videos are a great resource that can save time and improve the efficiency of your business. Subjects cover coupling and uncoupling a fifth wheel, rebuilding, maintenance and more. Check them out at: <http://fifthwheel.com/videos/> or scan this QR code with your mobile device.

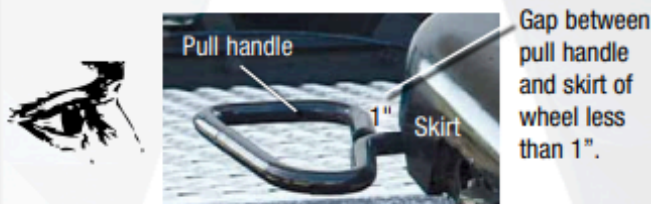
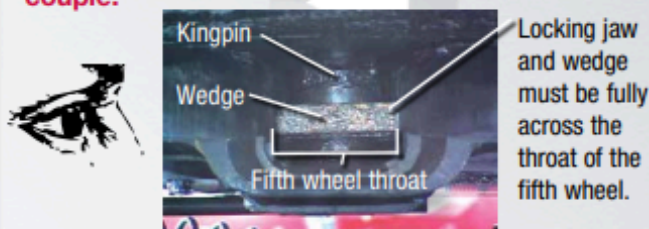
### How can I tell if my fifth wheel is properly locked?

Verify secure coupling with a "tug test", by easing the tractor forward, with the trailer brakes on, to feel resistance of the load. Set the parking brakes on the tractor and trailer and get out of the tractor and visually inspect, using a flashlight, that the fifth wheel is properly closed.

**IMPORTANT:** Improperly coupled fifth wheel may in some circumstances be able to pass a "tug test". A visual inspection is always required.

The locking jaw and wedge must be fully across the throat of the fifth wheel, there must be no gap between the fifth wheel and the trailer plate, and the pull handle must be within 1" or less from the skirt of the fifth wheel. All three areas of the fifth wheel must be inspected to ensure that the fifth wheel is properly coupled.

Below are three critical areas of visual inspection that drivers must perform after every couple.



If the visual inspection indicates that you failed to obtain a proper couple, open the fifth wheel, inspect for damaged components, and repeat the coupling sequence.