

# **Truck Drivers Money Saving Tip:**

## **When starting to exercise physically, be sure to take things slowly so as not to make yourself sore.**

Published: 3/23/2020



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# **Truck Drivers Money Saving Inquiry: Have you ever made yourself sore after exercising strenuously? What did you do about that?**

Published: 3/24/2020



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# **Truck Drivers**

## **Money Saving Tip:**

**OTR truckers may use compact exercise equipment including exercise bands, kettlebells, or walking poles.**

Published: 3/25/2020



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# **Truck Drivers Money Saving Inquiry: What is your favorite type of exercise as a trucker -- either with or without exercise equipment?**

Published: 3/26/2020



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# **Truck Drivers Money Saving Tip: No-cost physical exercise includes walking. Calculate the number of laps around your truck to equal a mile.**

Published: 3/27/2020



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# **Truck Drivers Money Saving Tip: High winds can flip over trucks. Pay attention to strong winds and crosswinds when crossing bridges.**

Published: 3/30/2020



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# **Truck Drivers**

## **Money Saving Inquiry:**

**Have you ever seen a truck  
flipped over on a bridge  
due to strong winds?  
Which bridge was that?**

Published: 3/31/2020



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# **Truck Drivers Money Saving Tip: High winds may turn into tornadoes, even at night. Weather channels can provide location info.**

Published: 4/1/2020



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# **Truck Drivers Money Saving Inquiry: What's the highest speed of wind you've ever driven through? Where were you at that time?**

Published: 4/2/2020



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# **Truck Drivers**

## **Money Saving Tip:**

**Be alert to high winds in the plains where trees aren't numerous. Wind may also whistle down mountains.**

Published: 4/3/2020



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# **Truck Drivers Money Saving Tip:**

**Before you buy, determine  
what kind of cooking  
appliance you need: flat pan,  
higher-sided pot, oven, etc.**

Published: 4/6/2020



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# **Truck Drivers**

## **Money Saving Inquiry:**

**Have you ever invested in a  
12-volt cooking appliance?  
What was your experience  
over time?**

Published: 4/7/2020



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**Truck Drivers  
Money Saving Tip:  
120-volt AC-powered  
appliances may last  
longer than 12-volt  
DC-powered appliances.  
Do your due diligence.**

Published: 4/8/2020



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# **Truck Drivers**

## **Money Saving Inquiry:**

**Have you ever wished you could use a DC-powered appliance in an AC-powered setting? What did you do?**

Published: 4/9/2020



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# **Truck Drivers Money Saving Tip: AC-powered appliances can be run in-truck with an appropriately-sized inverter. Check company restrictions.**

Published: 4/10/2020



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# **Truck Drivers Money Saving Tip:**

**There are human passengers  
and pet passengers. Make  
sure you have authorization  
for the one in your truck.**

Published: 4/13/2020



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# **Truck Drivers**

## **Money Saving Inquiry:**

**Have you ever been asked for the authorization for a human passenger in your truck? Where was that?**

Published: 4/14/2020



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**Truck Drivers  
Money Saving Tip:  
Some shippers or receivers  
will not allow human  
passengers in their facilities.  
Verify this beforehand.**

Published: 4/15/2020



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# **Truck Drivers**

## **Money Saving Inquiry:**

**If a human passenger must leave your truck during pick-up or delivery, will that be at a truck stop?**

Published: 4/16/2020



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# **Truck Drivers Money Saving Tip:**

**For personal safety and  
security reasons, never ever  
offer a ride to a stranger in  
your commercial truck.**

Published: 4/17/2020



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