

Staying Healthy This New Year

Staying Healthy
This New Year Pg. 1

Cutting it Close
Pg. 2

Top Workplace
Safety Tips Pg. 4

Birthdays & Work
Anniversaries Pg. 5

Clean DOT & Quiz
Pg. 6

A & B would like to wish all of our personnel a Happy and Healthy New Year! Although we have the added stress of contracting COVID-19 this year, don't forget it's also cold and flu season so we really need to keep our immunity in tip-top shape. What are the best ways to be proactive and protect our immune systems?

Wash Your Hands Often. Germs can be transmitted by physical contact or through the air. Most effective is washing hands with soap and water OFTEN. Before and after meals, after using the bathroom, when returning home, after touching surfaces others have touched. This significantly reduces the chance of catching a virus. Use of hand sanitizers is also effective. Make sure they are 80% alcohol based.

Moderate Your Alcohol Intake. Research has shown that consuming excess alcohol can tamper with your immune system by slowing it down, making white blood cells sluggish and much less efficient. This can occur even with just one binge drinking episode.

Nutrition. 80% of your immune system is in your gut. Eat a diet rich in fiber, vegetables, fruits, whole grains, healthy fats and oils, probiotics (fermented foods), and fresh herbs.

Zinc, Vitamin C, and Vitamin D3. Your immune system is much better prepared to fight if you have optimal levels of these vitamins. Eating foods rich in vitamins and minerals is the best way and supplementing can also be beneficial.

Stay Hydrated. Doctors recommend we drink about eight glasses of water a day to stay healthy. Water helps the kidneys function properly and flushes out the toxins that accumulate in our bodies. It's also good to include healthy teas with lemon and honey (raw, Manuka).

Make Sleep a Priority. Lack of quality sleep makes us more prone to infection. Studies show our T-cells go down and our inflammatory process goes up. This could potentially lead to a greater risk of catching a virus. Sleep deprivation suppresses immune system function.

Exercise Regularly. Regular moderate exercise increases lymphocytes in the bloodstream, which help your bodies scavenge foreign invaders such as bacteria and viruses. Regular exercise can keep these soldier cells working hard at protecting us from infection for several hours after your workout, but if you exercise too much, it can lower the number of protective cells.

Keep Warm. Being out in the cold does not cause a cold, but shivering depresses the immune system, and this makes us more likely to catch colds. Also lower levels of sunlight during late fall and into winter can alter levels of hormones such as melatonin and serotonin, which negatively affect how the immune system works.



A recent research study conducted by the American Transportation Research Institute concluded the following:

If a Commercial Vehicle driver had a... **their future crash likelihood increases**

Reckless Driving violation	325%
Improper Turns violation	105%
Improper or Erratic Lane Change conviction	100%
Failure to Yield Right of Way conviction	97%
Improper Turn conviction	94%
Failure to Keep in Proper Lane conviction	91%
Improper Lane Change violation	78%
Failure to Yield Right of Way violation	70%
Driving Too Fast for Conditions conviction	62%
Any conviction	56%
Speeding More Than 15 Miles over Speed Limit conviction	56%
Reckless / Careless / Inattentive / Negligent Driving conviction	53%
Following too closely conviction	50%
Improper Lane / Location conviction	47%
Any moving violation	41%
Following Too Close violation	40%
Speeding violation	35%
Failure to Obey Traffic Control Device violation	30%
Failure to Obey Traffic Signal / Light conviction	29%
Speeding 1 to 15 Miles over Speed Limit conviction	26%
Failure to Obey Traffic Sign conviction	24%
Size and Weight violation	21%
Any OOS violation	16%

Operation Safe Driver, a new safety initiative of Commercial Vehicle Safety Alliance (CVSA) and the Federal Motor Carrier Safety Administration (FMCSA), focuses on increasing commercial and non-commercial vehicle driver performance through enforcement and education.

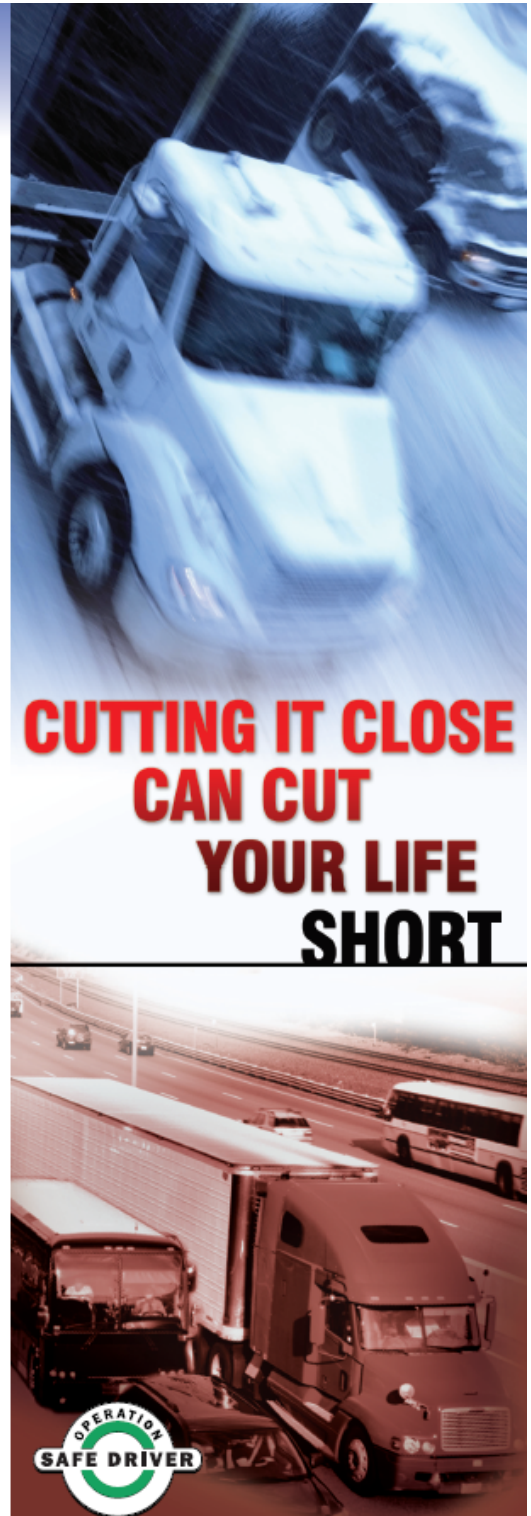
FMCSA's 2006 Large Truck Crash Causation Study found that driver *actions or inactions* by BOTH large truck and automobile drivers accounted for 88 percent of the critical reasons for the crashes. Only 12 percent were found to be the result of vehicle, road or weather factors. The study also concluded that in multi-vehicle crashes between large trucks and cars that 56 percent of the time the car driver was assigned the critical reason for the crash, and the large truck driver was assigned the critical reason for the other 44 percent of the time.

Promoting Commercial Motor Vehicle Safety and Security

CVSA is an international not-for-profit organization comprised of local, state, provincial, territorial and federal motor carrier safety officials and industry representatives from the United States, Canada, and Mexico. Our mission is to promote commercial motor vehicle safety and security by providing leadership to enforcement, industry and policy makers. In addition, CVSA has several hundred associate members who are committed to helping the Alliance achieve its goals; uniformity, compatibility and reciprocity of commercial vehicle inspections, and enforcement activities throughout North America by individuals dedicated to highway safety and security. For more on CVSA visit www.cvsa.org.



Commercial Vehicle Safety Alliance
1101 17th Street, NW, Suite 803
Washington DC 20036
Tel: (202) 775-1623
Fax: (202) 775-1624
E-mail: cvsahq@cvsa.org





WHAT CAR DRIVERS NEED TO KNOW

ABOUT TRUCKS AND BUSES

Most car drivers think that it's the truck and bus drivers who are the ones who are most often at fault in crashes, while truck and bus drivers believe it's the car drivers. But on the highways throughout North America, clearly research has shown that both parties are at fault because, pardon the pun, it takes two to tango.

Truck and bus drivers will tell you many stories about being cut-off or passed by a car and the car driver proceeds to put on their brakes or dash to the next exit. You never hear of the near misses, accidents that ALMOST happened, on the local or national news – yet EVERYONE has their own story about this. And it's not what you drive around big trucks and busses that matters, it's HOW you drive.

If we could put every member of the public in a truck or bus for a day, there would be a lot more awareness and a lot less crashes. But since we can't do that, get familiar with the following nine keys to keeping safe around big rigs. One or all of these could save your life.

It's the typical HE SAID / SHE SAID finger-pointing scenario



To the law enforcement officer that just pulled you over - car, truck and bus drivers are all to blame and will be ticketed for driving aggressively.

Coincide, Don't Collide

We all have to share the road. You've heard that one before. The fact of the matter is our roads are only going to get busier. So, do one thing fast:

LEARN the proper way to drive in a cooperative manner and the safer we ALL will be.

WHAT TRUCK AND BUS DRIVERS NEED TO KNOW

ABOUT SAFE DRIVING

As a professional driver you face a lot of stress and pressure each day just trying to do your job. Maneuvering through congested highways with aggressive car drivers darting around you can be difficult since all too often everyone is in a rush to get where they are going – because time is money.

It may make you want to gamble a bit by taking unnecessary risks. But your risk goes up exponentially for each violation you receive. The seriousness of violations is more than monetary, unless you're willing to pay with your life. And we're not just talking about your life. When you gamble, you are also gambling your family's future and the future of many innocent others. Don't take that gamble, it's just not worth the risk.

1. Buckle up! It is your last line of defense!
 2. Never cut in front of a truck or bus (commercial motor vehicle - CMV). A fully loaded CMV can take 400 feet (more than the length of a football field) to stop and the odds are that you or someone driving next to you could be killed as a result of your driving.
 3. Keep a safety cushion around CMVs. Try to leave a 10-car length gap when in front of a CMV and 20-25 car lengths when behind a CMV. An average passenger car traveling at 55 miles per hour takes about 130 to 140 feet to stop.
 4. Never linger alongside a CMV. Cars can momentarily "disappear" from view due to blind spots.
 5. Pass CMVs quickly to increase visibility and reduce dangers associated with lingering beside a truck.
 6. Only change lanes when you can see both of the CMV's headlights in your rearview mirror.
 7. If possible, pass a CMV on the left, not on the right, because the CMV's blind spot on the right runs the length of the trailer and extends out three lanes.
 8. Check a CMV's mirrors. If you are following a CMV and you cannot see the driver's face in its side mirrors, the driver cannot see you.
 9. Allow CMVs adequate space to maneuver. CMVs make wide turns at intersections and require additional lanes to turn.
1. Buckle up! It is your last line of defense!
 2. Pre-inspect the condition of your vehicle before and check for load securement. Maximize the vision around your truck with properly adjusted mirrors; be sure your mirrors are properly set and clean.
 3. Get in a safe mindset!
 4. Obey speed limits and traffic signs. Excessive speed reduces your ability to avoid a crash, extends your vehicle's stopping distance, and increases the severity of a crash when it occurs. Slow down in bad weather and at construction zones.
 5. Maintain a safe following distance. Follow other vehicles at a safe distance. Make sure to constantly check your mirrors.
 6. Make only safe and necessary lane changes. Pick a lane and stay in it for as long as possible. Lane changes increase one's risk of an accident.
 7. Focus on your driving not the distractions! Avoid or minimize in-truck distractions such as cell phone use, changing CDs, eating, or other activities that can remove your attention from the road.
 8. Never drive under the influence! Watch out for other motorists whose driving behavior suggests they may have been drinking.
 9. Get enough sleep. Sleep deprivation and fatigue can cause lapses in attention, slowed awareness and impaired judgment.

Don't forget that speeding and aggressive driving kills. The facts are clear: Don't be one of the over 40,000 people that lose their lives each year on North America's roadways.

**Clay Cormier
DOT Safety Manager**

8 Top Workplace Safety Tips



1. **Maintain a clean work area.** Not only will you remove many hazards from a work area by keeping it clean, but you will also provide a more productive work environment.
2. **Use guards and engineering solutions wherever possible** instead of relying on personal protective equipment (PPE). Find a way to prevent the exposure in the first place. You will be much more productive if you are comfortable.
3. **Get clear work instructions.** Make sure you know the right way to do what is expected of you. Read all safety instructions and procedures.
4. **Don't dwell on worst case scenarios** but focus on what is most likely to occur. Start by focusing your energy in preventing your most common incidents.
5. **If a machine is becoming unsafe**, shut it down before someone gets hurt
6. **Maintain the machinery in good working order.** Many times employees get into dangerous situations by having to compensate for a machine defect or wear. In the case of wear, it may have occurred so gradually that people start to think it is normal. A strong preventive maintenance program makes for a strong safety program.
7. **Avoid unnecessary hazards.** Look for new materials or equipment that can eliminate the hazards you are exposed to.
8. **Maintain a clean work area.** *See workplace safety tip number one above.* Potential exposures to hazardous material and conditions can be dramatically reduced simply by keeping the work area clean. And the benefit in productivity and morale is worth the effort. A survey of safety professionals attending the 2008 National Safety Council Congress found that 89% have observed workers failing to wear PPE when they should have been. This is the third consecutive year that the survey has revealed a high rate of PPE non-compliance. In 2007, 87% of the safety professionals said they had observed PPE noncompliance in the workplace, while 85% answered yes to this question in 2006. When asked to name the top workplace safety issue in their facilities, one third of the respondents cited worker compliance with safety protocols, followed by insufficient management support and/or resources for health and safety functions. Underreporting of workplace injuries and illnesses was third, followed by training a multilingual, multicultural workforce and escalating worker compensation costs. What can you do to make a difference in your department in 2021? Bring your concerns forward so we can continue to improve each and every day

Slips, trips and falls—everyone's responsibility! A recent safety campaign from State Risk Management focused on slips, trips and falls. Wear proper footwear, take your time, and don't take short cuts! We **ALL** have an obligation to practice safety, if not for your own self...for the safety of others as well

WORKPLACE SAFETY IS PART OF YOUR JOB!

Lauren Vincent
Industrial Safety Manager



Birthdays



January Birthdays

Jason Spears- 1/3
Cathy Hogan- 1/5
Ariel Ochoa- 1/6
Brandon Pillsbury- 1/13
Mark Balque- 1/14
Robbie Sampson- 1/15
Adolfo Luna Uresti- 1/20
Patrick Payne- 1/24
Andre Davis- 1/30
Jeff Guidry- 1/30

Work Anniversaries

January Work Anniversaries

Billy Beaudeau- 1 year
Mario Tanguma- 1 year
Robbie Sampson- 1 year
Andre Davis- 2 years
Jeremy Bibbins- 2 years
Mary Fontenot- 2 years
Jeff Guidry- 3 years
Kenneth Racca- 3 years
Meagan Broussard 3 years
Charles Hammer- 15 years
Barry Hessler- 21 years
Buddy Baty- 26 years

Clean DOT Inspections

A special thank you to **Cody Thompson** and **Donald Hargrave** from the Sulphur Terminal!! Both drivers received Clean DOT Inspections for A & B Transport in the month of December.

They each received a \$100 bonus on their check for the Clean DOT Inspection.



What did you learn?

Name: _____

Date: _____

1. List 2 of the best ways to be proactive and protect our immune systems.

a. _____

b. _____

2. Don't forget that _____ and _____ driving kills. Don't be one of over 40,000 people that lose their lives each year on North American roadways.

3. List 3 Safe Workplace Tips.

a. _____

b. _____

c. _____

If you return this portion completed to the Safety Department by January 31st, you will be entered into a drawing for 2- \$25.00 gift cards. Good Luck!