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A&B Group, Inc.

Health & Safety Newsletter

Quick & Effective Relaxation Breathing

This is a relaxation technique that you can practice almost anytime and anywhere. The key is to breathe deeply from the abdomen, getting as much fresh air as possible in your lungs. Breathe from your abdomen rather than from your upper chest. This will help you to inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel.

- Sit comfortably with your back straight or lying down. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose to a count of 4. The hand on your stomach should rise. The hand on your chest should move very little. Hold for a count of 4.
- Exhale through your mouth slowly as if you are breathing through a straw (lips pursed) to a count of 8, pushing out as much air as you can. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Keep your shoulders relaxed. Keep your jaw relaxed. If you feel tension in other areas of your body, relax them.
- Aim for 5 to 10 minutes, but just a few rounds of this will help you to feel more relaxed.

Benefits of Deep Breathing Exercises

- Detoxifies & Releases Toxins
- Releases Tension
- Relaxes the Mind / Body & Brings Clarity
- Relieves Pain
- Strengthens the Immune System
- Improves Quality of the Blood
- Strengthens the Lungs
- Improves Cellular Regeneration
- Elevates Mood

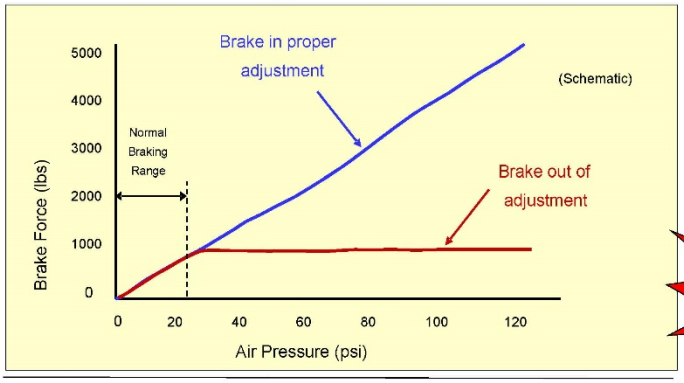
The Importance of Brake Adjustment

Air Brake Adjustment." CVSA. 23 Jul 2009 <http://www.cvsa.org/documents/Air_Brake_Brochure.pdf>.

In Adjustment Brakes Prevent Crashes that could be caused by a Lack of Sufficient Braking Force

VanderZwaag, Rolf. *Practical Airbrakes: Brake Adjustment*. Richmond Hill, Ontario: Techni-Com Inc., 2005.

Drivers can't feel a brake Out of Adjustment



29.4%

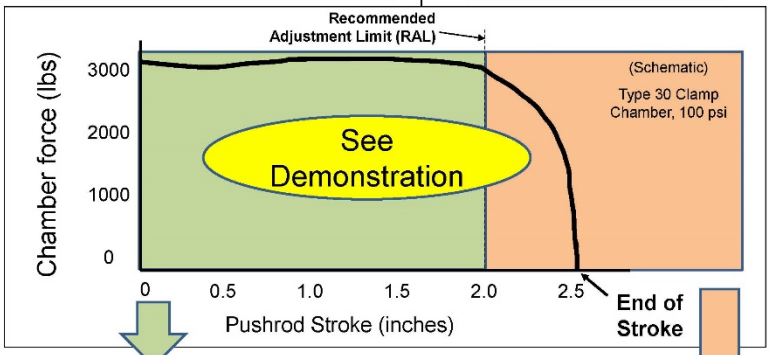
Estimated Number of Trucks in Crashes in which :
Brake Failure, out of adjustment, etc.
was an **associated factor**.

U.S. Department of Transportation, Federal Motor Carrier Safety Administration. *Report to Congress on the Large Truck Crash Causation Study*. Springfield, VA: National Technical Information Service, March 2006.

Stopping Distance Depends on...

- **Available Brake force**
- Speed
- Weight
- Driver Reaction Time
- Brake System Activation Time
- Road Conditions (slope, friction)
- Tire Conditions (wear, pressure)

Brakes In Adjustment	Brakes Out of Adjustment
Max. Available Brake Force	Reduced Brake Force



Brake Force (Avg. Per Wheel)	Calculated Stopping Distance (from 60 mph)
3000 lbs	321 ft — Stopping time = 7.3 seconds
1000 lbs	962 ft — Stopping time = 21.9 seconds

Assumptions: 80,000 lb vehicle, Brake Force is the same at all wheels, Instantaneous and Constant Deceleration, Dry Concrete, No Brake Fade

Battelle
The Business of Innovation

Display created with assistance from the HDBMC and FMCSA.

Why Bother with a Job Safety Analysis (JSA)?

Four basic stages in conducting a JSA are:

- selecting the job to be analyzed
- breaking the job down into a sequence of steps
- identifying potential hazards
- determining preventive measures to overcome these hazards

Ideally, all jobs should be subjected to a JSA. In some cases there are practical constraints posed by the amount of time and effort required to do a JSA. Another consideration is that each JSA will require revision whenever equipment, raw materials, processes, or the environment change. For these reasons, it is usually necessary to identify which jobs are to be analyzed. Even if analysis of all jobs is planned, this step ensures that the most critical jobs are examined first.

Factors to be considered in setting a priority for analysis of jobs include:

- Accident frequency and severity: jobs where accidents occur frequently or where they occur infrequently but result in serious injuries.
- Potential for severe injuries or illnesses: the consequences of an accident, hazardous condition, or exposure to harmful products are potentially severe.
- Newly established jobs: due to lack of experience in these jobs, hazards may not be evident or anticipated.
- Modified jobs: new hazards may be associated with changes in job procedures.
- Infrequently performed jobs: workers may be at greater risk when undertaking non-routine jobs, and a JSA provides a means of reviewing hazards.

Once the basic steps have been recorded, potential hazards must be identified at each step. Based on observations of the job, knowledge of accident and injury causes, and personal experience, list the things that could go wrong at each step.

A second observation of the job being performed may be needed. Since the basic steps have already been recorded, more attention can now be focused on each potential hazards. At this stage, no attempt is made to solve any problems which may have been detected.

To help identify potential hazards, the job analyst may use questions such as these (this is not a complete list):

- Can any body part get caught in or between objects?
- Do tools, machines, or equipment present any hazards?
- Can the worker make harmful contact with moving objects?
- Can the worker slip, trip, or fall?
- Can the worker suffer strain from lifting, pushing, or pulling?
- Is the worker exposed to extreme heat or cold?

- Is excessive noise or vibration a problem?
- Is there a danger from falling objects?
- Is lighting a problem?
- Can weather conditions affect safety?
- Is harmful radiation a possibility?
- Can contact be made with hot, toxic, or caustic products?
- Are there dusts, fumes, mists, or vapors in the air?

The final stage in a JSA is to determine ways to eliminate or control the hazards identified. The generally accepted measures, in order of preference, are:

1. Eliminate the hazard

Elimination is the most effective measure. These techniques should be used to eliminate the hazards:

- Choose a different process
- Modify an existing process
- Substitute with less hazardous product
- Improve environment (e.g., ventilation)
- Modify or change equipment or tools

2. Contain the hazard

If the hazard cannot be eliminated, contact might be prevented by using enclosures, machine guards, worker booths or similar devices.

3. Revise work procedures

Consideration might be given to modifying steps which are hazardous, changing the sequence of steps, or adding additional steps (such as locking out energy sources).

4. Reduce the exposure

These measures are the least effective and should only be used if no other solutions are possible. One way of minimizing exposure is to reduce the number of times the hazard is encountered. An example would be modifying machinery so that less maintenance is necessary. The use of appropriate personal protective equipment may be required. To reduce the severity of an incident, emergency facilities, such as eyewash stations, may need to be provided.

In listing the preventive measures, do not use general statements such as "be careful" or "use caution". Specific statements which describe both what action is to be taken and how it is to be performed are preferable.

Knowing the risks and ways to minimize them are key to performing your job safely and returning home to your family!

KNOW THE DETAILS ABOUT EACH JOB AND FOLLOW THROUGH SAFELY

Lauren Vincent
Industrial Safety Manager

Birthdays

December Birthdays

Mike Wilkins- 12/11

Mary Fontenot- 12/13

Twila Gabriel- 12/14

Charles Robinson- 12/17

Chris “Train” Miller- 12/25

Larry Domingue- 12/25

Buddy Baty- 12/27

Work Anniversaries

December Work Anniversaries

Kevin Simms- 3 years

Steve Magda- 8 years

Clean DOT Inspections

A special thank you to **Adolfo Luna** out of the Pasadena Terminal as well as **Kenneth Racca** from the Sulphur Terminal!! Both drivers received Clean DOT Inspections for A & B Transport.

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

What did you learn?

Name: _____ Date: _____

1. The key is to breathe deeply from the _____, getting as much fresh air as possible in your _____.

2. Which of the following does stopping speed depend on?
   a. Speed
   b. Weight
   c. Driver reaction time
   d. All of the above

3. The final stage in a JSA is to determine ways to eliminate or control the hazards identified. List the 4 generally accepted measures below.
   a. _____
   b. _____
   c. _____
   d. _____

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