

A & B's Super
Hero Pg. 1

Foods Your Heart
Loves & Matters
of the Heart Pg. 2

Flu Prevention Pg.
3

Confined Spaces
Pg. 4

Birthdays & Work
Anniversaries Pg.
5

Clean DOT & Quiz
Pg. 6



A & B's Very Own Super Hero Driver Kenneth "Kenny" Ceaser

On January 27th, 2020 our terminal manager, Kevin Simms, and company driver, Kenneth "Kenny" Ceaser, were driving through La Porte, TX to pick up one of A & B's units. While driving through town they noticed a man in another company's pickup truck driving erratically on Strang Road. The driver of the pickup entered oncoming traffic driving approximately 40 MPH and some how had, miraculously, not yet hit any vehicles head on. Kevin immediately dialed 911 to inform them of what was happening and request assistance.

Kenny said that they needed to stop the driver or he was going to kill someone. When the erratically driven pickup stopped; Kenneth had the opportunity to try and stop the driver. He jumped out of the passenger side of Kevin's truck, ran to the truck and opened the truck's passenger side door. He then dove into the pickup truck, put the truck in park and took the driver's keys out of the ignition. He did all of this before the driver had a chance to make a left turn to get on Hwy 225.

If it hadn't been for Kenny's quick thinking, the driver of the pickup truck could have killed and/or injured a lot of people including himself. Kevin told us that he knows this seems like something that you would see in an action movie, but Kenny's actions were truly remarkable to have witnessed.

We were later informed that the driver of the pickup was a diabetic and was passing in and out of consciousness while he was driving. He was unaware of where he was and what he was doing.

At the urging of Kevin Simms and his concern for that driver's well-being, Cathy Hogan contacted the employer of the other driver to ensure he was ok. While speaking with the company they emphasized how very grateful they were for Kenny's quick action that day and stated he was a Hero. We at A & B also feel that Kenny is a Hero and deserves recognition for his quick thinking and lifesaving actions.

Foods Your Heart Loves

What do salmon, berries, leafy greens and nuts have in common? They are all heartsmart foods that ably nourish the body and help combat unhealthy cholesterol, hypertension and heart disease. But it's not just a single food in isolation that can help protect your heart. Rather, it's a combination of nourishing foods and a consistent pattern of healthy eating that has the greatest impact.



Studies show that 2 dietary patterns are particularly helpful for heart health: the Mediterranean Diet and the Dietary Approaches to Stop Hypertension (DASH) Diet. Both eating patterns are chock-full of vegetables, fruit, whole grains, beans, nuts, seeds, fish, poultry and low-fat dairy, and recommend reducing the consumption of red meat, sweets and salty snacks.

Both eating plans emphasize whole, unprocessed foods instead of ultra-processed foods, such as processed meats and cheeses as well as refined breads and other carbs. So, preferably choose apples and carrots rather than apple pie and carrot cake.

Why are these food plans so powerful for heart health? Together, these foods provide fiber, which helps regulate blood pressure and cholesterol levels; antioxidants to reduce inflammation; and a host of cardio-protective vitamins and minerals essential for good health. This approach is also lower in sodium, sugars and trans fat, which may raise your risk of heart disease when eaten in excess.



Matters of the Heart

Each year, more than 600,000 Americans die from heart disease (also called cardiovascular disease).

This number has declined somewhat in recent years, but heart disease remains our leading health problem, causing 1 out of every 3 deaths in the U.S. But what is heart disease? Cardiovascular disease is any disorder that affects the structure and function of your heart. Some of the most common conditions are:

- ✓ abnormal heartbeat (arrhythmia).
- ✓ coronary artery disease (atherosclerosis or plaque buildup in the arteries).
- ✓ heart failure (disorder of the heart pump).
- ✓ heart valve disease (such as mitral valve prolapse or aortic stenosis).
- ✓ congenital heart disease (blood vessel defect).
- ✓ heart muscle disease (cardiomyopathy).
- ✓ those caused by high blood pressure (hypertension).

Heart disease is our No. 1 health enemy. Medicine, technology and education do a good job of preventing, treating the symptoms and repairing the damage of sick hearts, and millions survive heart disease and heart attacks very well.

However, there's no magic bullet cure for heart ailments. Heart health begins with you.

**Brandi Brown
Health & Safety Manager**



Flu Prevention



Influenza or "The Flu" is a serious contagious disease that can lead to hospitalization and even death. In 2009-2010, a new and very different flu virus (called 2009 H1N1) spread worldwide causing the first flu pandemic in more than 40 years. Flu is unpredictable, but the Centers for Disease Control and Prevention (CDC) expects the 2009 H1 N1 virus to spread this upcoming season along with other seasonal flu viruses. The CDC urges you to take the following actions to protect yourself and others from influenza:

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the viruses that research suggests will be most common.
- Everyone 6 months of age and older should get vaccinated against the flu as soon as the seasonal vaccine is available.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.* This is especially important after you go out in public and do things such as:
 - Touch shopping carts
 - Touch staircase hand rails
 - Shake hands
 - Utilize common areas or items such as restrooms or hand tools.
- Wash your hands or utilize hand sanitizer before and after eating or smoking.
- Avoid touching your eyes, nose and mouth. Germs spread this way.



Confined Spaces

Confined space is an area that has limited space and limited openings for entry and exit. Examples of confined space include tunnels, silos, vats, access shafts, truck or rail tank cars, manholes, and storage bins. These spaces should be occupied for short periods of time only, and always while taking necessary precautions.

Confined rescue and self-rescue are more difficult than in ordinary circumstances. Often, confined spaces can contain walls that curve inward or floors that slope downward, and have the potential to trap or asphyxiate. Other hazards encountered in confined spaces are unguarded machinery, exposed live wires, or temperature-related risks. Perhaps the biggest danger is in the air—a person may not always have adequate access to natural ventilation, resulting in workers coming into contact with air contaminants or dangerous gases.

When discussing confined spaces with employees, the basic legal requirements and definitions should be discussed. Confined spaces are regulated when they have the potential to contain, or already contain, a hazard (i.e., hazardous atmosphere, sloping walls, etc.). If there are hazards identified or calculated with a proper risk assessment, then they require a pre-entry checklist.

If the checklist confirms the potential for or an existing hazard then the space must be classified as a “Permit Required Confined Space.” Once confirmed, a permit must be filled out and then an attendant and entry supervisor are added to the mix to ensure everyone’s safety.

Personal protective equipment is required in almost all confined spaces, and employees must be properly instructed on how to use it appropriately. Workers should know and understand how to use all types of relevant PPE, from respirators and other breathing equipment to protective gloves and harnesses. In many circumstances, training should also include the use of a system that includes winches, tripods or davit arms in addition to harnesses and other various equipment. PPE training will provide them with the knowledge and the understanding that they need to safely use the tools that are there to protect them.

The same is true for the attendant (also known as the safety watch or standby), who monitors the situation from outside. If they have access to rescue equipment such as safety harnesses, lifting equipment, or a lifeline, but don’t know or remember how to use them properly, then the safety of their colleagues is in jeopardy. Relevant training will allow them to address any emergency situation in a timely and safe manner, giving their colleague more of a chance to emerge from a dangerous situation unscathed.

Monitoring devices not only keep workers informed of the situation while they’re in a confined space, but they also help assess if that space is safe to enter in the first place. Employees must understand that testing for flammable gases and vapors and potential toxic air contaminants is paramount before any work can begin. The same is true for oxygen levels: assuming that there’s enough oxygen in a confined space without testing for it first is dangerous.

Testing for gases should include as many combinations as possible. Toxic gas hazards vary depending on the space your employees need to enter, and it would be a mistake to assume that, for example, only carbon monoxide is a possibility. There are many multi-gas monitors available on the market that can measure a number of gases simultaneously, giving employees a better understanding of their working conditions.

Human factors safety training is largely neglected when companies conduct confined spaces safety. A great amount of attention is given to performing a job or handling hazards without addressing the possibility of human error. Incidents are most likely to occur when an employee’s headspace prevents them from giving a job their undivided attention. When workers rush through a job to ensure its completion, when they are frustrated, when they are fatigued, or when they’ve performed a job so many times it has skewed their perception of risk, they’re more likely to make mistakes. The best confined spaces training addresses these human factors in addition to physical hazards, procedures and equipment.

When it comes to areas that have the potential to pose significant risk, specialized training beyond the required basics should always be provided. Confined spaces are no exception, as employees’ chances for encountering a variety of hazards increase in such a work environment. Therefore they need to demonstrate exceptional personal awareness, in addition to the technical understanding of their surroundings. Combining those factors means that your employees will have more tools at their disposal when working in confined spaces or dealing with unexpected hazards. And the more they know and understand of their surroundings and behavior, the safer they are.

BE CAREFUL~BE AWARE~BE SAFE

**Lauren Vincent
Industrial Safety Manager**



Birthdays



February Birthdays

Shaun Fontenot- 2/7

Clay Cormier- 2/16

Ben'Nequa- 2/22

Paul Beaudeau- 2/23

Will Taylor- 2/27

Work Anniversaries

February Work Anniversaries

Dru Spady- 1 year

Kevin Trimmer- 1 year

Shannon Marcel- 1 year

Christine Granger- 2 years

Charles Robinson- 3 years

Clean DOT Inspections

A special thank you is need for the 2 Pasadena drivers below that received Clean DOT Inspections in the month of January. These were the first we have received in several months. These drivers received a \$100 bonus on their check for every Clean DOT Inspection they received.



Gerardo Vasquez- 2 Clean DOT Inspections!!

William Morales- 1 Clean DOT Inspection!!



What did you learn?

Name: _____

Date: _____

- 1. Name 2 things that salmon, berries, leafy greens and nuts What do salmon, berries, leafy greens and nuts have in common? They are all heartsmart foods that ably nourish the body and help combat unhealthy cholesterol, hypertension and heart disease...**
 - a. bulking up
 - b. regulating body temperature
 - c. stop sweating
- 2. Start your day with a balanced breakfast. Eating _____ smaller meals and 2- 3 healthy snacks is a better choice than eating 2-3 large fast food meals each day.**
- 3. The CDC urges you to take the following actions to protect yourself and others from influenza:**
 - a. _____
 - b. _____
- 4. _____ factors safety training is largely neglected when companies conduct confined spaces safety.**
 - a. Safety
 - b. Human
 - c. Confined Space

If you return this portion completed to the Safety Department by February 29th, you will be entered into a drawing for 2- \$25.00 gift cards. Good Luck!