

Health & Safety Newsletter

A Special Thank You to Our Drivers

The driver's role in completing an order is critical to maintaining revenue, credibility and future business, also known as customer retention. This week we received an email from DX Terminals stating that they were guaranteed work for the next six (6) months due in part to the professionalism, courtesy and dependability of the A & B drivers dedicated to delivering from their facility to the City of Beaumont, TX.

This continued business benefits both DX Terminals and A & B Transport. We all have a responsibility in doing our job and doing it well. Average will not survive, nor is it accepted at A & B Transport. The three (3) drivers dedicated to these loads have proven just what can be achieved from maintaining their professionalism, courtesy and dependability.

If you haven't thanked a driver for their service with A & B Transport lately, take a minute to thank them for all they do. Most drivers will respond with "I'm just doing my job" but in a world where most do as little as possible, 'just doing your job' is ever so important.

A special Thank you is owed to **Donald Hargrave**, **Lester Logray** and **Hillary Rougeau** for exemplifying A & B's continued dedication to excellent customer service. You mean a lot to us and to our customers.



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Physical Exercise for Mental Fitness

It is no secret that exercise benefits us physically by improving our physical condition and fighting off disease and illness. Exercise is just as vital for achieving and maintaining mental fitness. It helps to reduce stress and fatigue, and it improves concentration and alertness- a significant enhancement of overall cognitive function.

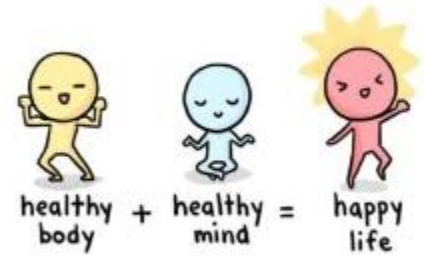
When we are stressed, our whole body feels it. Physical activity produces endorphins, those feel-good chemicals in the brain that act as natural painkillers, make us feel better in general, and improve our sleep....and feeling better physically and mentally reduces stress.

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. About five minutes of aerobic exercise can begin to stimulate anti-anxiety effects.

Psychologists studying how exercise relieves anxiety and depression suggests that even a 10-minute walk decreases overall levels of tension, elevates and stabilizes mood, and improves sleep and self-esteem. Although the effects may be temporary, they demonstrate that a brisk walk or other simple activity can make us feel better for hours and making it a habit is a win-win. Science has also provided evidence that physically active people have lower rates of anxiety and depression than sedentary people.

However, if you are feeling depressed and/or anxious, and it is affecting your everyday quality of life despite your efforts to exercise more often, please talk to your healthcare provider. There is lots of help out there, and depression and anxiety are very common ailments- you are not alone.

<https://adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>



FOCUS for Relaxation



Stressed? Got too much on your mind? Want to try a simple meditation? Take a deep breath - in through your nose - and out through your mouth (breathe out slowly as if you are blowing through a straw). Repeat a few times. Then, focus on anything... a picture on the wall, a book on your desk, or a button on your sweater. Breathe normally and stay focused on that one object. Try to stay intent upon that object for several minutes. After a few minutes of focusing, take a few deep breaths as described above. This technique helps to clear the mind and gives you a little mini-relaxation session any time you feel you need it.

Brandi Brown
Safety Manager

Sleep Apnea & Commercial Drivers

Do you snore? Do you feel sleepy during the day? Are you over 40 or overweight? If you answered yes to these questions, you may be at risk for obstructive sleep apnea.

Sleep apnea is a breathing-related sleep disorder that causes brief interruptions of breathing during sleep. These pauses in breathing can last at least 10 seconds or more and can occur up to 400 times a night. Sleep apnea is a serious, potentially life-threatening condition that often goes unrecognized and undiagnosed.

The Federal Motor Carrier Safety Administration (FMCSA) says that as many 28% of commercial driver's license (CDL) holders have sleep apnea.

Signs of sleep apnea include daytime sleepiness, falling asleep at inappropriate times, loud snoring, depression, irritability, loss of sex drive, morning headaches, frequent nighttime urination, lack of concentration, and memory impairment. For commercial drivers, these symptoms are dangerous and potentially deadly. Research indicates that untreated sleep apnea puts drivers at increased risk for motor vehicle crashes. In fact, one study found that drivers with *untreated* sleep apnea did worse on performance tests than healthy alert subjects whose blood alcohol concentrations was above the federal limit for driving a commercial motor vehicle (CMV).

The good news is that sleep apnea is a highly treatable disorder. A continuous positive airway pressure machine is the most effective therapy, requiring patients to wear a nasal mask during sleep. The mask, connected to a pump, gently forces compressed air into the nasal passages at pressures high enough to open the airway from the inside. In addition, people with sleep apnea can lose weight, avoid alcohol prior to bedtime, and avoid sleeping on their backs. Other treatments include the wearing of oral devices and surgery to remove enlarged tonsils, adenoids, nasal polyps, or other growths. Deviated nasal septums or unusually formed jaws or soft palates can also be corrected surgically.

Once you have received treatment for sleep apnea and comply with your treatment plan, you can do your job as safely as someone who doesn't have the disorder.

What should a CMV driver do after learning that they have sleep apnea? Each state sets its own medical standards for driving a commercial motor vehicle in **intrastate** commerce. Many States have adopted the medical regulations found under Section 391.41(b)(5) of the FMCSRs and have determined that sleep apnea is a disqualifying condition. Each State has the jurisdictional authority to suspend a CDL if a person has sleep apnea. Medical examiners and CMV drivers should check with their Department of Motor Vehicles for more information about medical standards in their State.

What level of sleep apnea (mild, moderate, severe) disqualifies a CMV driver? The disqualifying level of sleep apnea is moderate to severe, which interferes with safe driving. The medical examiner must qualify and determine a driver's medical fitness for duty.

What are the obligations of a motor carrier concerning an employee with sleep apnea? A motor carrier may not require or permit a driver to operate a CMV if the driver has a condition, including sleep apnea, that would affect his or her ability to safely operate the vehicle.

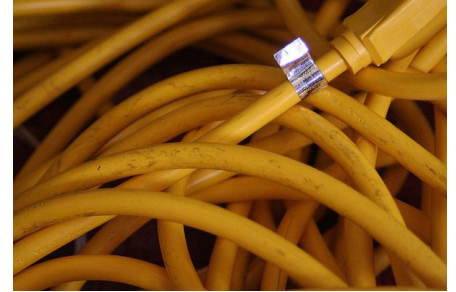
If you suspect that you have sleep apnea, the FMCSA and the National Sleep Foundation (NSF) urge commercial truck and motorcoach drivers to discuss the problem with their doctor.



Clay Cormier
DOT Safety Manager

Electrical Cord Safety

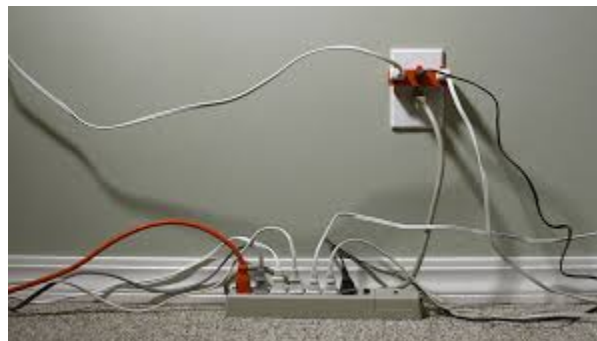
The U.S. Consumer Product Safety Commission (CPSC) estimates that each year, about 4,000 injuries associated with electric extension cords are treated in hospital emergency rooms. About half of the injuries involve fractures, lacerations, contusions or sprains from people tripping over extension cords. CPSC also estimates that about 3,300 residential fires originate in extension cords each year, killing 50 people and injuring about 270 others. The most frequent causes of such fires are short circuits, overloading, damage and /or misuse of extension cords.



Some tips for use of extension cords:

- Use extension cords only when necessary and only on a temporary basis. Do not use extension cords in place of permanent wiring.
- Do not remove the prongs of an electrical plug. If plug prongs are missing, loose, or bent, replace the entire plug.
- Do not use an adapter or extension cord to defeat a standard grounding device. (e.g., Only place three-prong plugs in three-prong outlets; do not alter them to fit in a two-prong outlet.)
- Use extension cords that are the correct size or rating for the equipment in use. The diameter of the extension cord should be the same or greater than the cord of the equipment in use.
- Only use cords rated for outdoor use when using a cord outside.
- Do not run cords above ceiling tiles or through walls.
- Keep electrical cords away from areas where they may be pinched and areas where they may pose a tripping or fire hazard (e.g., doorways, walkways, under carpet, etc.).
- Always inspect the cord prior to use to ensure the insulation isn't cut or damaged. Discard damaged cords, cords that become hot, or cords with exposed wiring.
- Never unplug an extension cord by pulling on the cord; pull on the plug.
- In locations where equipment can be pushed against an extension cord where the cord joins the plug, use a special "angle extension cord" specifically designed for these instances.

EXTENSION CORD SAFETY IS EVERYONE'S JOB!



Lauren Vincent
Industrial Safety Manager



Birthdays



February Birthdays

Shaun Fontenot- 2/7

Clay Cormier- 2/16

Ben'Nequa Curtis- 2/22

Justin Parke- 2/23

Will Taylor- 2/27

Work Anniversaries

February Work Anniversaries

Chris Bellard- 1 year

Dru Spady- 2 years

Kevin Trimmer- 2 years

Charles Robinson- 4 years

Clean DOT Inspections

A special thank you to **Larry Domingue** from the Sulphur Terminal!!! Larry is the only driver in January to receive a Clean DOT Inspection for A & B Transport.

Larry received a \$100 bonus on his check for the Clean DOT Inspection.



What did you learn?

Name: _____

Date: _____

1. Exercise helps to reduce _____ and _____, and it improves concentration and _____ - a significant enhancement of overall cognitive function.
2. Signs of sleep apnea include which of the following:
 - a. Daytime sleepiness
 - b. Falling asleep at inappropriate times
 - c. Loud Snoring
 - d. All of the above
3. List 2 frequent causes of fires by extension cords:
 - a. _____
 - b. _____

If you return this portion completed to the Safety Department by February 28th, you will be entered into a drawing for 2- \$25.00 gift cards. Good Luck!