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How do you start your morning can set the tone for your entire day. Greet the day right with these strategies.

Go to bed earlier. You will feel less sluggish in the morning if you start out with a good night's sleep behind you.

Avoid the snooze button. Get up on time so you won't start out the day rushed and stressed. If you like time to linger in bed, set your alarm for 20 minutes earlier.

Reflect. Spend time in quiet reflection, read or listen to music, or do some stretching.

Exercise. Starting out the day with movement immediately gets your energy level up and clears your head. Plus, getting your exercise in first thing means you won't put it off.

Eat to succeed. Avoid sugary breakfast foods full of empty calories. Instead, eat a nourishing morning meal that includes some lean protein and whole grains to fill you up and keep blood sugar levels steady.

Turn off media. Consider skipping online and TV news, especially if they make you feel worried or stressed. Instead, focus on peaceful, positive ways to prepare for the day ahead.

What **Top Performers** Do On Their Days Off

Have you ever wondered what high achievers do when they aren't working? Many top performers bring the same discipline and mindset to their days off as they do their workdays.

They get up early. People who are highly productive tend to be early risers, even on their days off. They greet the day feeling positive, perhaps by exercising, spending time in quiet reflection, or reading.

They limit time wasters. It's easy to lose an entire day surfing the Internet, gaming, texting, using social media or watching television.

Tip: Set a time limit for activities that tend to distract you; enjoy them but not at the expense of other things you want to achieve.



They take care of themselves. Top performers realize that a healthy lifestyle helps them stay productive on and off the job.

Tip: Regular exercise and a balanced diet help you feel better with added energy to get the most out of your free time.

They follow through. Top performers set realistic goals. Rather than trying to get everything done on 1 day off, they set priorities, spend their time on tasks and activities that truly matter, and avoid procrastinating. They also ask for help with home responsibilities and chores when they need it.

How to Avoid Road Rage: 11 Tips to Keep Calm

There are plenty of idiots out there. They speed up to beat red lights, they tailgate you, they flash their lights because they think you're driving too slowly, they cut you off without so much as a turn signal to warn you, they honk their horns, and they regularly provide other drivers with the one-finger salute -- how rude. You're just trying to make your morning commute in peace!

Your first response might be to whip out your phone and tweet angrily about it. You might even be tempted to speed up to teach that idiot driver a lesson. Please don't! People have been run off the road, found themselves in car accidents and have even been shot by enraged motorists over such trivial circumstances... it's not worth it! Not to mention a lot of these behaviors mean you're engaging in distracted driving, which is also super dangerous.

According to Merriam-Webster, the definition of road rage is "angry and aggressive behavior by a driver who is upset by how another person is driving."

While "aggressive driving" is just a traffic offense, "road rage" is a driver-blamed criminal offense. You don't want to wind up doing serious jail time from vehicular homicide.

Here are some tips for avoiding road rage and turning into an aggressive driving monster:

- Most road ragers are usually dealing with some sort of emotional crisis, so if your girlfriend or boyfriend just broke up with you, be extra careful when you get behind the wheel. Give yourself some time to defuse before getting behind the wheel.
- Expect other drivers to make mistakes and remember that everyone is human. You'll be less freaked out when they do.
- Be predictable. Always check your blind spots and use your signals when you change lanes so you don't turn anyone else into a road rager. Checking all the views around your vehicle and being a considerate driver should help with preventing road rage.
- If it's rush hour or you find yourself in a traffic jam due to an accident, listen to music and just come to terms with the fact that you're going to run late. It's okay. No need to be inconsiderate to drivers around you by making obscene gestures at people trying to merge into your lane.

Finally, here's what the NHTSA (National Highway Transportation and Safety Agency) says you can do if you find yourself a victim of a road rage incident:

- Avoid mad motorists, if at all possible. Ain't nobody got time for that negative energy.
- Don't feed the trolls. If you try to speed up to pass an angry driver or prevent them from merging in your lane, it only makes things worse and can put your life in danger! Let them pass and leave plenty of room between you and that grump.
- If an angry driver gives you the finger or makes another obscene gesture, be a grown up and ignore it. Such gestures have gotten people physically attacked many times. Um, no thanks.
- Honk that horn only if you really have to for [defensive driving](#) purposes... like if a driver is merging into your lane and doesn't appear to see you. Don't use your horn if you're simply annoyed because you're sitting in traffic. We're all in the same boat ... er, car. Honking your horn is meant to be used to alert other drivers, not to scold them. Take the high road, engage in polite driving.
- Don't be afraid to report aggressive drivers to the authorities. You could save a life and prevent road rage from causing a bigger issue.
- If you see a driver with road rage get into an auto accident, be cautious about approaching the vehicle and driver. Stop a safe distance away from them, then call the police to report the incident. Aggressive drivers can be unpredictable and it's important to keep yourself safe
- If an aggressive driver starts following you, don't go home. Call the police and drive to the nearest police station. You don't want to become the victim of a road rage attack.

If you keep those tips from NHTSA and Aceable in mind, you'll help keep yourself and others safe on the road. This is definitely information you want to have locked away after you leave the DMV with your new license! A simple rule of thumb is to just be a courteous driver at all times. Now let's all be cool, okay?

Clay Cormier
DOT Safety Manager



Housekeeping Safety

Good housekeeping not only results in a cleaner workplace, but makes it safer as well. Good housekeeping reduces illnesses and injuries and promotes positive behaviors, habits, and attitudes. Employers are responsible for assessing each workplace before work begins to identify the potential hazards present, and determine ways to eliminate the hazards. An effective housekeeping program is an important element in workplace safety and health management systems.

Uncluttered working conditions are essential to the safety of all workers and should be maintained at all times in both work and office areas. Proper housekeeping management provides for an orderly arrangement of operations, tools, equipment, storage facilities, supplies, and waste material. Good housekeeping is evidenced by floors free from grease and oil spillage; properly identified passageways; unobstructed accesses and exits; neat and orderly machinery and equipment; well-nested hoses and cords; properly stored materials; removal of excess waste material or debris from the working area; walkways free from ice and snow; surfaces, including elevated locations, free from accumulated dust; and adequate lighting. Maintaining these conditions contributes significantly to lower incident rates.

While OSHA regulations require that each working surface be cleared of debris, including solid and liquid waste, at the end of each work shift or job, whichever occurs first, to fully realize the benefit of a clean workplace, it is recommended that good housekeeping be maintained throughout the course of the job and workday. For example, consider the following consequences that can result from poor housekeeping:

- A trip or fall over lines and leads in walkways and work areas
- A slip or fall on an oily or slippery facility floor, vessel deck or other working surface
- An allergic reaction to a spilled chemical
- An eye injury from falling grit left in the overhead of a work site
- A fire as a result of oily rags left in an area where hot work is performed, or due to the accumulation of combustible dust
- Electrical shock as a result of poorly maintained equipment or energy sources, such as broken, cracked or damaged insulation and connections of wiring
- Lacerations and amputations when poor maintenance results in inadequate lighting
- Exposure to hazardous substances from poor storage and ineffective labeling of hazardous chemicals
- Slip hazards where snow, ice, or standing-water is left on walkways

CLEAN UP~BE AWARE~BE SAFE

**Lauren Vincent
Industrial Safety Manager**



Birthdays



February Birthdays

Robert Miles- 3/2

Cody Thompson- 3/11

Anthony Courtney- 3/12

Colby Frey- 3/15

Dru Spady- 3/23

Amanda Smith- 3/24

Billy Beaudeau- 3/24

Robert Turner- 3/26

Work Anniversaries

February Work Anniversaries

Elvis Ballard- 1 year

Jerome Maksyn- 2 years

William Morales- 2 years

Wilmar Marin- 2 years

Hillary Rougeau- 3 years

Chuck Guintard- 4 years

Darla Perry- 4 years

Brandon Pillsbury- 6 years

Gerald Rene- 9 years

Clean DOT Inspections

No Clean DOT Inspections received in February.

What did you learn?

Name: _____

Date: _____

1. What are two things you can do in the morning start your day off better?
 - a. _____
 - b. _____

2. List 2 things you can do if you find yourself a victim of a road rage incident.
 - a. _____
 - b. _____

3. Good housekeeping not only results in a cleaner workplace, but makes it _____ as well.
 - a. safer
 - b. more dangerous
 - c. a neutral environment

4. While OSHA regulations require that each working surface be cleared of debris, including solid and liquid waste, at the end of each work shift or job, whichever occurs first, to fully realize the benefit of a clean workplace, it is recommended that good housekeeping be _____.
 - a. ignored
 - b. maintained throughout the course of the job and workday
 - c. only done when your boss is coming

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