

**Driver Spotlight**  
**Chris “Train” Miller**



Train was diagnosed with diabetes last year. His blood sugar was at 480 when he went to the doctor and his A1C was 16! Now, Train knew he had to get a handle on his health for several reasons, to be around for his family and to be able to earn a living to name a couple. His doctor prescribed Metformin, but Train knew his eating habits were a part of the problem. His solution was to make some changes to his diet and to exercise as much as he could. As truck drivers, you ALL know that is sometimes next to impossible to work into your schedule.

\*\*The following chart is a guide for both those without diabetes and those with diabetes.

Time of Check	Target blood sugar levels for people without diabetes	Target blood sugar levels for people with diabetes
Before meals	Less than 100 mg/dl	80-130 mg/dl
1-2 hours after the start of a meal	Less than 140 mg/dl	Less than 180 mg/dl
Over a 3-month period, which an A1C test can measure	Less than 5.7%	Less than 7% Less than 180 mg/dl

Train became more active and when he's at home he has a stationary bike he rides along with walking when he can. Some things you can do as a driver, is to park further out in the lot and walk to the store, walk around your truck several times to get your heart rate up (please check with your doctor prior to adding any activity to your lifestyle). Now medication could have been the “end of this story”, but it isn't! Train began to educate himself by reading labels of the foods he was putting into his body. Carbohydrate intake is critical to a diabetic person, because some carbohydrates turn into sugar once ingested. If you follow this simple formula, you can see immediately if that food is a good choice. Train suggests that you stay around 15 net carbs on a single item. Net carbs are referred to as digestible or impact carbs.

**Total carbs-fiber=net carbs**

Train also says to look out for other names of sugar, i.e. Erythritol, Isomalt, Maltitol, Sorbitol, Xylitol, High Fructose Sugar, Corn Syrup, etc. For snacks, Train suggests eating trail mix, apples w/peanut butter, strawberries, sugar free pudding or jello, veggies like broccoli, cauliflower, and carrots. A good start for breakfast would be steel cut oatmeal w/cinnamon which is also heart healthy. If you like creamer in your coffee, Train says he uses Italian Sweet Creamer and sees no difference.

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## Customer Compliment

### Kesler Fretty



On March 25<sup>th</sup>, we received an email from a Senior Logistics Coordinator with KAG Logistics. She was very pleased with Kesler Fretty. He went above and beyond what was expected of him. We at A & B would also like to Thank Kesler for being an essential part of our team. Below is the customer compliment we received on Kesler Fretty:

Kesler Fretty is the real deal! I had to send over some kudos for the excellent communication and pure professionalism he exhibited on this load. He was patient when I couldn't get him quick answers over the weekend and updated me cradle to grave. I know it isn't easy for these guys right now but his attitude exceeded every expectation! Thank you guys for the continued support! I look forward to working with you in the future!

# When & How to Wash Your Hands



Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

## How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

## Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

## During the COVID-19 pandemic, you should also clean hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

## Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

### **Use Hand Sanitizer When You Can't Use Soap and Water**

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

**Sanitizers can quickly reduce the number of germs on hands in many situations. However,**

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.



### **How to use hand sanitizer**

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

**Clay Cormier  
DOT Safety Manager**

# Eye Safety



Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. About 1 in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20% will cause temporary or permanent vision loss. Experts believe that the right eye protection could have lessened the severity or even prevented 90% of eye injuries in accidents!

## COMMON CAUSE OF WORKPLACE EYE INJURIES

Flying objects (bits of metal, glass, perlite)
Tools
Particles (PERLITE)
Chemicals
Harmful radiation
Any combination of these or other hazards

## BEST DEFENSE AGAINST AN EYE INJURY

Know the eye safety dangers at work-complete an eye hazard assessment
Eliminate hazards before starting work-use machine guarding or other engineering controls
Use proper eye protection

## WHEN SHOULD I PROTECT MY EYES AT WORK?

You should wear safety eyewear whenever there is a <b>CHANCE</b> of eye injury. <b>ANYONE WORKING IN OR PASSING THROUGH AREAS THAT POSE EYE HAZARDS SHOULD WEAR PROTECTIVE EYEWEAR.</b>
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You have ONE set of eyes to last your lifetime, isn't it wise to protect them?

**KEEP AN EYE OUT FOR SAFETY~DON'T GET BLINDED BY BAD HABITS**

**Lauren Vincent**  
**Industrial Safety Manager**



# Birthdays



## **April Birthdays**

Tom Blevins- 4/1

Charles Trussell- 4/3

Kelli Stark- 4/6

Meagan Broussard- 4/7

Gerardo Martinez- 4/19

Ryan Theunissen- 4/23

Gerardo Vasquez- 4/27

# Work Anniversaries

## **April Work Anniversaries**

Gerardo Martinez- 1 year

Fred Hicks- 2 years

Alberto Arteaga- 3 years

Mike Wilkins- 3 years

Brandi Brown- 7 years

Kelli Stark- 12 years

# Clean DOT Inspections

No Clean DOT Inspections received in March.

## What did you learn?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. List 2 key times you should wash your hands:

a. \_\_\_\_\_

b. \_\_\_\_\_

2. Washing hands with soap and water is the \_\_\_\_\_ way to get rid of germs in most situations.

a. Worst

b. Best

3. Eye injuries in the workplace are very \_\_\_\_\_.

a. common

b. rare

c. hard

4. List 2 common causes of workplace eye injuries:

a. \_\_\_\_\_

b. \_\_\_\_\_

If you return this portion completed to the Safety Department by April 30<sup>th</sup>, you will be entered into a drawing for 2-\$25.00 gift cards. Good Luck!