

Health & Safety Newsletter

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**NOVEMBER IS
DIABETES
AWARENESS
MONTH**

November is Diabetes Awareness Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your health care team.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals who can offer you the personal care you need may help improve your health. And while it takes a team to manage diabetes, remember that you are the most important participant in your diabetes care.

Here are some tips to help you manage diabetes and build your health care team:



You are the center of your care

Learn as much as you can about your disease and talk with your primary care provider about how you can get the support you need to meet your goals.

Manage diabetes as early as possible

Take steps to improve your health. Talk with your primary care provider about how you

can manage your diabetes, follow the ABCs, and create a diabetes care plan. Research has shown that taking action soon after being diagnosed can help prevent diabetes-related health problems such as kidney disease, vision loss, heart disease, and stroke. If your child has diabetes, be supportive and positive. Work with your child's primary care provider to set specific goals to improve their overall health and well-being.



Build your diabetes health care team

A team of health care professionals can tailor your care for your specific needs. Besides a primary care provider, your health care team may include a nutritionist and a certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Prepare for visits with your providers

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.

Take notes at your appointment, ask for a summary of your visit, or check your online patient portal

Have a blood pressure check, foot check, and weight check. Talk with your team about medications and new treatment options, as well as the vaccines you should get to reduce your risk of getting sick.

Start with small changes to create healthy habits

Make physical activity and healthy eating part of your daily routine

Set a goal and try to be active most days of the week and follow a diabetes meal plan. Choose fruits and vegetables, whole grains, lean meats, tofu, beans, seeds, and non-fat or low-fat milk and cheese. Consider joining a support group that teaches techniques for managing stress and ask for help if you feel down, sad, or overwhelmed. Sleeping for 7 to 8 hours each night can help improve your mood and energy level.



MANAGE YOUR A1C, BLOOD PRESSURE, & CHOLESTEROL LEVELS

Ask your health care team what your goals should be and how you can reach them.



PREPARE FOR VISITS WITH YOUR TEAM

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.



SEEK ADDITIONAL SUPPORT FOR YOUR SPECIFIC NEEDS

A team of health care professionals—such as an eye doctor or pharmacist—can help tailor your diabetes self-care routine.



MAKE PHYSICAL ACTIVITY PART OF YOUR ROUTINE

Set a fitness goal and encourage your family members to exercise with you.



FOLLOW A DIABETES MEAL PLAN

Choose fruits and vegetables, whole grains, lean meats, beans, nuts or seeds, and non-fat or low-fat milk and cheese.



STAY ON TOP OF YOUR VACCINATIONS

Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

YOU!! ARE VALUABLE



The most irreplaceable factors employees bring to the table are their skillsets. Their skills include training and development programs, experience in a specific field, and understanding of companies' cultures, systems, and work procedures.

Here are 6 reasons that **YOU** are our most valuable asset:

1. **You** fill knowledge and skill gaps

You can efficiently perform tasks that are beyond the leader's capabilities. You can also share your knowledge and skills with new employees, so a company's shared understanding grows.

2. **You** are the public face of a business

Employees are the front line that represent any company and company standards. Set your goals high when dealing with the customer and provide the best work/service you are capable of.

3. **You** become a natural ambassador for the company

An employee who speaks positively about the company they work for can be a valuable asset in an organization. The positive words of employees can often encourage customers to be repeat customers.

4. **You** understand the business and its customers

Employees interact with customers daily, so you understand what the customer wants and how to deliver it safely for all concerned.

5. **Your** uniqueness is irreplaceable

One of the most important assets a person possesses is their uniqueness. Each employee brings a special blend of skills, knowledge, and personality to a workplace.

6. **You** help businesses grow and endure

Businesses rely on their employees for growth and longevity. It's up to you to take pride in your job and always work with integrity and safety at the forefront. Integrity is how you act when no one is looking!

~~YOU ARE THE MOST IMPORTANT PIECE OF THE WORKPLACE PUZZLE~~

Lauren Vincent
Industrial Safety Manager

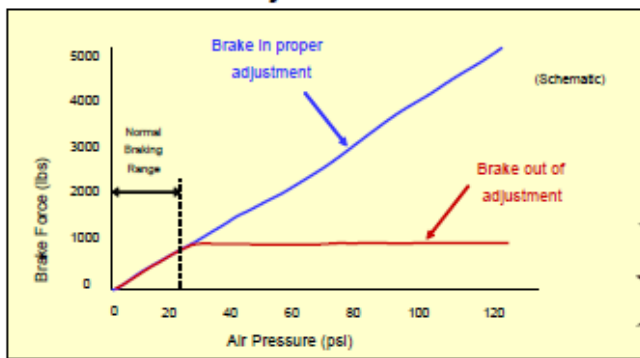
The Importance of Brake Adjustment



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

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

Drivers can't feel a brake Out of Adjustment



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

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...

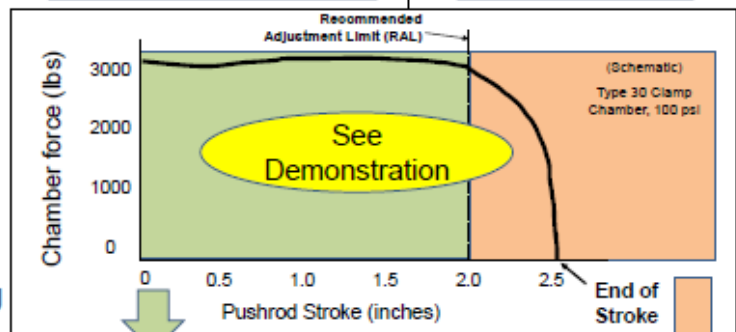
- ❖ Available Brake force
- ❖ Speed
- ❖ Weight
- ❖ Driver Reaction Time
- ❖ Brake System Activation Time
- ❖ Road Conditions (slope, friction)
- ❖ Tire Conditions (wear, pressure)

Brakes In Adjustment

Max. Available Brake Force

Brakes Out of Adjustment

Reduced Brake Force



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

Brake Force (Avg. Per Wheel)

Calculated Stopping Distance (from 60 mph)

3000 lbs	<p>321 ft</p> <p>Stopping time = 7.3 seconds</p>
1000 lbs	<p>962 ft</p> <p>Stopping time = 21.9 seconds</p>



Birthdays



November Birthdays

Ron Anderson- 11/6
Nick Roy- 11/16
Steve Magda- 11/16
Brandi Brown- 11/19
Donald Hargrave- 11/19
Tommy Sykes- 11/23
Daniel Batiste- 11/26
Chris Pete- 11/30
Mark Boullion- 11/30

December Birthdays

John Hollingsworth Sr.- 12/2
Ron Berry- 12/5
TJ Ledoux- 12/19
Mark Bellard- 12/24
Larry Domingue- 12/25
Buddy Baty- 12/27

Work Anniversaries

November Work Anniversaries

Jack Guidry- 1 year
Terry Broussard- 1 year
Kyle Washington- 4 years
Gerardo Vasquez- 5 years
Tracy Seay- 6 years

December Work Anniversaries

Donald LaPoint- 1 year
Elton Fisher- 1 year
Robert Vincent- 1 year
Ron Berry- 1 year
Steve Magda- 10 years

Clean DOT Inspections

We received **2** Clean DOT Inspections in the month of October!! We would like to congratulate **Kyle Washington**, Sulphur Terminal, and **Hernan Alzate**, La Porte Terminal!! Keep up the great work!!



What did you learn?

Name: _____

Date: _____

1. Diabetes is a disease that occurs when your _____, also called blood sugar, is too high.
2. A team of health care professionals can tailor your _____ for your specific _____. Besides a primary care provider, your health care team may include a _____ and a certified _____ educator.
3. List 2 reasons that YOU are the most valuable asset:
 - a. _____
 - b. _____
4. Businesses rely on their _____ for growth and _____. It's up to _____ to take pride in your job and always work with _____ and _____ at the forefront.
5. In Adjustment _____ prevent _____ that could be caused by a _____ of Sufficient Braking Force.

If you return this portion completed to the Safety Department by December 10th, you will be entered into a drawing for 2- \$25.00 gift cards. Good Luck!