

# Health & Safety Newsletter

## CONGRATULATIONS TO OUR 2022 DRIVERS OF THE YEAR!!

We have decided to begin honoring our Drivers by selecting Drivers of the Month and then at year end Drivers of the Year. Each month we will select 1 company driver and 1 owner operator from our Sulphur Terminal and 1 company driver and 1 owner operator from our La Porte Terminal. The drivers selected each month will receive a \$50.00 gift card.

We would like to introduce our Drivers of the Year for 2022.

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### **Cody Thompson** **Company Driver- Sulphur Terminal**

Cody has been with A & B Transport for 5 years and has driven 509,046 miles. He shows a strong commitment to safety in all he does. In his spare time Cody loves spending time with the love of his life, Brandy and their 4 dogs. Sunday is spent going to church, filling in where needed and that includes being the assistant choir director.

Awarding Cody, the Sulphur Company Driver of the Year signifies his dedication to safety and our appreciation of him.

Thank you, Cody, for all you do. We are proud to have you as our Company Driver of the Year. We appreciate all you do for your A & B Family.

### **Darrick Prater** **Owner Operator – Sulphur Terminal**

Darrick has been with A & B Transport for 9 years and has driven 877,715 miles. Darrick has always gone above and beyond what is expected of him. He never complains and is eager to help other drivers and dispatchers whenever he can. Darrick has shown a commitment to safety and protecting the motoring public. Darrick always has a kind word for all he meets and truly leaves them encouraged to be their personal best. Darrick cares for all people and it shows.

Awarding Darrick, the Sulphur Owner Operator driver of the year signifies his dedication to safety excellence.

Thank you, Darrick, for your commitment to safety and professionalism. We appreciate all you do for your A & B Family.





**Timothy Adams**  
**Owner Operator- La Porte Terminal**

Timothy has been with A & B Transport for 2 years and has driven 110,738 miles. Timothy has been accident free for all 110,738 miles. Timothy is very friendly and professional and always provides great service to our customers. Timothy is a proud Marine and loves to attend sporting events in support of his children, including college football. His family means so much to him, therefore giving him his “why” to stay safe.

Timothy has proven time and again that we can always count on him to get the job done safely and sufficiently.

We are honored to have Timothy as our Driver of the Year for La Porte. Thank you, Timothy for your hard work. We appreciate all you do for your A & B Family.

## 2023 January Drivers of the Month

**Chris Bellard**  
**Owner Operator- Sulphur Terminal**

Chris has been driving for 22 years total and boasts over 2 million miles. He's been with A & B Transport for 3 years and has driven 186,147 miles. He comes from a military family as far back as the war of 1812 and every generation since. He proudly served in the Air Force driving duce and a half, peace keeper, fire trucks, etc. He is married with 2 children and a lovely wife Diana.

We are honored to have Chris as our January 2023 Sulphur Driver of the Month. Thank you, Chris for your hard work. Your A & B Family appreciates all you do.



**Gerardo Vasquez**  
**Owner Operator- La Porte Terminal**

Gerardo has been a driver for 37 years and a dedicated driver with A & B for 5 ½ years driving 361,958 miles. He is always dependable. Gerardo does not only service our customers in a professional manner, but he is always willing to help train other drivers. Gerardo consistently shares his wealth of knowledge with our dispatch team in encouraging ways and always does so with great pleasure. In his spare time, along with spending time with his beautiful wife, he enjoys yard work and is always working on trucks for himself and his children. Blessed with 3 children and 9 grandchildren, he doesn't lack for fun at his place. Having Gerardo on the A & B team is a great asset.



We are honored to have Gerardo as our January 2023 La Porte Driver of the Month. Thank you, Gerardo for your hard work. We appreciate all you do for A & B.

## Winter Savvy



### Prepare Your Vehicle

Get your vehicle ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level.
- Check your tires' tread or, if necessary, replace tires with all-weather or snow tires.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
  - Cell phone, portable charger, and extra batteries.
  - Items to stay warm, such as extra hats, coats, mittens, blankets, or sleeping bags.
  - Food and water.
  - Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction).
  - Compass and maps.
  - Flashlight, battery-powered radio, and extra batteries.
  - First-aid kit; and
  - Plastic bags (for sanitation).

### Prepare Your Home




Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home.
  - Install weather stripping, insulation, and storm windows.
  - Insulate water lines that run along exterior walls.
  - Clean out gutters and repair roof leaks.
- Check your heating systems.
  - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
  - Inspect and clean fireplaces and chimneys.
  - Have a safe alternate heating source and alternate fuels available.





**CARBON MONOXIDE:**  
How to spot the dangers

		
<b>MILD</b>	<b>MEDIUM</b>	<b>EXTREME</b>
Slight headache Nausea Vomiting Fatigue	Severe headache Confusion Drowsiness Fast heart rate	Unconsciousness Convulsions Cardio-respiratory failure Death

- If you do not have working smoke detectors, install one inside each bedroom, outside each sleeping area, and on every level of the home, including the basement. Test batteries monthly and replace them twice a year.
- Prevent carbon monoxide (CO) poisoning emergencies.
  - Install a battery-operated or battery backup CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring.
  - Learn the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

**Take Precautions Outdoors**

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
  - Work slowly when doing outside chores.
  - Take a buddy and an emergency kit when you are participating in outdoor recreation.
  - Carry a cell phone.

**~~A LITTLE PREPARATION WILL HELP KEEP YOU SAFE AND WARM~~**



**Lauren Vincent  
Industrial Safety Manager**

# Driving When You Have Sleep Apnea

A study conducted by the University of Pennsylvania and sponsored by the Federal Motor Carrier Safety Administration (FMCSA) and the American Transportation Research Institute of the American Trucking Associations found that almost one-third (28 percent) of commercial truck drivers have mild to severe sleep apnea.



## What is 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.

## Risk Factors for Sleep Apnea

Sleep apnea occurs in all age groups and both sexes, but there are several factors that may put you at higher risk:

- A family history of sleep apnea
- Having a small upper airway
- Being overweight
- Having a recessed chin, small jaw, or a large overbite
- A large neck size (17 inches or greater for men, 16 inches or greater for women)
- Smoking and alcohol use
- Being age 40 or older
- Ethnicity

## Symptoms of Sleep Apnea

- Loud snoring
- Morning headaches and nausea
- Gasping or choking while sleeping
- Loss of sex drive/impotence
- Excessive daytime sleepiness



## Diagnosing Sleep Apnea

To diagnose sleep apnea, your doctor may send you to a sleep center for testing. You may be asked to spend a night at the center, where experts will monitor your sleep.

## **How Can Sleep Apnea Affect Your Driving?**

Because sleep apnea affects your sleep, it also affects your daytime alertness and performance. Untreated sleep apnea can make it difficult for you to stay awake, focus your eyes, and react quickly while driving. In general, studies show that people with untreated sleep apnea have an increased risk of being involved in a fatigue-related motor vehicle crash.

Many sleep apnea patients say they never fall asleep while driving. That may be true. But remember, you don't have to fall asleep to have a crash. You simply must be inattentive or less alert — and with untreated sleep apnea; you are not as sharp as you should be.

## **Can You Still Drive if You Have Sleep Apnea?**

Yes! While FMCSA regulations do not specifically address sleep apnea, they do prescribe that a person with a medical history or clinical diagnosis of any condition likely to interfere with their ability to drive safely cannot be medically qualified to operate a commercial motor vehicle (CMV) in interstate commerce. However, once successfully treated, a driver may regain their “medically-qualified-to-drive” status. It is important to note that most cases of sleep apnea can be treated successfully.

Because each State sets its own medical standards for driving a CMV in intrastate commerce, check with your local Department of Motor Vehicles for regulations in your State.

## **What Should You Do Once You Learn You Have Sleep Apnea?**

You and/or your doctor should contact the medical qualifying examiner to determine your fitness to operate a commercial motor vehicle and to get help with treatment.

## **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 Regarding Employees 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.

It is critical that persons with sleep apnea fully use the treatment provided by their doctor. They should not drive if they are not being treated. Being effectively treated, and complying with that treatment, offers the best hope of a commercial driver with sleep apnea to secure the ability to do his or her job safely and be fully alert.

**Clay Cormier**  
**DOT Safety Manager**



# Birthdays



## January Birthdays

Cathy Hogan- 1/5  
Clay Hollingsworth- 1/9  
Milton Caraballo- 1/13  
Christa Dunaven- 1/31  
Danielle Schisser- 1/31

## February Birthdays

Steven Broussard- 2/1  
Marlon Victorian- 2/6  
Anthony Traylor- 2/7  
Shaun Fontenot- 2/7  
Randy Irons- 2/15  
Clay Cormier- 2/16  
Taylor Stark- 2/20  
Will Taylor- 2/27

## March Birthdays

Cody Thompson- 3/11  
Oscar Figueroa- 3/23  
Amanda Smith- 3/24  
Billy Beaudeau- 3/24  
Robert Turner- 3/26  
Omar Bell- 3/27

# Work Anniversaries

## January Work Anniversaries

Barry Hessler- 23 years  
Charles Hammer- 17 years  
Kenneth Racca- 5 years  
Meagan Broussard- 5 years  
Billy Beaudeau- 3 years  
Tim Adams- 2 years  
Tim Leach- 2 years  
Taylor Stark- 1 year

## February Work Anniversaries

Buddy Baty- 28 years  
Chris Bellard- 3 years  
TJ Ledoux- 2 years  
Omar Bell- 1 year

## March Work Anniversaries

Chuck Guintard- 7 years  
Darla Perry- 7 years  
Wilmar Marin- 5 years  
Clay Hollingsworth- 2 years  
Chris Pete- 1 year  
Dior Patrick- 1 year  
James Arvie- 1 year

# Clean DOT Inspections

No Clean DOT Inspections Received in January 2023.

## What did you learn?

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

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

1. Who are the Drivers of the Year for 2022?

Sulphur: \_\_\_\_\_

Sulphur: \_\_\_\_\_

La Porte: \_\_\_\_\_

2. Who are the January 2023 Drivers of the Month?

Sulphur: \_\_\_\_\_

La Porte: \_\_\_\_\_

3. List 2 ways to get your vehicle ready for cold weather use:

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

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

4. List 3 risk factors for sleep apnea:

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

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

c. \_\_\_\_\_

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