

Health & Safety Newsletter

CONGRATULATIONS TO OUR FEBRUARY DRIVERS OF THE MONTH!!

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Robert Turner- Owner Operator Sulphur Terminal

Robert has been with A & B Transport for nearly 8 years. He started with one truck and has grown his business to three trucks. His son in law helps keep one of the other trucks working. Robert loves to keep busy working and working some more! He has 13 grandkids and along with his 2 pit bull pups, he enjoys the country life with his significant other.

Thank you, Robert for going above and beyond to meet our customer's needs with

your exemplary transportation skills. You are a great "face" for our customers. We appreciate all you do for your A & B Family.

Wilmar Marin- Owner Operator La Porte Terminal

Wilmar has been with A & B Transport for 5 years. He is originally from Columbia where he has a son still living there and working for the Policia Nacional de Colombia. He is also father to a beautiful 10-year-old daughter and married to his sweetheart of 19 years, Christina. Adding to their household is their beloved Cavalier King Charles Spaniel of 2 years named Bella. When the weekend comes and Wilmar is not working, you can find him cooking! Either on the grill with steaks and ribs or in the kitchen serving up his favorite

Columbian dishes! Thank you, Wilmar, for being such a great asset to A & B Transport, serving our customers with professionalism and efficiency. We appreciate all you do for your A & B Family.



Workplace Violence



Tip 1. Recognize potential workplace violence incidents. All your workers should be trained to recognize signs and behaviors of violence in others, such as:

- Angry outbursts.
- Intimidating behavior toward one or more people.
- Talk about weapons, especially if it seems obsessive.
- Blaming others for their own problems; *and*
- Holding grudges.

Your workers should also be aware of common employee issues that could trigger workplace violence, including:

- Negative performance review.
- Unwelcome change in role due to performance or reorganization issue.
- Criticism of performance.
- Conflict with a coworker or supervisor.
- Personal stress outside the workplace; *and*
- Increased workload or pressure, such as deadlines or specific projects.

Tip 2. Take it seriously. All your workers should be trained to take potential workplace violence threats seriously and take precautions. Key precautions your workers should be trained to take are:

- Don't let any unauthorized people into the facility.
- Alert security about strangers or anyone else, such as a former employee, who should not be in the workplace. Do not confront these people yourself!
- Tell your supervisor about any people you do not want to see at work.
- Tell your supervisor if you are dealing with domestic violence.
- Be familiar with all facility exits and note the one you would use if need be when you move around the facility.
- Know your security guards and how to contact them if the need arises.
- Let someone know if you are working overtime.
- Try not to work alone.
- Don't leave your workplace alone, if possible.

Tip 3: Avoid confrontation. It is a good idea to have a warning signal that all your workers know in the event of a violent situation. Employees who are not specifically trained to deal with workplace violence should be told and

trained to avoid and/or de-escalate a violent situation by:

- Remaining calm.
- Not arguing.
- Not responding to threats.
- Avoiding anything that would increase the person's anger.
- Screaming to alerting other people if need be; *and*
- Doing anything to avoid going somewhere with the violent person.

Tip 4. Report it. It is critical that all your workers take any work-related violence or threatening behavior seriously. They must report these incidents immediately before situations can get out of hand. For them to feel comfortable reporting a violent, or potentially violent incident, you must have a policy and procedures in place that are convenient for your workers and protect them from any possible retaliation.

Your policy should include that retaliation against a worker who makes a good-faith report of violence or other disruptive behavior is strictly prohibited and subject to appropriate corrective or disciplinary measures. In addition, workers should feel comfortable reporting violence or intimidating behavior to managers or supervisors other than his or her own in cases where the behavior is by his or her own supervisor.

~~ KEEP YOUR WORKPLACE SAFE AND KNOW THE SIGNS ~~



**Lauren Vincent
Industrial Safety Manager**

Avoid Aggressive Driving



Each year, aggressive driving results in more than 1,500 fatalities and thousands of serious injuries. A study by the AAA Foundation for Traffic Safety found that 56 percent of fatal traffic crashes are caused by Aggressive Driving behaviors.

Aggressive driving, sometimes referred to as reckless driving, usually involves one or more of the following dangerous behaviors:

- Speeding or Driving Too Fast for Conditions.
- Tailgating or Following Too Closely.
- Improper/Unsafe Passing, often without signaling.
- Improper /Unsafe Lane Usage, cutting off another vehicle.
- Obscene gestures and/or use of the horn out of anger or frustration.

Engaging in these hazardous driving behaviors may constitute a criminal offense of reckless driving. It may escalate into road rage and often results in crashes that involve loss of life and serious injuries. The American Transportation Research Institute (ATRI) reports that the likelihood of a commercial motor vehicle being involved in a crash increase significantly when the driver has been convicted of one of these hazardous actions. For example, a driver that has been convicted of Reckless / Careless / Inattentive / Negligent Driving has a 64 percent greater likelihood of being involved in a crash.

All drivers should follow these tips to avoid the dangers of aggressive driving:

- Allow ample time to get to your destination safely.
- Obey all posted speed limits and slow down if conditions warrant a slower speed.
- Don't tailgate. Following Too Closely reduces a driver's visibility and reaction time.
- Never attempt to pass a vehicle unless it is safe and there is plenty of time to do so safely.
- Never make obscene gestures or use your horn out of anger.
- Remember the three Bs: be courteous, be patient, be forgiving.
- Avoid alcohol or drugs before or during driving.
- Buckle up! It is your last line of defense.



Remember, seat belts save lives.

Driving is not a competition. Leave the ego at home. If another driver is acting aggressively, don't take their challenge. Just back off and live to drive another day!

Clay Cormier
DOT Safety Manager

Doable Health Goals for 2023

Are you striving to get healthier and feel better in general? Most of us want to improve something about ourselves, and that's a good thing. Following through is another ball game but setting goals and taking small steps to accomplish those goals can get us there. The following are some examples of wellness goals that can get us on track.

Screen limits – Give yourself a device break, or at least try to use your devices less. Too much screen time is unhealthy for quality sleep and mental health. You can be proactive by setting up screen time limits right on the device to help you cut back.

Drop unwanted pounds. If you aren't having success with diet and exercise on your own, consult a professional – your physician, a dietician or nutritionist, or a weight loss specialist.

Adjust your workstation to support your body. 6-8 hours sitting at a desk can be hard on your body and your mind. Do you have neck or back pain, eye strain, etc.? Make some ergonomic changes such as switching to a standing or adjustable desk, an ergonomic chair, and/or regular massage. Get up and take little walks throughout the day. Stretch regularly.

Begin your day with a workout. As your day progresses and gets busy, it's not that easy to be motivated or find the time to work out late in the day. It's a great feeling being able to cross one healthy to-do off your list first thing in the morning.

Build muscle. The benefits of having more muscle mass go far beyond how you look. It can help burn more calories, lower risk of falls and injuries, help to manage blood sugar, and improve heart and brain health. Start slow and work your way up.

Prioritize dental health. It can affect your overall health in a big way. Take the time to improve your dental health by brushing twice daily, flossing, and seeing your dentist every 6 months for a cleaning and to deal with TMJ, grinding, gum disease, or cavities.

Solve sleep issues if you don't currently get good quality sleep. Sleep is vitally important to your health. "Everything from blood vessels to the immune system uses sleep as a time for repair," says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado. Sleep helps prepare your brain to learn, remember and create. If you are having trouble sleeping most of the time, take steps to find out why. Talk to your health care provider.

Socialize – Being with other people plays a key role in maintaining mental health. Spend quality time with friends and family. Enjoy each other's company. Make it a goal to schedule in-person outings.

Schedule a checkup. Whatever your age or gender, getting the recommended health screenings can be a key step in the prevention or early detection for a range of health concerns including high blood pressure or cholesterol, cancer, or hearing loss and more. You should also schedule a skin check with your dermatologist and an eye exam. Just as you would maintain your car, maintain yourself!



Get lab work done. This is an easy way to monitor your overall health and wellbeing. Tests can reveal nutritional deficiencies, markers of heart disease and diabetes as well as to ensure that your thyroid, kidneys, and liver are functioning properly.

Go out for a walk. Walk your dog; walk with a friend or family member. Walk alone. Get outside and enjoy the fresh air. Both being outside and the physical activity are beneficial for body, mind, and spirit. You will benefit most if you get out most days.

Tips to Prevent Binge Eating

Stop Starving Yourself! If you starve yourself, your blood sugar will be too low. This is often what causes people to binge eat. Without sufficient glucose, your brain doesn't have the fuel it needs to resist junk food. So, if you feel your energy fading, eat a healthy snack ASAP, like a handful of nuts or fruit and a slice of cheese to hold you over until your next meal.

Don't solely rely on your willpower. Activity not only keeps us strong and limber, but it also balances out what we eat. If you eat a treat, exercise a bit longer or a little harder or more often. If you feel you need a reward after a workout, choose something other than food. Eventually, having completed a workout will be reward enough in itself as it boosts mood.

Play Defense. Oddly, people with the best self-control were the ones who used their willpower less often. Instead of fending off one temptation after another, they set up their daily lives to minimize them. In other words, they played defense. For example, they don't keep bags of snacks in the cabinet when they know they won't just eat one serving. If you have kids or a partner that can't live without the treats you want to avoid, put them in a different area of the kitchen or pantry that you don't see regularly – maybe even put them all in a bin or basket separate from your healthier fare.

Short on sleep? Pour a cup of coffee or tea (early in the day). This helps the area of the brain that supports your ability to stay focused and goal-oriented when confronted with tempting distractions. Make sure you get to bed early the next night and stay on a good sleep schedule. You're ALWAYS more tempted when you're bored and unfocused.

Seek professional help. If you just cannot stop overeating no matter how hard you try, talk to someone about it. There is help there (family physician, counselor, dietician, etc.). You don't have to do it alone.



Eggplant Meatballs with Marinara

Ingredients:

- 1 small eggplant (about 12 ounces)
- 1 large egg, lightly beaten.
- 1/2 cooked white beans, such as cannellini or navy (rinsed, if canned), smashed with a fork
- 1 large clove garlic very finely chopped or pressed.
- 1/2 cup finely chopped fresh flat leaf parsley.
- 1/2 cup finely grated parmesan cheese, plus extra for sprinkling (optional)
- Kosher salt and freshly ground pepper.
- 1 cup whole-wheat panko-style breadcrumbs.
- Olive oil mister or nonstick pan spray.
- 2 cups marinara sauce.

Directions:

Preheat the oven to 375°F. Line a rimmed baking sheet with foil and place the eggplant on top. Use a fork to prick the eggplant 4 times, then place the eggplant in the oven and roast it, 40 to 50 minutes. Cool the eggplant 20 minutes. Leave the oven on. Slice the eggplant in half lengthwise and use a spoon to scoop out the flesh (discard the skin). Place the roasted eggplant in a medium bowl and stir in the egg and beans. Add the garlic, parsley, parmesan, 3/4 teaspoon salt and 1/2 teaspoon pepper and stir to combine, then mix in the breadcrumbs.

Again, line the rimmed baking sheet with a clean sheet of foil and lightly mist it with spray. Shape the eggplant mixture into balls about the size of a golf ball. Place them on the prepared baking sheet and lightly mist the top of the balls with spray. Bake the eggplant balls until they are golden brown, about 20 minutes. While the meatballs cook, warm the marinara sauce in a small saucepan. Remove the meatballs from the oven, sprinkle with a little extra parmesan and serve with the marinara sauce.

Serves 4.



Birthdays



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

April Birthdays

Tom Blevins- 4/1
Charles Trussell- 4/3
Kelli Stark- 4/6
Marlon Brown- 4/7
Meagan Broussard- 4/7
Hernan Alzate- 4/12
Herman Prosha- 4/14
Ryan Theunissen- 4/23
Gerardo Vasquez- 4/27

May Birthdays

Jerry Lanning- 5/2
Lisa Collins- 5/9
Kyle Washington- 5/13
Elton Fisher- 5/21
Cade LeBlanc- 5/28
Byron Brown- 5/29

Work Anniversaries

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

April Work Anniversaries

Kelli Stark- 15 years
Brandi Brown- 10 years
Daniel Batiste- 1 year
Oscar Figueroa- 1 year

May Work Anniversaries

Shaun Fontenot- 10 years
Lauren Vincent- 9 years
Robert Turner- 8 years
Byron Brown- 2 years
Christa Dunaven- 1 year
Hernan Alzate- 1 year
Tanner Davis- 1 year

Clean DOT Inspections

Clay Hollingsworth, Owner Operator, Sulphur Terminal received the only Clean DOT Inspection in March. Thank you, Clay, for your dedication to safety!

What did you learn?

Name: _____

Date: _____

1. Who are the February Drivers of the Month?

Sulphur: _____

La Porte: _____

2. What are the 4 tips to prevent workplace violence?

Tip 1: _____

Tip 2: _____

Tip 3: _____

Tip 4: _____

3. List 2 dangerous behaviors that are considered aggressive driving:

1. _____

2. _____

4. List 3 tips that all drivers should follow to avoid the dangers of aggressive driving:

1. _____

2. _____

3. _____

If you return this portion completed to the Safety Department by May 15th, you will be entered into a drawing for 2-\$25.00 gift cards. Good Luck!