

Health & Safety Newsletter

CONGRATULATIONS TO OUR DRIVERS OF THE MONTH!!

Drivers of the Month Pg. 1

Electricity Safety Pg. 3

ABS: Look Before They Lock Pg.5

Laughter is Good for Your Health Pg. 6

Save Your Knees Pg. 6

Birthdays & Work Anniversaries Pg. 7

Clean DOT & Quiz Pg. 8



Hernan Alzate- Owner Operator La Porte Terminal

Hernan Alzate was awarded our March Driver of the Month for our La Porte terminal. Hernan has been with A & B for 1 year and has been driving for 14 years. He is married for 14 years to a lovely woman with 2 children ages 23 (daughter) and 30 (son). Hernan is a hard-working husband and father.

We are honored to have Hernan as our Owner Operator Driver of the Month and as a member of our A & B Family. Hernan, A & B Transport appreciates all you do for our company to keep us running smoothly! Keep up the great work!

Marlon Brown- Company Driver Sulphur Terminal

Marlon Brown was awarded our March Driver of the Month for our Sulphur Terminal. Marlon has been with A & B Transport for 4 months. Marlon is fairly new to driving, 2 years, but handles himself like a pro. When not driving, he likes to go to the gym, relax, and hang with the kids. He has 3 children ranging from 18-24. Marlon is single with a beautiful companion Maltese named Mak, he has plenty to keep him busy.

Thank you for choosing A & B Transport to begin your driving career with! We are honored to have you as part of our A & B Family and appreciate all you do!





**Donald LaPoint- Company Driver
Sulphur Terminal**

Donald LaPoint was awarded our April Driver of the month for our Sulphur Terminal. Donald has been with A & B Transport for 1.5 years. He has been driving since the age of 10 in the rice fields. His parents were cross country drivers, and he rode with them most of his growing up years. Retired from the oilfield, he started up a lawn care business and once it got established, he turned it over to his son. It was then he decided to obtain his CDL and drive for a living.

He loves deer hunting and fishing at his favorite spot in Toledo Bend. He shares his life with his loving wife of 43 years, and they have two grown children and 8 grandchildren.

Donald, thank you for always being a pleasant person to speak with and for doing a great job with A & B Transport. We are honored to have you as part of our family.

**Dior Patrick- Owner Operator
La Porte Terminal**

Dior Patrick was awarded our April Driver of the month for our La Porte Terminal. Dior has been with A & B Transport for 1 year and has been driving for 15 years. Dior really enjoys fixing cars during his time off, and wishes he had the time to restore them like the popular TV show Counting Cars. He is a single father of 2 children ages 13 and 14. He also has a beloved shih tzu pet named Lala.

Dior, thank you for being a great customer advocate for A & B Transport. We appreciate all you do for us and are honored to have you as part of our A & B Family!



**Ronnie Berry- Owner Operator
Sulphur Terminal**

Ronnie Berry was awarded our March Driver of the Month for our Sulphur Terminal. Ronnie has been with A & B for 1.5 years and has been driving for 20 years. Ronnie comes from a pipeline background. Ronnie loves to work (a LOT). He also likes to saltwater fish and hunt in his limited spare time. Together with his significant other of 15 years, they have children ages 14 and 9, Ronnie also has 2 dogs (mutts) he wouldn't trade for anything!

Ronnie, thank you for being a safe and responsible driver for A & B Transport! We are happy to have you as a member of A & B's Family and appreciate all you do!





General Safety Tips When Working with Electricity

- Inspect portable cord-and-plug connected equipment, extension cords, power bars, and electrical fittings for damage or wear before each use. Repair or replace damaged equipment immediately.
- Always tape extension cords to walls or floors when necessary. Do not use nails and staples because they can damage extension cords and cause fire and shocks.
- Use extension cords or equipment that is rated for the level of amperage or wattage that you are using.
- Always use the correct size fuse. Replacing a fuse with one of a larger size can cause excessive currents in the wiring and possibly start a fire.
- Be aware that unusually warm or hot outlets or cords may be a sign that unsafe wiring conditions exists. Unplug any cords or extension cords from these outlets and do not use until a qualified electrician has checked the wiring.
- Always use ladders made with non-conductive side rails (e.g., fiberglass) when working with or near electricity or power lines.
- Place halogen lights away from combustible materials such as cloths or curtains. Halogen lamps can become very hot and may be a fire hazard.
- Risk of electric shock is greater in areas that are wet or damp. **Install Ground Fault Circuit Interrupters (GFCIs)** as they will interrupt the electrical circuit before a current sufficient to cause death or serious injury occurs.
- Use a portable in-line Ground Fault Circuit Interrupter (GFCI) if you are not certain that the receptacle you are plugging your extension cord into is GFCI protected.
- Make sure that exposed receptacle boxes are made of non-conductive materials.
- Know where the panel and circuit breakers are located in case of an emergency.
- Label all circuit breakers and fuse boxes clearly. Each switch should be positively identified as to which outlet or appliance it is for.
- Do not use outlets or cords that have exposed wiring.
- Do not use portable cord-and-plug connected power tools if the guards are removed.
- Do not block access to panels and circuit breakers or fuse boxes.
- Do not touch a person or electrical apparatus in the event of an electrical incident. Always disconnect the power source first.

Tips When Working with Power Cords

- Keep power cords clear of tools during use.
- Suspend extension cords temporarily during use over aisles or work areas to eliminate stumbling or tripping hazards.

- Replace open front plugs with dead front plugs. Dead front plugs are sealed and present less danger of shock or short circuit.
- Do not use light duty extension cords in a non-residential situation.
- Do not carry or lift electrical equipment by the power cord.
- Do not tie cords in tight knots. Knots can cause short circuits and shocks. Loop the cords or use a twist lock plug.



Inspect Cords and Plugs

- Check extension cords and plugs daily. Do not use, and discard cords and plugs if they are worn or damaged.
- Have any extension cord that feels more than comfortably warm checked by an electrician.

Eliminate Octopus Connections

- Do not plug several items into one outlet.
- Pull the plug, not the cord.
- Do not disconnect power supply by pulling or jerking the cord from the outlet. Pulling the cord causes wear and may cause a shock.

Never Break OFF the Third Prong on a Plug

- Replace broken 3-prong plugs and make sure the third prong is properly grounded.

Never Use Extension Cords as Permanent Wiring

- Use extension cords only to temporarily supply power to an area that does not have a power outlet.
- Keep extension cords away from heat, water, and oil. They can damage the insulation and cause a shock.
- Do not allow vehicles to pass over unprotected extension cords. Extension cords should be put in protective wireway, conduit, pipe or protected by placing planks alongside them.

~~KNOW THE HAZARDS OF WORKING WITH ELECTRICITY AND DON'T TAKE SHORTCUTS~~THE RESULTS CAN BE SHOCKING!

**Lauren Vincent
Industrial Safety Manager**

ABS: LOOK BEFORE THEY LOCK



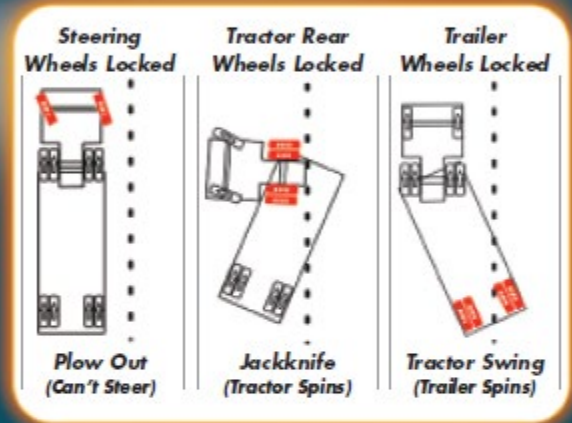
UNDERSTANDING YOUR VEHICLE'S ANTILOCK BRAKING SYSTEM (ABS)



ABS - Helping You Brake Safely

Every day, you are faced with situations where you need to make quick, decisive decisions. Knowing in advance if your vehicle has ABS and/or determining if the ABS is working properly is critical.

A vehicle equipped with ABS helps you maintain steering control and avoid skidding, jackknifing and trailer swing-out during an emergency braking situation. When you apply the brakes, the ABS senses when a wheel is about to lock and then releases just enough brake force to get the wheel rolling again while still maintaining as much braking force on the wheel as possible. It may repeat this sequence several times a second and it may control each wheel differently.



ABS Lamps

ABS lamps are yellow-colored and marked with the letters "ABS." They can tell you if the ABS is working properly. The lamps are located on the instrument panel of trucks, buses and truck tractors ('dash-mounted'), and located on the exterior of trailers, near the red side marker lamp on the left rear side ('trailer-mounted'). Converter dollies also have the lamp located on their left side. If the vehicle you drive was built after March 1, 2001 and it is equipped to tow a trailer, it will actually have two ABS lamps on the dash - one for the tractor (or truck) and one for the vehicles being towed.

How They Work

First, know where the ABS lamp is on every vehicle you operate and how to check that it's working properly. When the vehicle's ignition switch is turned on, or when power is supplied to the brake lamp circuit on a trailer, the ABS lamp momentarily turns on to confirm it is working. During this time a self-test of the ABS is automatically conducted. When an ABS malfunction is detected during this test, the lamp stays on, otherwise the lamp turns off after a few seconds. If the lamp does not come on during the self-test, there could be a problem with the lamp bulb, the wiring or the ABS controller.

If the light stays on during the self-test or comes on when you are driving, there is an ABS malfunction present. Make sure you have any problems you find fixed as quickly as possible. Remember, if the lamp does not work you will never know if the ABS stops workingalways confirm that your ABS lamps are working during your pre-trip inspection.

Check ABS During Your Pre-trip!

Determine your vehicle's manufacture date and then select the correct procedure in the chart on the back of this page. The chart may seem complicated but the actual check is quite simple, and once you do it a few times on your vehicle it will become second nature and will take very little extra time during your pre-trip inspection.

Clay Cormier
DOT Safety Manager

Laughter is Good for Your Health!

Who doesn't love to laugh? It's fun and laughing with other people fosters closeness and contributes to your well-being. Shared laughter is the best! So other than feeling good, what are the benefits of laughter?

Stress Reduction – Laughing is physical. Muscles contract and blood flow and oxygenation increases. This stimulates heart and lungs and triggers endorphins to be released so that we feel more relaxed.

Combats Depression – Stepping outside of a pattern of an unhappy or apathetic mindset on occasion can help to prevent the downward spiral to depression. If we can look at our situation with fresh eyes and find some humor in it at times vs just feeling like a victim, we gain some control. Even forced smiling and laughing releases feel-good hormones like dopamine to improve mood.



Pain Reduction – Laughter itself does not relieve pain; however, people who laugh often report that they are less bothered by the pain that they do experience. They have the same amount of pain, but their belief in coping increases and perceived pain levels are reduced.

In a preliminary study published in the International Journal of Obesity, those who watched funny shows or movies boosted calorie burn by up to 20%, laughing off between 10 and 40 calories every 15 minutes. "That may not sound like much, but 20 calories are equal to a small piece of chocolate," says study coauthor, Maciej Buchowski, PhD. You are also more likely to laugh when you are with other people, so enjoy a comedy with friends!

Save Your Knees!



Your knees are the biggest and strongest joints in the body, and we use them all the time throughout the day to walk, run, jump, sit, stand, and bend. They bear 80% of your body weight while standing still and over 100% when you walk! For a 150-pound person, that's 225 pounds of force! It's no wonder that knee pain is common among adults. Our knees have endured a lot of wear and tear over the years! In addition, other factors can contribute to knee pain including osteoarthritis, excess body weight, injury and lack of muscle strength and flexibility. So how can we protect our knees?

See a medical provider. If you have any questions, and especially, if you have significant or sustained pain and/or swelling contact your doctor.

Maintain a healthy weight. Extra pounds add a lot of stress to our knees and other joints. Even a few pounds of weight loss, if needed, can make a significant difference.

Strengthen leg muscles. Focus on exercises for both lower and upper leg muscles by targeting hip abductors, hamstrings, quadriceps, glute muscles, and hip flexors.

Stretch leg muscles. Try a stretching routine or yoga to support a full range of motion.

Choose low-impact cardiovascular exercise over high-impact. Low impact exercise protects the cartilage in the knees and includes swimming, walking, and biking.

Stay active. Daily physical activity helps to prevent stiffness and weak muscles.



Birthdays



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

June Birthdays

Kenny Ceaser- 6/2
Wilmar Marin- 6/7
Nylan Hossley- 6/13
James Arvie- 6/16
Jesse Willis- 6/18
Dionte Duperon- 6/20
Dior Patrick- 6/26
Tim Adams- 6/26
Tim Leach- 6/26

July Birthdays

Chris Bellard- 7/9
Lester Logray- 7/16
Chuck Guintard- 7/17
Donald LaPoint- 7/25
Lauren Vincent- 7/27
Derrick Brown- 7/31

Work Anniversaries

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

June Work Anniversaries

Amanda Smith- 1 year
Mark Boullion- 1 year

July Work Anniversaries

Charles Trussell- 12 years
Lester Logray- 9 years
Cody Thompson- 5 years

Clean DOT Inspections

No Clean DOT Inspections were received in April or May.

What did you learn?

Name: _____

Date: _____

1. List the Drivers of the Month:

2. List 2 General Electricity Safety Tips:

a. _____

b. _____

3. ABS lamps are _____ colored and marked with the letters _____. They can tell you if the ABS is working _____. The lamps are located on the _____ of trucks, buses, and truck tractors, and located on the _____ of trailers, near the red side marker lamp on the _____ rear side.

4. List 3 reasons why laughter is good for your health:

1. _____

2. _____

3. _____

If you return this portion completed to the Safety Department by July 20th, you will be entered into a drawing for 2-\$25.00 gift cards. Good Luck!