

# W.W. Transport INC.

## Safety Newsletter

July 2019



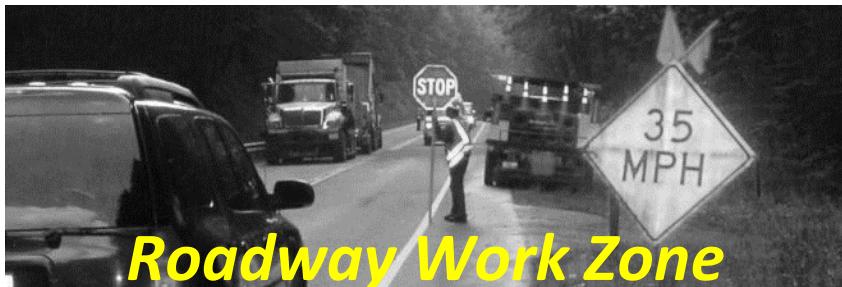
### JUNE SAFETY LEADERS

#### Congratulations to this month's Safety Leaders!

El Rashid Adams- Cleveland, OH  
Ronald Bieler- Burlington, IA  
Andy Henderson- Commerce City, CO  
Freddie Kerry- Tampa, FL  
Scott Shaver- South Texas  
Dale Wyatt- Wood River, IL

Jassen Ahlers- South Texas  
Ahmed Beladi- Camp Hill, PA  
Ryan Hill- Cement Division  
Brendan McTernan- Commerce City, CO  
Lon Smith- Burlington, IA

Keep up the great work!



## Roadway Work Zone

Summer is here, which means the weather is warmer, more people are on the roads and highway construction work is underway. Federal Highway Administration statistics show that 24,745 people died in work zone crashes between 1982 and 2014, and the Bureau of Labor Statistics notes that 1,571 workers were killed at road construction sites between 2003 and 2015.

Odds are that if you drive a vehicle, at some point you'll drive through a roadway work zone. Follow these safety tips from the Federal Highway Administration:

**Pay attention.** Keep your eyes on the road and avoid changing the radio station, eating or drinking, or using a cellphone.

**Keep your headlights on.** This will help others see your vehicle.

**Stay alert.** Watch for brake lights on the vehicles ahead and the traffic around you so you are prepared to react, which may include merging into another lane. Refrain from tailgating. Know that traffic patterns in work zones can change daily, so don't become complacent if you drive the same route every day.

**Slow down.** Always obey posted speed limits, as workers may be only a few feet from your vehicle as your drive through a work zone. Be ready to slow down further if necessary.

**Be mindful when changing lanes.** Do so only where the road markings indicate and if traffic permits.

**Pay attention to flaggers.** Follow their instructions.

**Prepare for the unexpected.** Work zones can change rapidly, and workers and equipment may enter your lane without warning.



As summer temperatures continue to rise, so do the dangers of working outside during hot weather. Knowing how to work safely in hot weather can help prevent heat stress injuries and heat stroke, the most serious heat-related disorder, according to NIOSH. Heat stroke occurs when the body can no longer control its temperature. When this occurs, body temperature can rise to 106° F or higher within 10 to 15 minutes, NIOSH warns. If emergency treatment is not provided, heat stroke can cause death or permanent disability.

**Symptoms of heat stroke include:**

- An extremely high body temperature (higher than 103° F)
- Red, hot and dry skin with no visible sweating
- Rapid, strong pulse
- Throbbing headache
- Dizziness and/or nausea
- Unconsciousness

To help beat the heat, the Pennsylvania Department of Health recommends:

- Drink two to four cups of water every hour.
- Avoid drinks with caffeine, alcohol or large amounts of sugar.
- Limit outdoor work to mornings and evenings and rest often in a shaded area.
- Wear light-colored and loose-fitting clothing, a hat, sunglasses, and sunscreen with an SPF of 15 or higher.

If heat stroke is suspected, the department advises calling for emergency medical help, moving the worker to a shady area and placing him or her in a tub of cool water or cool shower, or spraying the victim with a garden hose. Do not give the victim any fluids to drink.



## July Milestones

We appreciate your work for all these years and many best wishes on the anniversary of your service this July!

Clint Smith, 16 years! Heavy Haul Manager  
Greg Mueller, 14 years! Burlington Shop  
Michael Neally, 10 years! Tampa, FL  
John Wolf, 8 years! Wood River, IL  
David Lovell, 7 years! Burlington, IA  
Michael Sheppard, 7 years! Burlington, IA  
Richard Hough, 6 years! Heavy Haul  
Peter Rompilla, 5 years! Norcross, GA

Jesse W. Bond, 15 years! Burlington, IA  
Carissa Lewis, 12 years! Accounting  
Ralph Cox, 9 years! Columbus, OH  
John Gaudin, 7 years! Dowagiac, MI  
Karl Newsom, 7 years! Burlington, IA  
John Cormick, 6 years! Burlington, IA  
Nicholas Peña, 5 years! Dawn, TX Manager  
Samuel Shute, 5 years! Wood River, IL

## **Aggressive Driving** **Not Worth the Risk**



Driving on busy, crowded roadways can be stressful. But aggressive driving is never the answer. Aggressive driving can be defined as “the act of operating a motor vehicle in a selfish, bold or pushy manner, without regard for the rights or safety of others.” How to avoid it:

- If you’re feeling stressed or irritated before heading out, try to relax first. “Easy listening” music may help you calm down.
- Give the roadway your full attention, and don’t let yourself be distracted by eating or grooming. Never talk on a cellphone while driving.
- Try to give other motorists the benefit of the doubt.
- Refrain from driving slowly in the left lane.
- Remember that how another person is driving has nothing to do with you. Don’t take other people’s behaviors personally.
- Give yourself plenty of time for traveling and factor in delays, such as bad weather, traffic or road construction.
- Know that you may be delayed. Take a deep breath and accept it.
- Slow down as conditions warrant, and keep a safe following distance.
- Never make gestures with your hands – keep them on the wheel. Avoid making any gestures that might anger another driver, even seemingly harmless expressions of irritation like shaking your head.
- If another driver is determined to get in front of you, let him or her. This response soon will become easy for you and you won’t be as offended by the actions of others.

If you are confronted by an aggressive driver, make every reasonable attempt to get out of the person’s way. Never challenge the other driver by speeding up or attempting to block the person’s vehicle. Refrain from making eye contact and ignore any gestures the driver may make.

### Ahmed Beladi, Camp Hill, PA



Ahmed Beladi is an enthusiastic member of our Camp Hill team and a Safety Leader in June. Ahmed has been with W.W. Transport for almost 4 years, beginning his career in trucking with us. Ahmed is proud of how far he’s come, “I couldn’t shift when I started, now I am confident. I can drive everywhere,” He says. And he does, some days venturing into Brooklyn to deliver flour, which Ahmed calls, “a piece of cake.” Ahmed is originally from East Africa and has been in the United States for

over 25 years. He speaks over four languages, among them are Ethiopian, Swahili, and Arabic. He resides in Camp Hill, close enough to the terminal that, he jokes, “if I throw a stone, Steven will catch it.” His manager, Steven Street, says Ahmed is one of his top drivers. “He is always in a great mood even in a situation where everyone else would be angry. He never says no to me and goes the extra mile time and time again.” Ahmed has a passion for trucking and says he’s

had two jobs, a chef and a driver. “I loved being a Chef, but I love driving more.” Ahmed says he treats each delivery as if it were his own business, as if Jeff Walters himself were behind the wheel. “I treat it like Jeff would. This is what feeds my kids so I care for it.” His advice to new drivers is to be patient. “It will be frustrating at first, but give it two or three weeks, it gets easier.”