

## Safety Stats

Number of  
recordable free days:

65



### Reminders and Requirements for Every Trans-West employee:

- Follow the laws, wear your seat belts and abide by the speed limits on public roads and client properties.
- Come to work rested, alert, nourished and fit for duty. Do not patrol or drive if you feel tired.
- Call a safety session if needed.  
There are no repercussions from this! A safety session should be used if you feel you cannot perform your job safely and you need support from a supervisor.
- Do not keep loose items in your vehicle
- NEVER text or use phone while driving
- NEVER leave your vehicle idling or running unattended.
- Follow SMITH Defensive driving training principles
- ALWAYS use your 2 safety cones!
- Do a thorough vehicle inspection every shift
- Comply with Trans-West vehicle safety policies!!!

### Part of Being Fit For Duty and Fit for Work is Taking Care of Yourself Which includes Eating Right, Getting plenty of Rest and Exercise.

#### Here Are a Few Tips to Help Improve Your Overall Health

##### **Healthy eating tip: Set yourself up for success**

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

**Simplify.** Instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, variety and freshness—then it should be easier to make healthy choices. Focus on finding foods you love and easy recipes that incorporate a few fresh ingredients. Gradually, your diet will become healthier and more delicious..

##### **Think of water and exercise as food groups in your diet.**

Water helps flush our systems of waste products and toxins. Yet many people go through life dehydrated—causing tiredness, low energy and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

##### **Gain energy as you walk**

Walking helps the body by moving the joints, which generates electricity and energy. When you walk you gain energy because of the movement of the joints and the ease that is required to do this simple, effective exercise.

**Walk at least 20 minutes three to four times per week and verify the increase in energy that you get.**

##### **Take a few moments each hour for a few deep breaths**

Close your eyes, relax your body and mind and breath... slowing and consciously breathe into the abdomen. Repeat three to four rounds, in and out slowly and with mindfulness.

This stress relieving break will support your adrenals by allowing your body to relax, allowing the breath to bring in vital oxygen and by relaxing your mind from all unnecessary thoughts. Doing this simple process each hour of your day will be more productive and you will be able to stay focused and centered.

##### **Sleep smarter**

Too much sleep, or not enough of it, can kill you. A British study found that getting more than 9 hours of sack time a night, or less than 6, doubles your risk of an early death from any cause. Aim for 7 to 8 hours a night.

***Did You Know As a Trans-West Employee You Can Get Discounted Rates with No Enrollment Fees at In-Shape. It's Also Payroll Deducted, Please visit any In-Shape to Find Out Corporate Rates!***

## Happy Birthday!

Ofelia Ochoa  
William Frazer  
Nathan Cartier  
Francisco Espinoza  
Robert Valdovinos  
Mariah Phillips  
Bryan Bailey  
Juan Gonzales  
Owen Costello  
Leoncio Carillo  
Elbert Tillford  
Kevin Logue  
Anna Johnson  
Hector Higuera  
Kira Lee  
Daniel Franco  
Dominic De Antonio  
Pedro Pantoja  
Clearance Robinson  
Vanessa Mendoza  
Angelica Johnson  
Veronica Leyva  
Stacey Smith  
Dwane Brooks  
Toni Geer  
Vanessa Gonzalez  
Ismael Rizo  
Leo Rufino  
Mark Stacker  
Roy Salazar  
Maria Estrada  
Connie Gody  
Rodrigo Areolla  
Donnie Darden



Trans-West Security Employees of the Month for August are : Mark Lugo, Miguel Rosales and Efen Rivera.

These officers have been dedicated to working safely and following company policies and procedures. They have gone above and beyond their everyday job duties and are always willing to lend a hand. Please join us in thanking them for all for all their hard work and being an essential part of the Trans-West team.



Trans-West Services Employee of the Month for August is : Mariana Sanchez

Mariana has been part of the Trans-West Services team since 2005. She is always on time, consistent in her everyday work and always has a good attitude. Please join us in thanking Mariana for a job well done!

## Happy Anniversary!

### 3 Years

Alejandro Guzman  
Michael Sandstrom  
Peggy Woodard  
Linita Albins  
Jacob Heckathorn  
Fidel Lara

### 5 Years

Everett Stevenson  
Tara Waldrop  
Miguel Rosales  
Donnie Darden  
Arturo Frias

### 2 Years

Jorge Abundis  
Jose Castellanos  
Shane Davis  
Kevin Logue  
Miguel Mendez  
Hector Santiago  
Joshua Soto  
Jovanny Velasquez

### 9 Years

Victor Elliot  
Noah Ramirez  
Christine Wilson

### 10 Years

Gabino Camarillo

## Welcome Aboard!

Jacob Williams  
Anthony Martinez  
Johnatan Paz  
Cynthia Easley  
Daniel Mendoza  
Joshua White  
Gary Klawitter  
Ralph Hernandez  
Cody Gaona  
Steven Salinas  
Gabrielle Gaston  
Nathan Griffin  
Jedidiah Smith  
Mark Stacker  
Ana Guevara Rivas  
Maria Alvidres