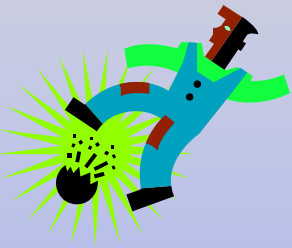


Information, Updates, &

Safety Stats

Number of recordable free days: 43

10 fingers, 10 toes,
if you are not safe -
Who knows?



Lifting Techniques

Improper lifting technique can lead to back, leg, and arm pain. Poor technique can cause both acute injury and serious chronic effects. Learning the right way to lift will help you avoid these problems.

Quick Tips!

- Plan ahead before lifting.
- Lift close to your body.
- Feet shoulder width apart.
- Bend your knees and keep your back straight.
- Tighten your stomach muscles.
- Lift with your legs.
- If you're straining, get help.
- **Wear a belt or back support.**

Quick Driving Tips:

- **Slow down**-The faster you drive, the more fuel your car uses. Driving at 65 miles per hour, rather than 55 miles per hour, reduces fuel economy by approximately two miles per gallon.
- **Avoid jackrabbit starts**-Abrupt starts require about twice as much fuel as gradual starts.
- **Pace your driving**-Unnecessary speed-ups, slow-downs, and stops can decrease fuel economy by up to two miles per gallon. Stay alert and drive steadily, not erratically. Keep a reasonable, safe distance from the car ahead of you and anticipate traffic conditions.
- **Use your air conditioner sparingly**-The use of air conditioning can reduce fuel economy by as much as two miles per gallon under certain speeds and operating conditions.
- **Avoid lengthy engine idling**-Turn your engine off when you are delayed for more than a couple of minutes.

!Important Message Regarding Vehicle Fueling!

We are experiencing employees fueling vehicles at FLEET CARD FUEL stations and not input the correct mileage or not putting in mileage for the vehicle, period. This is an ongoing issue and it affects the mileage for billing purposes and tracking the per vehicle mileage cost. You must remember to follow the correct use of the card by **ACCURATELY inputting:** Vehicle Number, Correct Mileage, and Pin Number.

If the problem is not corrected, you may be asked to come into the office and meet with the Operations Manager for corrective action!

UPCOMING

Medical Open Enrollment: Now is the time to enroll yourself in medical insurance. If you need to add medical, vision, dental, or cancel current coverage, please do so starting now through **April 25, 2011.**

InShape Gym Open Enrollment: Get signed up! May, August, and November. No start up fees and no enrollment fees! Or, sign up anytime at the Coffee Road Location and all fees are guaranteed to be waived. **See attached flyer! STAY FIT, STAY HEALTHY!**

Summer Dress Code: You can wear a white, plain T-shirt underneath your uniform. Wearing a tie is no longer in effect!

Employee File Updates: We need EVERY employee to please come into the TW main office to fill out an updated I-9 form. Call Veronica in the main office for more information (661) 834-0711.

Did you recently move or change your phone number? Make sure you update your employee information, ASAP!

What's new at Trans-West!

DID YOU KNOW? Trans-West was recognized for our dedication to the City of Bakersfield Recreation & Parks Department in our efforts to Going Green!



It's Snack Time! We recently added two vending machines located inside the Dispatch office. Don't forget to grab something before your shift starts.



Happy Birthday!

Gloria Bernal
Rosario Aranda
Nicholas Knight
Hector Nunez
Britney Mitchell
Falon Wooton
Richard Simmons
Robert Robinson
Shane Davis
Luis Jimenez
Teela Herbert
Gabino Camarillo
Seth Hubble
Bruce Ingle
Cory Gonzales
Julieanna Payan
John Emert
Moris Sorto
Michael Sandstrom
Sanya Macaulay
Bernard Garica
Enrique Mosqueda
John Greasham
Sean Vansickel
Graig Cook
Miguel Rosales
Scott Lemmons



Trans-West Security Employee of the Month for March is Francisco Espinoza:

Francisco has been working for TW since April of 2007. He pays close attention to detail and his accurate report writing is exceptional! He is a very reliable and punctual employee. Francisco is a true TW team member and uses safe practices at all times while encouraging others to do the same. We thank you, Francisco, for your hard work and dedication to your job and Trans-West.



Trans-West Services Employee of the Month for March is Dora Cristales:

Dora Cristales has been a part of the Trans-West Services team since January 2007. Dora has received amazing feedback from our client. She is being recognized for her professional attitude, work ethic, always being courteous, and for her punctuality. Congratulations Dora for a job well done!

Happy Anniversary!

1 Year

Walter Mcconn
Robert Rivera
Clifford Noel
Judy Whitman

2 Years

Pamela Krieger
Juan Diaz
Wade Boydston
Eugina Jenkins

3 Years

Gloria Bernal
Brian Helberg
Rosario Aranda

4 Years

Tomas Torres

5 Years

Craig Eckert
Travis Bastion

8 Years

Chard Harden

10 Years

Falon Wooton

Welcome Aboard!

Sinra Sang
Britney Mitchell
Larry Allen
Timothy Irwin
Jason Almond
Manuel Baltier
Lewis Mack
Michael Monzon
Aaron Covington
Angelica Johnson
Samuel Moreno
Tyrone Willford
Jesse Rocha
Cesar Gomez
Gian Mayoral
Veronica Manriquez