

Safety Stats

Number of recordable
free days: 13



Steps To Avoid Heat Illness

- Drink plenty of water
- Drink water frequently
- Take appropriate breaks
- Wear proper clothing
- Acclimatize
- Stay in good shape
- Eat wisely
- Get proper rest



Safety Alerts & Tips!

Heat Illness Prevention:

What you need to know...

Trans-West expects that every employee come to work fit for duty, which include being well rested, hydrated, alert and equipped with all the safety equipment/uniform that you need to drive and work safely.

Heat Illness Types and Symptoms

Heat Stroke- The most serious health problem for workers in hot environments, is caused by the failure of the body's internal mechanism to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include (1) mental confusion, delirium, loss of consciousness, convulsions or coma; (2) a body temperature of 106 degrees F or higher; and (3) hot dry skin which may be red, mottled, or bluish. Victims of heat stroke will die unless treated promptly.

Heat Exhaustion- Results from loss of fluid through sweating when a worker has failed to drink enough fluids or take in enough salt or both. The worker with heat exhaustion still sweats but experiences extreme weakness or fatigue, giddiness, nausea, or headache. The skin is clammy and moist, the complexion pale or flushed, and the body temperature normal or slightly higher.

Heat Cramps- Painful spasms of the muscles, are caused when workers drink large quantities of water but fail to replace their bodies' salt loss. Tired muscles -- those used for performing the work -- are usually the ones most susceptible to cramps.

Fainting- May be a problem for the worker not acclimated to a hot environment who simply stands still in the heat.

Heat Rash- Also known as prickly heat, may occur in hot and humid environments where sweat is not easily removed from the surface of the skin by evaporation. When extensive or complicated by infection, heat rash can be so uncomfortable that it inhibits sleep and impedes a worker's performance or even results in temporary or permanent disability.

Open the Door to Safety: Awareness is the Key!

Happy Birthday!

Richard Aragon
 Francisco Arellano
 Walter Bonilla
 Justin Collins
 Albert Gonzales
 Debra Hamilton
 Charlton Harden
 Melinda Herrera
 Joy Jordan
 Fidel Lara
 Shanda Littlejohn
 Maria Martinez
 Jennifer Robey
 Jesse Rocha
 Dennis Traylor
 Jason Woods
 Samantha Woodward
 Raymond Ybarra
 Crystal Zamora
 Robert Saunders



Trans-West Security of the Month for May is : Heck Cellars Team

Our Heck Cellars Team is lead by Connie McMicken and includes Dwane Brookes, Bernard Chaidez, Angela Quevedo & Marcus Rocha. This team has a combined 21 years of experience. Each officer is dedicated to working safely, following company policies and procedures and are very knowledgeable of their account. Each one practices teamwork which allows their daily activities to run smoothly. Our clients have expressed how pleased they are with their attention to detail, prompt reporting of issues and the service they provide on a daily basis. Congratulations Heck Cellars Team, thank you for all that you do!

THANK YOU

Trans-West Security Employee of the Month May is Nick Martinez:

Nick has been part of the Trans-West Services team since April 2010. He is currently a day porter for our Chevron Lost Hills site. Nick has gone above and beyond his job expectations on a daily basis. Beware, Nick's attention to detail is excellent he's performed several stop work authorities on not only TW employees but site contractors and their workers as well. Congratulations Nick, thank you for all your hard work and ensuring those around you are working safely.

Happy Anniversary!

1 Year

Robert Sheckler
 Jennifer Morales
 David McGuire
 Julio Chavez
 Jose Garza

3 Years

Joseph Cain
 Daniel Majeed

4 Years

Anjelica Garcia
 Francisco Arellano
 Tony Lomas

5 Years

Michael Zamzow
 Dillon Shepard

6 Years

Melinda Herrera

9 Years

Adrian Gonzales
 Francisca Yanez

10 Years

Lorena Cruz

11 Years

Kenneth Clifford

Barry Brown

12 Years

Garry Price

Julio Aguirre

16 Years

Chris Oakleaf

Yvronda Thompson

17 Years

Ron Alvidres

Welcome Aboard!

Homero Munoz
 Ka Kuy
 Aaron Noble
 Calvin Love
 Alexander Crite
 Joel Engel
 Gerardo Loera
 Francisco Avalos
 Justin Hoover
 Omar Bravo
 Theodore Ezell