

Safe Lifting Practices

Incident Free
Days:
296

Health Insurance

As of January 2014 you are required to have medical insurance. If you fail to get coverage you will face a penalty of \$95 or 1% of your annual income, whichever is greater. To get coverage and find out more go to:

CoveredCA.com

Health Insurance Sign Up Help

Interested in signing up for Health care? We can help you sign up for Covered California and see if the plan is right for you and your family. Come to the Trans-West office on December 12th between 8AM-5PM and we will have representatives here to help you.

One of the more common problems found at work is the right way to lift and carry objects. Though it may sound like something that everyone may know there are still questions that many have over a simple procedure on how to lift safely and properly to avoid back injury at work. The worst thing you can do is lift something the wrong way as the repercussions will no doubt make you unhappy. Lifting something incorrectly can cause more than just back problems, you can end with problems breathing and sometimes joints, ligaments, and bones can be injured or broken in other places on your body than your back. Your legs, arms, and chest can be injured just as easily as your back when lifting safety has been ignored.

When preparing to lift something, there are just a few simple things to remember.

1. Make sure to get yourself into a comfortable position prior to picking anything up.
2. Bending the knees when picking something up from the floor or beneath you helps protect your back.
3. Never lift anything that is too heavy for you, know your limitations.
4. Never use just the back when lifting.
5. Always make your whole body work for you when lifting, your legs should actually take on most of the weight when lifting, not your arms.

Happy Birthday

- Jorge Abundis
- Jason Almond
- John Baker
- Lorena Beltran
- Jeffrey Cardoza
- Russell Carter
- Connie Catruiita
- Matthew Christensen
- Arnold Coon
- Adolfo Cortez
- Julie Dahna
- Christian Dominguez
- Arturo Frias
- Angelica Garcia
- Jose Garza
- Mayra Garza
- Miguel Guardado
- Steve Gutierrez
- Jeffrey Hall
- Tami Holt
- James Irwin
- Krystal Jordan
- Michael Langford
- Deanna Litterell
- Ricardo Lopez
- Cristal Martinez
- Samantha Morgan
- Jac-Elizabeth Nagle
- Tony Perea
- April Poole
- Jorge Portillo
- Joseph Ramirez
- Pablo Rivera
- Marcus Rocha
- Jerry Rossiter
- Jamie Silva
- Jacob Smith
- Martha Solis
- James Tanner
- Jimmy Tirado
- Paula Ward
- Jacob Williams
- Christine Wilson

Employees of the Month!

Trans-West Security Employee's of the Month is:

Angelica Neri

We would like to congratulate Angelica Neri from our Jamison Center team. Angelica is one of our wonderful guards who is willing to work extra shifts when needed. She always demonstrates safety at her post and does a great job patrolling her area. Please join us while we thank Angelica for her hard work and dedication to the Trans-West team!

Great Job

Trans-West Services Employee of the Month is:

Maria Ramirez de Uribe

Please join us while we congratulate Maria for he continues hard work. She is know for her positive attitude and work ethic. Recently Maria was praised by her supervisor for her for thinking quickly on her feet and resolving the issue that could've been prevented. Maria took it upon herself to solve this problem when no one else would. Thank you Maria for everything you do!

Happy Anniversary

1 year

- | | |
|----------------------|-----------------|
| Robert Oconnor | Hannah Long |
| Samuel Varela | Luis Jimenez |
| Jacob Dean | Eric Gonzales |
| Nathaniel Ogunseitan | Ronald Rossiter |

6 years

- | | |
|----------------|----------------|
| Pamela Taylor | Alex Castaneda |
| Teresa Eveland | Ricardo Torres |
| Sarah Foster | Santana Reyes |
| Candy Garcia | |

8 years

- | | |
|---------------|------------------|
| Adolfo Cortez | Elizabeth Juarez |
|---------------|------------------|

11 years

- | | |
|---------------|------------------|
| Jose Santana | Christine Warren |
| Jorge Jimenez | |
| Joel Bicera | |

2 years

- | | |
|--------------|-----------------|
| Alfredo Tula | Albert Gonzales |
| Bryon Tello | Marcus Rocha |
| Greg Schultz | |

WELCOME

- Martin Alvarez
- Leonard Benitez
- Daniel Candelario
- Anthony Greene
- David Lopez
- Esther Ornelas
- Pablo Rivera
- Eric Sallee
- Jagdeep Sandhu
- Keisonya Thomas
- Nicholas Towe
- Joseph Trevino