

Did You Know???

Did you know that the AVERAGE speed of a vehicle passing through a controlled intersection is about 52 mph? How many times have you approached and entered an intersection without having any idea if someone is about to run the red light?



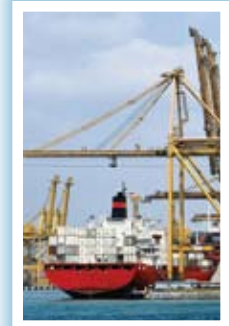
Remember to always look left - right - left. Your first point of contact will be from the left.

Health tip # 2

Eating healthfully doesn't have to be hard. But if you've never thought much about what you eat, making changes can be challenging at first. So start by making small and simple changes—one at a time. As your eating habits evolve, notice how your body feels. You should find you have more energy and feel better overall.

TWIC Important Update

TWIC card (Transportation Workers Identification Credential) has taken affect in the NY/NJ ports on April 14, 2009. The cost \$132.50, if a driver is applying for is TWIC Card and already has Hazmat endorsement it will only cost \$105.25. The card is good for 5 years.



To apply simply go to the web site www.tsa.gov and search for TWIC or call 866-347-8942 . Possessing the TWIC gives you access into secure areas of the ports.

If you already possess a new Hazmat endorsement, then you will get a discount on the card.

If you do not have a new Hazmat endorsement, then please go directly to the website listed above: There will be an electronic fingerprint scan at the State Police, background check by the State Police, FBI, TSA, CIA.

It can also be used as an "Easy Pass" when you re-enter the country after being on vacation!

Spring Safety *DRIVING TIPS*

With the arrival of Spring we should all be aware of an increase in traffic as well as more pedestrians and children out playing. Due to nicer warmer weather people will be spending more time outdoors. We should all exercise more caution not just on the roadways but even more in residential areas and near parks and playgrounds. Spring will also bring ROADCHECK 2009 which will be conducted June 2, 3 and 4th. This is a combined effort by CVSA in the United States, Canada and Mexico. During last years ROADCHECK 67,931 inspections were conducted resulting in 20% of inspected vehicles being placed out of service with mechanical problems. 5% of the drivers were cited and placed out of service for hours of service violations and 1,226 citations were issued for seat belt violations. Always conducting a complete pre-trip and post-trip inspection and keeping your log book current will keep you out trouble. It is a good idea to check your medical card and driver license to ensure they are current. Please remember it is law and company policy to wear your seat belt.



Driver Safety Tips

Scan steering wheels - This shows the vehicle is occupied and the hazards of a car pulling from the curb or someone stepping out of a car.



Get the big picture - How to do it? Determine how wide and deep the driving scene ahead and identify objects and ground hazards.

- Objects are anything moving around the vehicle.
- Ground items are - fixed signs or bus benches.
- Remember to look at the picture you are driving in!



Professional driver use S.A.F.E. inspections

- **Side:** Travel down the side of trailer.
- **Around:** Walk around rear of trailer.
- **Forward:** Move to the front of trailer.
- **Enter:** Go across the front and enter using 3 points of contact.



Emergencies Safety

- Know the location of ALL emergency phone numbers and names.
- Report all injuries immediately to your Branch Manager, regardless of severity.
- Communicate health and safety concerns to your Branch Manager.



OLS Anniversaries 1st Quarter 2009

Ricky Dortch	5 Years
Edward Jackson	5 Years
Scipio Osborne	5 Years
Edward G. Tommola	5 Years



Optimum Logistic Solutions

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