

If you are unable to go into work, call Forest City dispatch (24/7) first. We will call the client and make necessary arrangements.

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The Transponder

Forest City Transportation Resources (519) 652-0677

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Please note that **Time Sheets are required no later than noon Monday.** If received any later, we cannot guarantee your pay will be deposited on Friday Morning.

Seat Belts Save Lives!!

“Click It or Ticket”

Studies show that only 48 percent of drivers operating Commercial Vehicles in North America buckle up. The average for passenger cars is 79%.

In 2003, 50% of truck drivers killed in crashes were not wearing their seat belt. Additionally almost 80% of truck drivers ejected from their vehicle during a crash were not wearing their seatbelt. You are much more likely to survive a crash if wearing your seat belt as well as maintain control of your vehicle during a crash.



Points of Interest From: Jeff Vannoord

- Forest City Transportation Resources has opened an office in the Cambridge area to service customer's needs in the Kitchener, Waterloo, Cambridge, Guelph and surrounding area.
- As many of you may have noticed Cindy Moore is no longer with us. Jen Stewart will now be taking your time sheets and handling payroll. Please contact her should you have any questions or concerns.
- Please remember to get your **time sheets in by Monday mornings.**

- We would like to welcome Kathryn Bradish to the fold. Kathryn will become involved in the accounting department. Kathryn will be working part time in our office.

- Many of you may not be aware of an agency that is out there to help people who have limited or no drug benefits. I am unsure of what can be done for each of you but this may help. They can be reached on the web at

<http://www.health.gov.on.ca/english/public/pub/drugs/trillium.html>

- Till next time so long and please drive safe out there.



Seat Belts – Myths and Facts:

Myth 1 - Seat Belts are uncomfortable and restrict movement.

Fact 1 - A few seconds adjusting the seat belt at the beginning of your trip will prevent discomfort.

Myth 2 - Wearing a seat belt is a personal decision that doesn't affect anyone else.

Fact 2 - Not wearing a seat belt can certainly affect your family and loved ones. It can also affect other motorists

since wearing a seat belt can help you avoid losing control.

Myth 3 - Seat belts prevent your escape from a burning or submerged vehicle.

Fact 3 - Seat belts can keep you from being knocked unconscious, improving your chances of escape. Fire or submersion occurs in less than 5% of fatal truck crashes.

Myth 4 - It takes too much time to fasten

your seat belt 20 times a day.

Fact 4 - Buckling up takes about 3 seconds. Even buckling up 20 times a day requires only 1 minute.

Myth 5 - Its better to be thrown clear of the wreckage in the event of a crash

Fact 5 - An occupant of a vehicle is 4 times as likely to be fatally injured when thrown from the vehicle

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We're on the Web!

See us at:

www.fctri.com

Joint Occupational Health & Safety Committee

The Forest City Transportation Resources Joint Occupational Health & Safety Committee (JOHSC) has a vacancy. If you would like to be an employee representative on the JOHSC or would like to nominate someone for this rewarding position contact Jen Stewart or Web Cressman. The JOHSC is in place to that employees and management work in a cooperative manner to ensure the safety of all members of the Forest City Transportation Team.

3 Points of Contact

Upon reviewing accidents, incidents and injuries that occurred over the past year, a trend is beginning to establish itself. The primary cause of injuries has been slips that have resulted from drivers failing to maintain 3 Points of Contact. These injuries have occurred climbing into truck

cabs, into trailers and while climbing onto catwalks behind truck cabs.

Take 2 seconds to ensure that you have solid footing while climbing and always maintain 3 Points of Contact. 3 Points of Contact means 1 foot 2 hands or 2 feet 1 hand. Be careful and plan what you are doing.

SAFETY FIRST, SAFETY ALWAYS

School is Out

With summer upon us, kids are everywhere. Children are thinking about having fun and not necessarily on safety. Watch for bicycles, Roller Bladers, errant balls or toys. We are the professional drivers so lets be cautious and attentive.

Drive defensively and expect the unexpected.