



Employee Assistance Plan

Alcohol Abuse

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Safety & Training

Volume 3 Issue 9

September 2018

Safety Message

Our goal is to develop a culture of safety.



Driver Safety

Driving safety tips to avoid accidents: When you're behind the wheel of a car – whether alone or with passengers – driving safely should always be your top concern. We're more distracted than ever, so it's crucial to know the basics of safe driving and practice them every time you're on the road.

Here are some safe driving tips:

1. Focus on driving

- Keep 100% of your attention on driving at all times – no multi-tasking.
- Don't use your phone or any other electronic device while driving.
- Slow down. Speeding gives you less time to react and increases the severity of an accident.

2. Drive "defensively"

- Be aware of what other drivers around you are doing, and expect the unexpected.
- Assume other motorists will do something crazy, and always be prepared to avoid it.
- Keep a 2-second cushion between you and the car in front of you.
- Make that 4 seconds if the weather is bad.

3. Plan ahead

- Build time into your trip schedule to stop for food, rest breaks, phone calls or other business.
- Adjust your seat, mirrors and climate controls before putting the car in gear.
- Pull over to eat or drink. It takes only a few minutes.

4. Practice safety

- Secure cargo that may move around while the vehicle is in motion.
- Don't attempt to retrieve items that fall to the floor.

Spotlight

- * ACLS
- * CARDIAC
- * LVAD



October Training

Fire Prevention/Education

November Training

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You have the obligation and the right to work safely.