

Safe Winter Driving

Winter driving can be hazardous and scary. Preparations can help make a trip safer or help motorists deal with an emergency.

The Three P's of Safe Winter Driving:

- Prepare for the trip
- Protect yourself
- Prevent crashes on the road



Prepare

Maintain your Vehicle: Check battery, tire tread, windshield wipers, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have on Hand: Flashlight, jumper cables, shovel, ice scraper, warning devices (like flares) and blankets. *For long trips*, add food and water, medications and don't forget the cell phone.

Stopped or Stalled: Stay with your car, don't over exert, put flares out, and if you run your car, run it just enough to stay warm.

Plan your Route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/directions, and let others know your route and arrival time.

Practice Cold Weather Driving: Steer into a skid. Know what your brakes will do – *stomp antilock brakes, pump non-antilock brakes*. Don't idle for a long time with the windows up or in an enclosed space.

Protect

*Buckle up and use child safety seats properly.
*Never place a rear-facing infant seat in front of an air bag. *Children twelve and under are much safer in the back seat.

Prevent

*Drugs and alcohol never mix with driving. *Slow down and increase distances between cars. *Avoid fatigue by getting enough rest before the trip and stop at least every three hours to stretch.

VADA GROUP, LP



GAS BUYING TIPS

Fill up your car or truck in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground, the more dense the gasoline or when it gets warmer gasoline expands, so buying in the afternoon or in the evening....your gallon is not exactly a gallon. A one degree rise in temperature is a big deal for this business. When filling up, do not squeeze the nozzle to a fast mode. The trigger has three stages: low, middle, and high. Slow mode minimizes the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked back into the underground storage tank so you're getting less worth for your money. So one of the most important tips is to fill up when your gas tank is HALF FULL or HALF EMPTY. Hope this will help you get the most value for your money.



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THE RELIABLE REPORT- Designed to inform Reliable Employees. For comments or suggestions, please contact Chris David (Safety Director) @ 937-6579 or Sharon Hebert (Systems Adm.) @ 343-3900



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FROM DIRT WORK TO ARTIST DRAWING, RELIABLE IS GROWING. THE DIRT WORK IS COMPLETED AND THE CEMENT WILL SOON FOLLOW. WITH GOOD WEATHER, WE CAN MAKE THIS ARTIST RENDERING OF THE OFFICE A REALITY IN JUST A FEW SHORT MONTHS. THE NEW OFFICE AND SHOP WILL BE ABLE TO ACCOMMODATE THE GROWTH OF OUR BUSINESS.



Artist Rendering



December Anniversaries

Wallace Breaux 4 yrs. 12/1 LRI
Stanley Hargrave 4 yrs. 12/1 LRI
Robert Meche 4 yrs. 12/1 LRI
Jesse Young 4 yrs. 12/1 LRI
Gerald Dupre 32 yrs. 12/1 RPS
Louis James 4 yrs. 12/1 LRI
Allen Turner 32 yrs. 12/1 RAC
James Goode 5 yrs. 12/9 RPS
Chas Nall 1 yr. 12/19 RPS



Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.

December Birthdays

Paula Miller 12/2 LRI
James Withers 12/2 RAC
Craig Tullos 12/19 RAC
Albert Bergeron 12/28 RPS
Gerald Dupre 12/29 RPS
Lee Chauffepied 12/30 RPS

RPS – Reliable Production Service

RAC – Reliable Amusement Company

LRI – Liberty Resources, Inc.

Reduce Stress/Improve Productivity

According to the National Institute for Occupational Safety and Health, job stress poses a threat to the health of workers and, in turn, to the health of organizations.



NIOSH defines stress as the harmful physical and emotional response that occurs when the requirements of the job do not match the capabilities, resources or needs of a worker. Stress can lead to poor health, regardless of whether the stressful situation is at work or home.

Stress sets off an alarm in the brain, which responds by preparing the body for defensive action. The nervous system is aroused and hormones are released to sharpen the senses, quicken the pulse, deepen respiration and tense muscles. This response (sometimes called the fight or flight response) is important because it helps us defend against threatening situations. Evidence suggests that stress plays an important role in several types of chronic health problems, especially cardiovascular disease and psychological disorders.

Individual and situational factors that can help reduce the effects of stressful working conditions

- ⊕ Balance between work and family or personal life.
- ⊕ A support network of friends and co-workers.
- ⊕ A relaxed and positive outlook on your job and life in general.
- ⊕ Recognition by fellow co-workers and management for a job well done.

Short-lived or infrequent episodes of stress pose little risk, but when stressful situations go unresolved, the body is kept in a constant state of activation, which increases the rate of wear and tear to the body.

I'm Not Worried!

“Stuff happens.” We can’t avoid the majority of it, but worrying about it, now that’s another story.

The English word worry is derived from an Anglo-Saxon word, *worien* that means “to strangle” or “to choke.” Worry cuts off the air supply that allows us to *carpe diem* (Latin for seize the moment).

We get so busy worrying about what happened yesterday or what will happen tomorrow that we miss the opportunity to enjoy today. Someone once said to me, “I even worry when things are going good because I know things will go bad for me again.” Now that’s the kind of worry that chokes off the opportunity to seize the moment. This kind of worry won’t help you avoid the sorrow you fear will come tomorrow. Instead, it will be the thief that steals your happiness today.

The song by B.J. Thomas, *Raindrops Keep Falling On My Head*, has been featured in movies such as *Bill Cassidy* and *the Sundance Kid*, *Spiderman II* and *Forest Gump*. Each time it was featured, the scene depicted the character enjoying a carefree moment. They were not letting the raindrops of life cloud their vision of happiness. As the lyrics state, and they so believed, “Raindrops keep falling on my head, but that doesn’t mean my eyes will soon be turning red, crying not for me, cause, I’m never gonna stop the rain by complaining, because I’m free, nothing’s worrying me.” Dean Smith says that if you treat every situation as a life-and-death matter, you’ll die a lot of times. A little bit of worry heightens the senses and keeps us on our toes, too much, we lose control. A Swedish Proverb says it best - “Worry often gives a small thing a big shadow.” I don’t want to spend my entire life worrying that my glass is half full, and that at some point, it will be empty. Instead, I’ll *carpe diem* as long as the glass has something to offer.