



SAFETY IS NO ACCIDENT



My Aching Back

“Ouch! Why did I try to lift that much weight on my own?” Have you ever spoken those words after lifting something heavy, or lifted from an awkward position? These incidents are well known causes of back strain. Other causes that contribute to poor back health are poor nutrition, loss of flexibility, poor lifting techniques, awkward postures and a general decline in physical fitness.

Back Pain Quiz

1) What are the cartilage cushion “shock absorbers” between your vertebrae called?

- Ligaments.
- Discs.
- Spine.

2) What is one of the most common causes of back pain?

- Walking.
- Driving.
- Inactive lifestyle.

3) Why does cigarette smoking affect the back?

- There is a chemical reaction with the smoke.
- Smoking doesn't affect the back.
- It limits the oxygen that reaches the spine and back muscles.

4) How does your diet affect back pain?

- Certain foods can irritate the back muscles.
- You need sodium for your back to recover from injuries.
- A poor diet can lead to obesity, which, in turn, places an enormous strain on the lower back.



TRIVIA QUESTION OF THE MONTH



Congrats to September winner Jim Sheehy who correctly answered that the truck in the picture was illegally passing a school bus since the stop sign "arm" was extended from the left side of the bus.

October Question



What's wrong
in this picture?

Submit your answer by contacting Rob Leetham:
robl@rjrtransportation.net Nextel radio # 41
Phone 209.858-1124 fax 209.858-1134

Correct answers will be entered in a drawing to win a \$20
Chili's Restaurant Gift Certificate



Way to go Hugo!

Recently RJR driver Hugo Valadez made a nice save by discovering that the lug nuts were loose on one of his tractor tires. He caught this while conducting his mandatory Pre-Trip Inspection. Apparently the mechanic who had just replaced the tire forgot to tighten the lug nuts.

"I remember reading in our newsletter about a similar experience that happened to one of our drivers a few years ago" (issue 45, 10/08) stated Hugo. He added, "Since then I always check the lug nuts."

Needless to say, a wheel coming off the truck on the freeway could have been tragic. Nice save Hugo and way to act like a professional truck driver who cares about safety! The Safety Department would like to present Hugo with a \$50 gas card to say thanks!

REBECCA'S CORNER



Happy Birthday!

Ricardo Alvernaz	Oct 03	DBS
Rex Huffington	Oct 18	DBS
Ernesto Villegas	Oct 20	JCP
Hugo Villegas	Oct 21	JCP
James Day	Oct 30	LAM



Company Anniversaries

Carlos Centeno	16 Years	DBS
Rob Leetham	14 Years	Corp
Juan Estrada	9 Years	PAF
Alex Gonzalez	5 Years	JCP
Gerry Price	4 Years	PAF
Jeff Casey	1 Year	LAM

SURPRISE! SECRET GIFT! WINNER! CONGRATULATIONS!

IF YOUR NAME IS HANDWRITTEN BELOW CALL ROB L.
or REBECCA by Thurs 10/13 to REDEEM YOUR PRIZE!

(209) 858-1124. _____

Speaking of anniversaries...



October 23rd, 2011 = 26 years!

Congratulations!

