

NEWSLETTER

HR CORNER KNOW YOUR HEALTHY NUMBERS

*The
greatest
wealth is
Health*

- A normal blood pressure level is 120/80 mmHg.
- A blood sugar level is less than 140 mg/dl (7.8 mmol/L)
- A1C level below 5.7% is considered healthy for most people
- LDL cholesterol: Levels below 100 mg/dL (3.4 mmol/L) is optimal
- HDL cholesterol: Levels above 40 mg/dL (1 mmol/L) in men and above 50 mg/dL (1.3 mmol/L) in women
- (HDL is the good cholesterol) Heart disease prevention requires healthy numbers.
- Knowing your numbers is important for understanding your risk of heart disease. For the full report, click here: <https://www.heart.org/en/health-topics/reduce-your-risk>
- Don't forget to see your primary care physician for your annual physical. It could save your life!



EVERYDAY PREVENTIVE MEASURES TO LIMIT THE SPREAD OF RSV

You can take everyday prevention measures to help reduce the spread of RSV and other respiratory illnesses.

- Stay home when sick.
- Cover your coughs and sneezes with a tissue or your shirt sleeve, not your hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your face with unwashed hands.
- Avoid close contact with others, such as kissing, shaking hands, and sharing cups and eating utensils.
- Clean frequently touched surfaces such as doorknobs and mobile devices.

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SAFETY TIP- EQUIPMENT/VEHICLE BLIND SPOT

A blind spot is the area around a vehicle or any piece of equipment that is not readily visible or noticeable to the vehicle operator, either by a direct line-sight view or using any internal or even externally placed mirrors.

Issues with blind spots are most commonly found with equipment and Vehicles in use.

WHERE ARE THE RISKS?

- Equipment/ Vehicles in motion (backing or forward)
- Turning radius of equipment/vehicles;
- Noise Levels that can interfere with good communication during operations.

PREVENTATIVE MEASURES TO MAKE:

- Always complete a pre-Job risk Assessment
- Ensure all mobile equipment has working backup alarms.
- Establish specific areas for vehicle traffic and work traffic.
- Require use of High-Visibility Vest/Clothing.



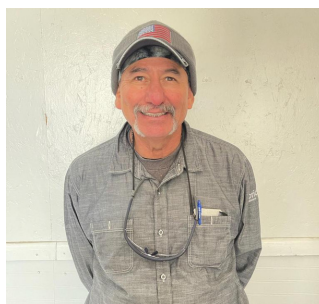
Welcome

South Central Regional Transit would like to welcome Mario Contreras as our new Mechanic.

farewell

Farewell to Rodolfo Gomez. Thank you for your years of service. South Central Regional Transit District wishes you the best in your retirement. You will be missed!

EMPLOYEE OF THE MONTH



SCRTD Congratulates Roman Gonzalez for performing amazingly every day, especially this month. His desire to help others inspires the team, and he has been an outstanding worker with a great attitude and demonstrates an exceptional work ethic. Congratulations Mr. Roman.

October Birthday's

Maria Zubia Oct 5

Albert Minjares Oct 7

November Birthday's

David Armijo Nov 6

Lupita Reyes Nov 14

Jessica Dominguez Nov 15

Cynthia Valenzuela Nov 19

Arturo Pena Nov 28

ANNIVERSARIES

MARTA CALDERON OCT 3, 2022

ADAM SHEA OCT 5, 2020

EDDIE GALINDO OCT 5, 2020

RODOLFO GOMEZ OCT 26, 2021

ARTURO PENA OCT 26, 2021