

# TQM WORKFORCE SOLUTIONS, INC.



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## September Birthdays!

Thomas Koch (President)

Octavius Kenny | Richard Brown

Alvin Valentin | Yorcky Wagner

Anthony Mullins

Chevon Rismond

Clinton Rader

Christian Berlinger

John Dymnicki

Justin James

Manuel Escobedo

**HAPPY BIRTHDAY!**

## LIVE WELL WORK WELL

Trouble Sleeping? Your Phone May Be to Blame! Yes, you read that headline right. According to a new study, using your phone before you go to bed can disrupt your sleep schedule and prevent you from getting a good night's sleep.

Fatigue is defined as mental or physical exhaustion and extreme tiredness or weariness resulting from physical or mental activity. Fatigue can be a symptom of a medical condition, but more commonly, it is a normal physiological reaction to: Lack of sleep, Changes of sleep-wake schedules and Stress. How many of these do you think can affect your driving?

Learn to lower the stress associated with your driving duties by recognizing stress inducing situations. Identify situations or conditions that are common "stress triggers" at work and during off duty hours. Running late, financial concerns, traffic or maybe weather are just a few people experience.

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*" Fall Breeze & Autumn Leaves..."*

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## **WE ARE HIRING!**

Transportation experts say the shortage is driving up the price of goods. According to the Labor Department, U.S. inflation jumped 8.5% in the past year, the highest it's been since 1981.

Please have any referred drivers apply at our website [www.tqmlogistics.com](http://www.tqmlogistics.com). Once we have received an application from them, a Career Coach will be in contact.

Quick tips to give them below...

- PAID WEEKLY! Various Start Times!
- Dock and Lift-gate Deliveries
- Overtime Available! Local Work!





## SAFETY ZONE

School is back in session! Eliminate distractions near schools: Consider turning off or turning down the radio, do not use your cell phone, or adjust any other electronic devices, and increase your alertness in and around school zones. Anticipate the children will disobey posted crossing signs and be prepared to stop. Stay Safe, Stay Alert, and Drive Safe!

**Review Maps and Plan Your Route Before You Leave on Your Trip.** Be sure to plan your driving route before getting behind the wheel so you can keep your schedule and prevent distractions that may occur while trying to read a map or directions. You may use electronic devices, such as a navigation system, to aid you when you are unfamiliar with the roadway. However, remember to use technology appropriately (pull safely to the side of the roadway or stop and take a break), otherwise it can be a source of distraction.

**Myths about Safety Belts for Truck Drivers.** Myth ... Safety belts prevent your escape from a burning or submerged vehicle

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

## THE SAFETY BELT PLEDGE

I will wear my safety belt because my well-being greatly affects my family and loved ones. It is my responsibility to maintain control of my vehicle. Using my safety belt is my best chance of remaining in control of my truck in a crash or emergency situation. I will always remember to buckle up.

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## Contact Us

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