



**Quarter 1, 2009**

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## Tips to Help Commuters Stay Safe on the Roads this Winter

**So far this winter has been one of the snowiest of the past few years in Minnesota.** While this has made skiers, snowboarders and snowmobilers rejoice, it has had the opposite effect on commuters who have frequently had to face winter driving safety hazards.

With January, typically the snowiest month, upon us and March, typically the second snowiest month, approaching, sharing OSHA's *Tips for Safe Winter Driving* with your employees can help ensure they make it to and from work safely this winter.

Post the copy of OSHA's *Tips for Safe Winter Driving* on the following page on your company's bulletin board or other highly visible place to educate your employees on how to prepare for and respond to safety hazards on the road in the remaining winter months.

*(Tips for Safe Winter Driving continued on page 2...)*

In this quarter's issue:

- Tips to Help Commuters Stay Safe on the Roads this Winter
- New and Improved Health Care Benefits for Employees in the New Year: Award Staffing Offers Better Benefits to Attract and Retain Top Talent in 2009
- In the Breakroom: Award Staffing Sudoku

## New and Improved Health Care Benefits for Employees in 2009: Award Offers Better Benefits to Attract and Retain Top Talent

Beginning in January 2009, Award Staffing is switching to a new provider of health insurance, through Blue Cross Blue Shield, that offers better coverage at lower premiums for our employees than our previous provider.

The new health insurance plan is one of the best available for individuals who work on a temporary or contract basis. It offers comprehensive coverage options, including: health, dental, eye care and prescription coverage.

The new plan works by automatically deducting premium payments from the paychecks of employees who elect coverage. The feature that makes the plan perfect for temporary work arrangements is coverage is not cancelled when an employee goes off assignment. This is unlike most other plans that terminate coverage as soon as an employee is not actively assigned. Covered employees have up to 6 weeks to return to assignment before their policy is terminated. If an employee returns to assignment in the 6 week time frame, the paycheck deductions for his or her plan will start up again automatically. Employees are not charged back payments unless a claim is made during their time off.

In addition to comprehensive coverage and continued coverage even when employees are not on assignment, Award's new insurance plan is affordable. Depending on the coverage options elected, the new plan costs Award Staffing employees anywhere from tens to hundreds of dollars less each month than the health insurance plans offered by many other staffing companies in the Twin Cities metro area.

The Award Staffing team is looking forward to offering this plan as an incentive to attract and retain the most qualified employees to work at our clients' companies in 2009. If you have any questions about this new plan, please contact Award Staffing today!

## TIPS FOR SAFE WINTER DRIVING

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. This sheet (copied from the U.S. Occupational Safety and Health Administration, OSHA) provides safety tips for your (employees) to help prevent motor vehicle injuries due to winter storms.

### The Three P's of Safe Winter Driving

1. **PREPARE** for your trip
2. **PROTECT** yourself
3. **PREVENT** crashes on the road

### Prepare

#### **Maintain Your Car**

Check battery, tire tread, and windshield wipers. Keep your windows clear. Put no-freeze fluid in the washer reservoir. Check your antifreeze.

#### **Have On Hand**

- Flashlight
- Jumper cables
- Abrasive materials (sand, kitty litter, even floor mats)
- Shovel
- Snow brush and ice scraper
- Warning devices (like flares)
- Blankets

For long trips, add

- Food and water
- Medication
- Cell phone

#### **Stopped or Stalled?**

Stay with your car. Don't over exert. Put bright markers on antenna or windows. Shine dome light. If you run your car, clear exhaust pipe and run it just enough time to stay warm.

#### **Plan Your Route**

Allow plenty of time (check the weather and leave early if necessary). Be familiar with the maps/directions. Let others know your route and arrival time.

#### **Practice Cold Weather Driving**

- During daylight, rehearse maneuver slowly on the ice or snow in an empty lot
- Steer into a skid
- Know what your brakes will do: stomp on antilock brakes, pump non-antilock brakes
- Stopping distances are longer on watercovered ice and ice
- 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 12 and under are much safer in the back seat

### Prevent

- Drugs and alcohol never mix with driving
- Slow down and increase distances between cars
- Keep your eyes open for pedestrians walking in the road



**WRC  
CERTIFIED**

*As a Workers' Compensation Risk Certified (WRC) Company, Award Staffing stays up-to-the-minute on safety developments that help keep our associates and our clients' workplaces safe.*

*If there is a safety topic you'd like to have our certified Safety and Risk Manager research for you or that you'd like to see featured in an upcoming Industry Update, please notify your Account Manager at 952-924-9000 today!*

**In the Breakroom:  
Award Staffing Sudoku**

**Sudoku  
Instructions**

Fill in all of the empty squares so the numbers 1 to 9 appear once in each row, column and 3x3 box.

Good luck!

				8			6	
5		3		1	7			
4			5		3			2
		4					2	
7	9						5	6
	6					8		
6			7		8			9
			1	6		2		7
	4			2				

*Stuck? If you'd like a copy of the answers to this puzzle, please send an email request to [success@awardstaffing.com](mailto:success@awardstaffing.com).*

***We speak your language- clear and simple. Performance Counts.***