



THE OUTLOOK ...

News from the World of SECO!

SECO's Construction Team— "Up & Away!"



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AIRPORTS US

We're not entirely sure what the major reason behind it is, but SECO has become known as a go-to contractor when it comes to working at major airports.

In fact, right here in our newsletter published just last year, we focused on the large Concourse "C" project we were working on at HJIA (Atlanta airport). Prior to completing Concourse C, we had recently completed the very large Concourse "D" project, also at the Atlanta airport.

Since these projects, SECO has been awarded a project for the Nashville Airport Authority, the Delta Sky-Club, and another three projects at CDIA (Charlotte airport) along with the huge Airside Renovation project back at the Atlanta airport where we are currently working.

Why are SECO's customers so inclined to award our team airport related work? The answer might be that airport projects by nature, are very unique. Everyone knows that airports very rarely close, they are crawling with people, are extremely difficult to access and have security and safety criteria that are well beyond most "typical" projects.

The truth is, airport projects require special badging for any person working on site. This badging typically requires not only drug testing but also a full background check with TSA, Dept. Of Aviation and the FBI all required to sign off on each employee before they can be issued a badge! This process can take several weeks and for good reason, it is quite thorough.

Due to this high level of scrutiny, many contractors that want to perform work at the airport, simply cannot as they aren't able to get over the bar set by current airport work standards.

Another challenge presented to contractors who desire to work at the airport is the willingness to, and capability of, working at night. As mentioned, airports rarely close and as such, much of work that goes on at airports must take place at night!

This night work requirement, all by itself, eliminates many contractors from contention for airport contracts! To say it takes a special person to perform work at the airport is a significant understatement!

As noted above, we are currently focused on the huge Delta Airside

Modernization project at Atlanta's airport. SECO's work scope involves re-cladding most of the airport Delta Concourses, including T, A, B, and C. This very ambitious project involves creating a brand-new airside building facade with new windows, new wall panels, and new roofing. When complete the majority of the airside facing facade will have been transformed from a very dated, very antiquated, very energy-inefficient facade, to a modern, clean, crisp and energy efficient enclosure!

SECO's part in this ambitious effort is installing nearly 50,000 SF of Centria's 3" thick Formawall Dimension Series panel, furnished in a metallic warm gray finish, which complements the new window and glass systems perfectly! Not only are the concourses now much prettier, they are much more energy efficient.

Of course, working at night presents challenges that one doesn't deal with during the daylight work hours. Here are a few of those night-work challenges:

1. **Safety:** The world around our people shrinks greatly at night. The visible world is much smaller, therefore, workplace dangers are either harder to recognize or hidden altogether!
2. **Quality:** What looks good and uniform at night can have a very different look in natural daylight!
3. **Shadows** cast by artificial light sources wreak havoc with common, typical installation practices.
4. **Plain old fatigue** can be a factor for night work, especially toward the end of a work week.
5. **Using lasers** for alignment during the daylight hours are very important, but at night they are essential!

Alignment problems, quality variances or even material damage is very difficult to discover at night. Any daytime corrections or "fixes" that become necessary are very disruptive and costly!

Jason Cooke and Mel Bindas, our VP of Operations and Contract Administrator respectively, have pulled several "all-nighters" during the duration of our airport project and both say it's a different world at night. Jason adds that sleeping during the day to prepare for night on site is something that is not easy to get used to. Additionally, Jason jokes that it also helps to have a very understanding and patient spouse!



Foreman Chris Bramlett has been the primary SECO representative on site and is doing a great job impersonating an owl while executing our wall panel scope. Chris has been working at night at the airport for about 8 months. It took him and his crew a while to get their "night-vision" but once they got used to it, they have really impressed our customer, Dunn Aviation, and have represented SECO very well! Steve Ayers and his crew are also working the night shift and doing very nice work!

About night work Chris says, he agrees with Jason and Mel about the understanding wife, however, he likes the fact that it is not hot and he jokes about not having to worry about sunburn! Chris notes that although visual problems at night can slow down production, he says that airport work can be better from a work access standpoint. He indicates that working on a perfectly flat, paved tarmac is way better than the typical uneven, muddy jobsite. This makes things much easier on equipment as well as the men!

As long as there are airports and work to do on those airport buildings, SECO's Team is ready to "fly" into action and make things happen for our customers!

Around the Territory

Let's take a look around SECO territory and acknowledge the hard-working SECO field force and the important projects they are helping to build.

Knoxville, TN

Up in Knoxville, **Chris Bramlett** leads the way for SECO on the University Center project at the University of Tennessee. Working closely with Chris are **Austin Canup**, **Cory Hunter** and **Cory Norton**.

Pensacola, FL

Lee Jordan, **Gary Ketchuck**, and **Charlie Williams** are giving their all for foreman **David Pulliam** on the very large and very challenging Eglin Hospital project near Pensacola, FL. David and the guys are getting high praise from our customer, SES-Aerostar; and the building looks fantastic!

Atlanta, GA

At the new Sandy Springs Administration Building near Atlanta, our guys are getting close to wrapping up this very large composite panel project for Holder Construction. Foreman **Jon Cole** is leading SECO's efforts along with his very capable team of **Brian Burgess**, **Austin Canup**, **Cory Hunter**, **Cory Norton** and **Ivis Rodriguez**.

Down Rt. 400 a bit, **Jimmy Landrum** with the help of **Anthony Brown**, **Danny Henson** and **Jose Hernandez** are putting the finishing touches on downtown Atlanta's stunning new NCR Corporate Headquarters building.

Down at Atlanta's airport, foreman **Steve Ayers** continues to lead our efforts to re-clad the entire airside of the various terminals with Centria's Dimension Series panels. Steve's team consists of **Brett Perkins**, **Luther Bennett**, **Leslie Heath**, **Adam Locke** and **Taylor Smith**. The guys must perform all their work at night and are getting close to the end of this large and ambitious project. Next time you fly into Atlanta, peek out of the window and admire the work of these great SECO people!

Chattanooga, TN

The West Campus Housing project at the University of Tennessee at Chattanooga is where you'll find **Brad Colyer** and his skilled crew comprised of **Anthony Brown**, **Danny Henson**, **Thomas King**, **Jamie Maxwell**, **Joseph Metcalf**, **James Taylor** and **Patrick Taylor** putting up composite panels from Altech and concealed fastener panels produced by ProFab.

Augusta, GA

Over in Augusta, GA, SECO folks led by the exceptional **Ken Essner** and his team helped by **Joe Bensavage** and his team are working hard for our customer Gilbane on the beautiful new Cancer Research Building and Connector Structure at Augusta University. **Brittany Berrios**, **Corey Davis**, **Randy Henson**, **Bob Henry**, **Carlos Hernandez**, **Robin Hernandez**, **Donnie Lowery** and **Jayson Perkins** are putting up hundreds of composite aluminum panels, a large quantity of Centria Concealed Fastener panels and a Vert-A-Cade Screen wall from Construction Specialties. This project is very challenging, but as usual our field folks are up to the challenge!

Columbia, SC

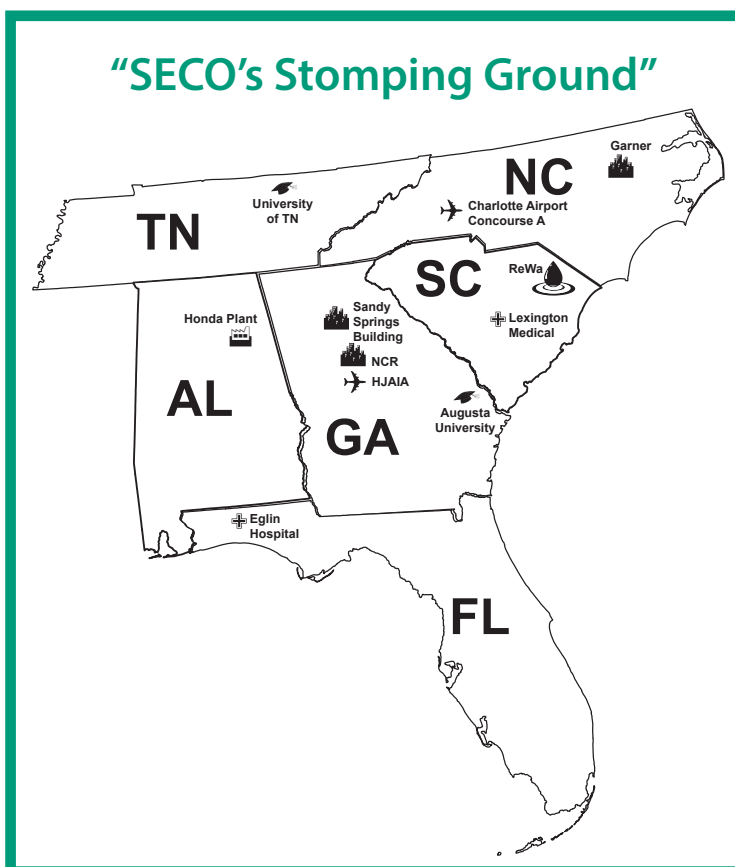
Speaking of challenging, just east of the Augusta University project, our SECO folks on the Lexington Medical Center project near Columbia, SC are working very diligently for our good customers, Brasfield and Gorrie. Like the Augusta project, Lexington Medical is a huge aluminum composite panel project but also includes nearly a million dollars worth of louvers and screens!

Leading his team of **William Ard**, **Blaze Brown**, **Ryan Carter**, **Joe Henderson**, **Terry Meadows**, **Travis Pollock**, **Josh Rush** and **Jon Till**, the venerable **C.C. Rogers** is doing splendid work on very high, very sophisticated intricate work. B&G is quite pleased with our team's contributions to the project!

Charlotte, NC

Another large project is well underway at the Charlotte airport Concourse A expansion. This project entails a large quantity of Centria Dimension Series panels as well as over 21,000 SF of Trespa's insulated rainscreen system. **Dennie Neal** is leading our efforts on this project in his

usual professional way and is very capably being assisted by **Tom Siler** and **Eddie Kinton**. **Dennie**, **Tom** and **Eddie** along with **Mark Crittenden**, **Nick Henson**, **Richard Kinton**, **Alex Lizama**, **Duane Metcalf**, **Paul Osborne**, **Ken Siler**, **Barry Williams** and **Dylan Yenzel** are really doing a super job for our joint-venture customer, Turner-Rodgers. Airport work is always fraught with challenging scope issues and intense deadlines, but our team has answered each challenge and is representing our company very professionally!



(Continued on page 4)

Around the Territory, cont'd

Garner, NC

Eric Nelson is set to depart the Charlotte Airport but will be staying in NC, moving up I-85 with his guys to take on a large, Centria Intercept project in Garner, NC near Raleigh. Eddie's crew of **Cale Henson, Charles Jenkins, Ken Parr, Sammy Portillo** and **Hermas Ramos** are just getting started, but this should be another outstanding project once it is complete later this summer.

Lincoln, AL

Over in Alabama, another top SECO foreman, **Deno Brown** is getting set to put the wraps on a very large Centria Versawall project at the Honda Plant for our excellent customer, Goodgame Company. Over the last several months, Deno and his crew of **Justin Daugherty, David Miller** and **Billy Overton** have been installing panels at a very fast pace! Quality can never be sacrificed for speed, however, Deno and his crew do a wonderful job of maintaining Honda's high-quality standards while staying out in front of the customer's schedule.

Greenville, SC

Things are getting underway for us at a new building for the Renewable Water Resources Authority in Greenville, SC, (ReWa). Rodgers Builders has hired SECO to perform the metal panel work (mostly aluminum composite panels) as well as the air and water barrier and a good bit of Centria's concealed fastener panels. Multi-talented foreman **Jimmy Landrum** is heading up our efforts in this exciting project along with **Jose Hernandez, Jamie Maxell** and **Anthony Brown**. This looks like it will be yet another Rodgers/SECO success story!

Murphreesboro, TN

Finally, up in Murphreesboro, TN, outstanding foreman **Travis Belew** helped out by **Tim Fain, Bart King, Jason Osborne** and **Mitchell Terry** are installing over 10,000 SF of Centria's MR3 profiled panels and another 2,000 SF of composite aluminum panels on a new addition to the TrustPoint Behavioral Hospital. DeAngelis Diamond, SECO's customer, is well pleased with Travis and the SECO team. We look forward to many more successful projects with this new SECO customer in the future!

SECO's field personnel work awfully hard for the good of the whole SECO team. We want each and every one of them to know how much we appreciate all of them and sacrifices they make to make it happen for our customers! Be safe out there folks!



THE LIGHTER SIDE

Body Parts

Have you ever noticed how many items or articles or building features are named after a body part? One can just about put together a whole body with the common parts of a common building! Here are a few we thought of. Maybe you can think of some others to add to the list.

- Oftentimes, the outcropped fascia features of a building are called "Eyebrows."
- Bends in piping are called "Elbows."
- The top of doors and windows are called "Heads."
- Where materials abut other materials, the interface is called a "Joint" some of these are called "Butt" joints.
- The exterior of a building is often referred to as its "Skin."
- Many buildings contain "Vessels" which contain fluids.
- "Nails" are used everywhere in buildings.
- Rounded features are often referred to as a "Nose."
- Soffit areas are sometimes called "Bellies" or "Underbellies."

- The exposed part of a building material is often called its "Face."
- Short walls can be known as "Knee" walls.
- Pipe extensions are "Nipples."
- The flanges of Cee channel steel members are "Toes."
- The flanges of steel angles are called "Legs."
- The corrugations on siding are called "Ribbs."
- The frame of a building is often called its "Skeleton."
- When a building is stout and well-constructed, it is said to have good "Bones."

Of course, this doesn't count the body parts that go into building the buildings. Our tradespeople have the "guts" to do the necessary heavy lifting and possess "eyes" for quality. Sinking their "teeth" into their work, they never want to split "hairs" on quality. "Armed" with the best equipment and materials, they put their "heart and souls" into all that they do, putting their best "foot" forward, while unafraid to get their "hands" dirty in order that the customer can have a happy "face". :)

In the Spotlight: Chris Bramlett, SECO Foreman

One of our field foreman who is really making a name for himself in the SECO field ranks is Chris Bramlett. Chris is a rare commodity these days in that he's a true native Georgian. Born in Decatur, GA, Chris grew up in the Canon area. Chris now calls Lavonia home which is almost centrally located within SECO's geographic reach. Chris has been all over "SECO territory" since joining our team in 2008, directing our installation efforts on numerous projects. He's been on the Atlanta Airport Airside renovation project (mostly working at night), the Nakanishi project in Winterville, the Keys Building project in Greenville and the Roswell Fire Station.

Chris loves his job and is, of course, a very dedicated employee; however, he is also a very dedicated daddy to his three daughters, Devin 16, Destiny 4 and Ansley 1. In fact, the best way by far to spend time, as for as Chris is concerned, is to spend quality time with his girls. As busy as he is, he still can find time now and then to go ATV riding. Chris was an avid ATV rider as a young boy, and still is! Chris is an honest, hardworking country boy who likes things simple and true. He loves traditional spaghetti dinner and any meal that is prepared in a "down-home" country manner!



Chris Bramlett

Chris always knew he would grow up to be a hard worker with an honest to goodness reputation as a man who can be relied upon to not only get things done but to get them done right! He says, "A man is only as good as his help allows him to be. I have an excellent group of guys that will always give 110% effort!" Chris and his crew list the UAB Football Facility in Birmingham and the River Dogs Stadium in Charleston as their favorite projects and look forward to many more challenging projects in the future.

Chris, your fellow SECO teammates tip our hat to you and your team. Thanks for making us look good in the eyes of our customers.



Chris Bramlett and David Pulliam



Cory Norton, Chris Bramlett and Cory Hunter

JUST A FEW OF OUR FIELD FOLKS



Brittany Berrios



Travis Belew and Bart King



Eddie Kinton and Barry Williams

Introducing...

Annette Miller

The newest member of the SECO home office family is Annette Miller. Annette joined SECO recently, coming aboard to handle our Accounts Payable function as well as to assist the Operations team with equipment leasing and control.

Annette comes to us after working with an Atlanta-based general contractor who just happens to be a SECO customer! She wanted to be closer to home and get away from the horrible commute she had.

Annette was actually born in Beaufort, SC while her father was stationed at the Marine base there. Subsequently, he was transferred to Georgia and the family settled in Decatur, GA where she grew up. In fact, she graduated from Dekalb County's Avondale High School.

Annette and her husband Robert Miller live in Loganville with Chopper, their Mastiff/German Shepherd mix. Chopper is quite spoiled and at 130 plus pounds, who is going to say something's wrong with that!

Annette has three of her own children, Heather (a Valentine's Day baby) 29, Breanna 27 and Madison 16 while Robert has two children, Alex 21 and Bayle 19. Annette has three grandchildren by way of Heather (Lacy 7, Abigail 4 and Warren 2). Robert and Warren are surrounded by women!

Some items to know about Annette that will give some insight into her personality are:

- She's a huge Dawg lover as well as a dog lover. She really loves college football and following those Dawgs from UGA!
- She loves and looks up to Dolly Parton as a great role model, but secretly growing up, she wished she was Pat Benatar!
- She loves pizza, sushi, and Mexican food.
- She stays fit by hiking and dancing. (In her younger days, she loved her some disco!)
- She's an avid supporter of breast cancer research and awareness as she's lost more than one loved one from the terrible disease.
- She aspires to be the owner of her own boutique one day.
- She gets a lot out of helping others in need and suggests that letting one's faith be bigger than one's fear has been good advice to follow!

We expect Annette will do very good things for us here at SECO. She is now part of the SECO family and we are very pleased that she is!

Welcome!

Get to know... Dianna Mitchell

In this issue of the Outlook, we want to introduce you to a longtime member of our Accounting Department, Dianna Mitchell. Dianna joined the SECO team about 12 years ago just as the company was moving the base of operations from Stone Mountain to Snellville. Prior to joining SECO, Dianna worked for a small steel fabricator based in the Atlanta area for a number of years.



Dianna Mitchell

Dianna was born overseas while her USAF father was stationed in the Philippines. The family made subsequent moves in her childhood with short stays in Virginia, Alabama, and Georgia, then back to Alabama before finally settling in Georgia permanently. All this moving before she was even 14 years old! She went on to graduate from Shiloh High School in Snellville (Go Generals!).

Dianna is married to Brandon Mitchell and they have two sons, Dalton 15 and Gage 12. The Mitchell's call Loganville home. Two others that claim Dianna's house as "home" are Peanut, an aptly named tiny Shorkie and Blu, a not so tiny Siberian Husky.

Dianna loves to read and particularly likes mysteries and thrillers. She also enjoys crafting and making things for family and friends. When SECO has a function or a social gathering, Dianna is very helpful getting things set-up and decorated!

Dianna is a hard worker and very capably handles most of SECO's HR related functions including payroll, employee insurance, and employee benefits implementation. Dianna enjoys her job and working closely with her fellow SECOians!

When she does take a break from work, and it's vacation time, Dianna has a hard time picking between the mountains and the beach. She certainly loves both as does her family! As for going out, if it were up to Dianna, it would need to be Japanese or Mexican-style food. She enjoys both, especially that she doesn't have to cook it! Her favorite style of music is Country, listing Kenny Chesney, Reba McEntire, and Garth Brooks as her personal favorites.

Working in Accounting, Dianna will tell you that accuracy is a must and is not optional! We can "accurately" tell you, therefore, that Dianna is a great teammate and a solid and much appreciated loyal member of the SECO family!



Annette Miller & family

MORE SECO FOLKS...

Rhonda Jeffries

In this latest issue of the SECO Outlook, we'd like you to meet another longtime SECO team member, Rhonda Jeffries.

Rhonda has been a member of our team since 2005 and has served in a variety of roles leading up to her current role as SECO's purchasing agent.

When Rhonda started with SECO, she was the Sales Administrator which means she was the "face of SECO" as that's the 1st person visitors to the office would be greeted by. In the S. A. capacity, she also handled Sales and marketing duties from an administrative standpoint. Frankly, a good part of that is riding herd on the Sales team and keeping them in line!

From there, Rhonda moved into a position within our Operations group as Operations Assistant. In this role, Rhonda assisted our engineers, project managers and contract administrators with submittals, approvals, customer interface and project coordination.

Rhonda was subsequently promoted to SECO's full-time purchasing agent in 2007 and has been doing a wonderful job in that role ever since. In fact, Rhonda in her "team player" way, has done a great job in each of her roles at SECO!

Rhonda is originally from Baltimore where she was born and raised. She graduated from Western Senior High Girls Academy and went on to be a Panther at the University of Pittsburgh!

Rhonda, a resident of Lawrenceville, is married to Roland Jeffries and they have two children. Candace, 32, lives in Maryland and Jordan, 19, attends Valdosta State in Southern Georgia as a freshman. Jordan is interested in the field of psychology. She and Roland are also the very proud grandparents of 2-year-old Carson Ellison, Candace's son.

When she's not buying fasteners, panels, and caulking, Rhonda likes to cook and garden, then jokes that she lets the TV watch her while she rests! Speaking of cooking and food, since Rhonda grew up next to the Chesapeake Bay, it is no surprise that she is a huge fan of seafood. In particular, she loves making crab cakes and preparing soft shelled crab. Mmmm, good stuff Rhonda! Rhonda also enjoys catching the latest celluloid from Hollywood as she's an avid moviegoer. Rhonda lists her fave movie of all time as The Color Purple.

During the days of Disco & Funk, Rhonda could be found playing C'est Chic, the Bee Gee's and the Commodores on her Walkman! Rhonda also looks forward to one day owning her own motorcycle! We all enjoy having Rhonda's smiling face around the office and we thank her for all the important contributions she makes to our SECO family!



Rhonda Jeffries

SECO Folks at Centria Training



Faces of SECO



A Winning Team



Full Colored Jackets



Stan's Roasted!



The Ladies at Clay for Cause!



Say Cheese!



Mini Mel!



A True Dog Supporter!



Rock On



Connected



Got Ammo?



Three Bobs or Bob?

SECO Employment Anniversaries

0-2 Years

Adam Fuqua
Timothy Lemmons
Christopher Wright
Daryl Thurman
Jeffrey Burrell
Vinay Impraseuth
Horace Lowrance
Whitney Classey
Terry Meadows
James Taylor
Faviola Leal
Jeffery Exum
Yadira O'Farrill
Christopher Dikiy
Robert Black
Jeffrey Campbell
David Miller
Alejandrina Perez Velasquez
Barry Williams
Amalier Garcia
Shawn Sharp
Pamela Green
Christopher Hart
Niccolo Marino
Justin Spires
David Allen
Marvin Edwards
Webb Glass
Joshua Rush
Richard Ross

Justin Daugherty
Matthew Toon
Cory Norton
John Brake
James Crocker
Ivis Rodriguez Soriano
Bradley Colyer
Paul Roberts
Charles Young
Joseph Henderson
Casey Mosley
Larry Creswell
Cale Henson
Charles Jenkins
Kenwain Dragg
Dallas Roberts
Christopher Rodgers
Joseph Bensavage
Charles Denton
Robert Smith
William Smith
Ryan Carter
Brittany Berrios
Joseph Metcalf
Patrick Taylor
Blaze Brown
Robin Hernandez Salmeron
Thomas Johnson
Jimmy Landrum
Porscha Pickens
Seth Rogers

Corey Sims
Jamie Maxwell
Jonathan Till
Dylan Yeazel
Brian Burgess
Dillon Chapman
Andrew Edenfield
Allan Peele
Jayson Perkins
Anthony Brown
Nicholas Henson
Mark Pearson
Austin Blackmon
Richard Kinton
John Towler

2 to 4 Years

David Brown
Jeffrey Derman
Robert Murphy
Darryl Martin
Matthew Millsaps
Samuel Portillo
Austin Canup
Christopher Bramlett
Billy Carter
Gary Ketchuck
Travis Fricks
Reva McClure
Cory Hunter
Billy Overton

Donnie Lowery
Ried Prestwood
Jose Hernandez
Justin Everingham
Darren O'Bryant
Christopher Pouncey
Jonathan Cole
Mark Crittenden
Travis Pollock

5 to 10 Years

Craig Wren
Jason Cooke
Duane Metcalf
Cecil Rodgers
Alex Perkins
Christopher Stephens
Larry Roach
Jefferson Fain
Tony Wilson
Antwan Hodges
Robert Henry
Douglas McIntyre
Samuel Brown
Hermas De Leon Ramos
Carlos Hernandez
Robert Moore
Roy Neal
Robert Jordan
Randy Henson
Kenny Siler

Baltimore Lizama
Eric Nelson
Edward Kinton

11 + Years

Richard Waldron
Cecil Landress
Bart King
Paul Osborne
Steve Helms
Kenneth Essner
James Siler
Joe Creighton
Mitchell Terry
Christopher Hatfield
Richard McConnaughey
Travis Belew
Roy Pulliam
Jacoby Dragg
Rhonda Jeffries
Bobby Stanfill
Dianna Mitchell
Melvin Bindas
Anthony Strickland
Steve Ayers
Tommy Siler
Samuel Mooney
Glenn Phillips

Distracted Driving

More workers are killed every year in motor vehicle crashes than any other cause.

Distracted driving is any activity that takes your attention from driving, this includes talking or texting on the phone, eating or drinking, talking to people in your vehicle, fiddling with the radio, entertainment or navigation system.

Dangers of distracted driving:

- Distracted driving crashes killed almost 3,500 people and injured 391,000 in 2015.
- Reaction time is delayed for a driver on a cell phone as much as it is for a driver who is legally drunk.
- More texting leads to more crashes. With each additional 1 million text messages, fatalities from distracted driving rose more than 75%
- People under the age of 20 are involved in more fatal crashes due to distractions than any other age group
- Studies show that drivers who send or receive text messages focus their attention away from the road for an average of 4.6 seconds. At 55 mph, this is equivalent to driving the length of a football field blindfolded!

The U.S. Department of Transportation website (www.distraction.gov) provides updates and information on the national campaign to prevent distracted driving.



Safety Corner: Driving Safely Toolbox Talk

Distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing. Distracted driving is any activity that might divert a person's attention away from the primary task of driving.

All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

There are three main types of distraction:

- Visual — taking your eyes off the road
- Manual — taking your hands off the wheel
- Cognitive — taking your mind off what you're doing

DO - Stay Safe:

- Use a seat belt at all times – driver and passenger(s).
- Adjust your driving for the conditions, including traffic, weather, pedestrians, rough roads and degree of light.
- Drive defensively.
- Use a hands-free device for phone use if you have to use the phone while driving.
- Be well-rested before driving.

- Avoid taking medication that makes you drowsy before driving, including prescription and over-the-counter drugs.
- Set a realistic goal for the number of miles that you can drive safely each day.

DO - Stay Focused:

- Driving requires your full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and talking or texting on the phone.
- Continually search the roadway to be alert to situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.
- Be patient and courteous to other drivers.
- Reduce your stress by planning your route ahead of time (bring the maps and directions), allowing plenty of travel time, and avoiding crowded roadways and busy driving times.
- Adjust your speed and increase your following distance when carrying heavier than normal loads and when you are towing.

DON'T:

- Drive under the influence of drugs and or alcohol.
- Drive aggressively.
- Tailgate or speed.
- Take other drivers' actions personally.
- Text and drive.
- Enter data in your GPS while driving.

Toolbox talk developed by SWRIInstitute



Steve Helms, SECO Safety Director



Life My "if" Poster for my Grandad

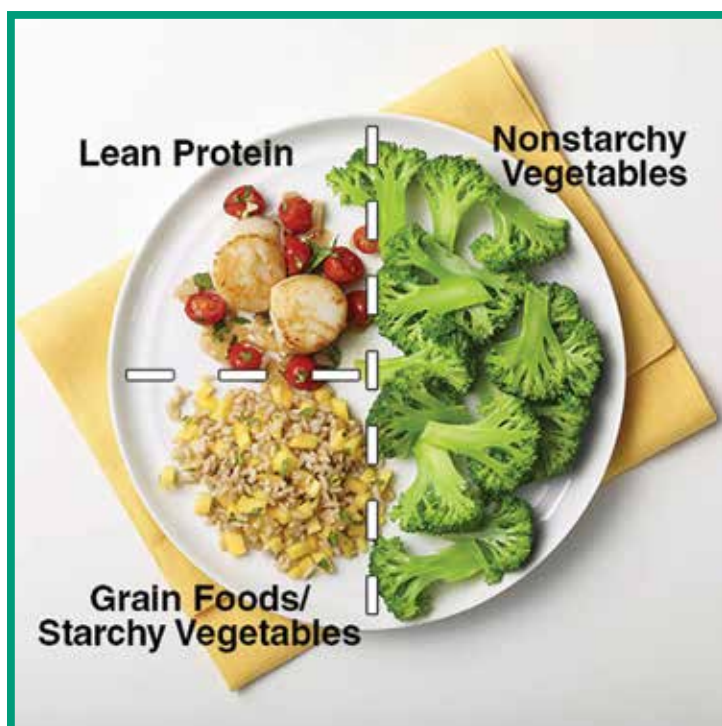
If you work safe today
we can go fishing together.
If you work safe today
we can go to the airport.
If you work safe today
you can see me play baseball.
If you work safe today
we can go get ice cream.
If you work safe today
we can sneak cookies.
If you work safe today

This is a safety poster found in Samet's lobby created by a grandchild of one of their employees. What a wise child!

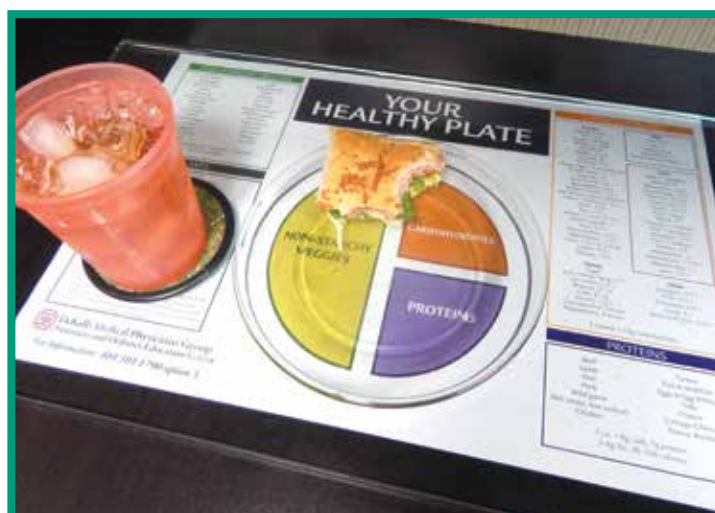
Healthy Portions by Jill Green

After ending 2017 with a six-day visit to the hospital, I adopted an innovative approach to eating healthy. During this process, I found myself checking out what would be considered the “right portion.” We have often heard myths about what we should or shouldn’t eat. Although some of these are true and even needed for the different medical conditions, I have found that if we eat the right portions we are able to not only lose some excess weight but also feel better.

Slightly overwhelmed with this new lifestyle change, I felt trapped and found myself asking “what about my chocolate cake?” As I begin to dig in and start some research, I found the information that I needed. According to The American Diabetes Association, “Portion Size” is the key to weight loss. “Eating sugar does not cause diabetes,” however, it is “eating too many calories can make you overweight, and overweight is a leading risk for Type 2 diabetes.” I also found that fat-free or sugar-free foods still have calories and if you are trying to shed a few pounds, calories count!



I had the knowledge, but I was still unsure of the how to apply it to reach my new-found goal. I decided to meet with a nutritionist. In this class, I was able to create what was called my “Healthy Plate” (<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>). The class taught me that even small weight loss can be helpful and that by controlling my plate, I could achieve this! For example, if you lose 10 pounds, and get 30 minutes of exercise per day, you can lower your chance of developing diabetes by more than half! Wow, 50% was wonderful news! Additional recommendations were also made that would assist in one’s metabolism. These simple things could be added to a daily routine without much effort. For example, if you are not lifting some form of weight during the day, you should try to use small weights for a few minutes out of each hour. After sitting for a while, stand up and



stretch as well. This allows your body to adjust to more movement.

It was enlightening to find out that the average American adult only makes it about halfway to a goal of 10,000 steps per day. Most studies have shown that if you wear an activity tracker you are more likely to achieve more steps. I have found this to be true. I am encouraged by the step counter log and try to push it over to the next level to achieve more. A good average is between 5000 - 7000 starting out.

The good news is according to the “Portion Sizes” pamphlet published by The American Diabetes Association, it is possible to lose weight and keep it off. Here are a few recommended tips.

Cut back on calories and fat when preparing foods at home. If you are out around town or at a luncheon, eat only half your meal and take the other half for lunch the next day. You could also choose to order a smaller portion. Ask for substitutions. For example, ask for steamed vegetables or a salad instead of the French fries. Do not completely leave out the “carbs!” These are still important as we need them for our brain function as they help us focus. So, in closing, back to my question “what about my chocolate cake?” Eat it, just not as often. Remember you can always split it with a friend or family member.

This has been successful for me and it can be for you too. See the chart below to help you build your own “Healthy Plate.”

A Serving of...	Equals...
Fresh fruit or vegetables	1 cup
Canned fruit or cooked vegetables	1/3 cup
Starch vegetables or dried beans	1/2 cup
Bread	1 slice
Dry Cereal	3/4 cup
Cooked Cereal	1/2 cup
Rice or pasta	1/3 cup
Dairy products	1 cup
Lean meats, chicken & fish	3 ounces
Oil, margarine, or butter	1 teaspoon

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Augusta, GA



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