

THE BUS STOPS HERE



Safety Newsletter

May 26, 2023



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.



SUMMER WORK: We are planning our summer season! Sign-up is now available on My Parking Space. Click on the Sun icon on your mobile device to sign up. All drivers and DA's hired on 1/1/17 or later are required to sign up for summer work and attend the pick. Please help us by signing up. It is so much smoother when supervisors don't have to make calls looking for you. If we have enough employees, you may get the opportunity to pass on summer work. Remember, summer programs are 6-8 weeks in duration.

SUMMER PICK DATES: Mark your calendars...

Summer Pick Preview	Tuesday, 6/20	On My Parking Space
Summer Pick	Wednesday, 6/21	5:15 PM Saxon Classroom
Summer Pick	Thursday, 6/22	5:15 PM Saxon Classroom
DA Summer Pick	Friday, 6/23	5:15 PM 1849 Pond Rd, Ronkonkoma

LUNCH & LEARN SERIES: Our first Lunch & Learn last week was a great success and we look forward to our next one scheduled for Friday, 6/9, at 1780 Smithtown Ave from 11:00AM-12:00 noon. The topic is Nutrition & You. Our instructor, Ashley Vadasz, is a Marine Corps Veteran and a Registered Dietitian/Nutritionist (RDN). Ashley takes a holistic and functional approach to create personalized nutrition care plans for her clients. She educates and empowers her clients how to navigate the confusing world of nutrition for optimal health and longevity. Ashley works with firefighters and police officers and now bus drivers and driver assistants.



AMERICAN STROKE MONTH: A stroke can happen to anyone at any point in their lifetime. Stroke is dangerous and deadly — the No. 5 killer and a leading cause of disability in America. If someone is having a stroke, they must get medical attention right away. On average, 1.9 million brain cells die every minute that a stroke goes untreated. Stroke is an emergency! Early treatment leads to higher survival rates and lower disability rates. Learn how to spot a stroke F.A.S.T.:

- Face Drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- Arm Weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech Difficulty - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue."
- Time to Call 911 - If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately.

For more information, please visit stroke.org.



FACEBOOK: This week's spotlight is Linda Schenk, DA for Hauppauge UFSD out of 1849 Pond Road.

"Wishing everyone a happy & safe Memorial Day weekend!"