

THE BUS STOPS HERE



SEARCH
FOR SLEEPING CHILDREN



Safety Newsletter

July 7, 2023



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.



MESSAGE FROM THE AMERICAN HEART ASSOCIATION: Ah, it's finally summer, when swimming, hiking, biking and other outdoor activities beckon — just the kind of active leisure time that can make a big difference in your overall health. Regular physical activity can help you sleep, feel and function better. And it reduces the risk of some diseases and health conditions. Regular moderate to vigorous activity can help keep your weight in healthy ranges and reduce the risk of Type 2 diabetes. It can also reduce the risk of breast, colon, kidney, bladder, esophagus, stomach, endometrium, and lung cancers. Getting physically active is one

of the best things you can do to reduce the risk of heart disease. Exercise can lower blood pressure and improve levels of good cholesterol. It helps to keep your arteries healthy, lessening your chance of a heart attack or stroke. There is also an emotional aspect to exercise. Being physically active can combat stress, decrease the likelihood of depression, and help keep your brain healthy as you age. It's recommended that adults engage in at least 2 1/2 hours of moderate physical activity per week. The American Heart Association suggests aiming for 30 minutes of exercise each day, five days a week. Getting active can make summer more social. Find a friend, partnering with someone can keep you motivated to exercise or participate in something physically challenging. If you have children, get them involved in exercise fun with the family or through play groups and recreation programs. Children should get at least 60 minutes of physical activity each day. It's easy to let youngsters entertain themselves indoors with sedentary screen time. Instead, encourage them to use their free time to become active outside. It can jumpstart healthy habits that last a lifetime.

REFRESHER CLASS REMINDER: Please make sure you attend a summer refresher class so you can pick a route for the new school year. The summer refresher class will be paid upon your return to work in September. If you are having trouble enrolling in a class, please contact Linda Licata: llicata@suffolkbuss.com or call 631-665-3245 X4163.

CDL PERMIT CLASS: We are holding a CDL permit class on Wednesday, 7/12, from 10:00AM-1:00 PM at our new Safety and Training facility located at 1780 Smithtown Ave, Ronkonkoma [behind Long Island McArthur Airport]. This is a great opportunity for DA's, and friends and family to come in and get more information on driving and obtaining a CDL permit. This class is free, and everyone is welcome. Remember, you get a \$500 bounty for every driver referral you make after they drive with us for 6 months!



SUNGLASS SAFETY: The eyes are susceptible to being burned by sunrays. The cornea, lens and retina are all vulnerable to overexposure of ultraviolet (UV) rays. Over time, these UV rays—invisible to the human eye—can harm the eye if left unprotected. Sunglasses help in two important ways. They filter light and protect the eyes from damaging UV rays. Long-term exposure to UV rays can lead to cataracts, macular degeneration or skin cancer around the eyelids. Sunglasses should be worn outdoors to protect your eyes.



FACEBOOK: This week's spotlight is Oscar Alvarez, lead Ivy League driver out of 1849 Pond Road

"The difference between ordinary & extraordinary is that little extra."