

THE BUS STOPS HERE



Safety Newsletter

January 12, 2024



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.

2024 WAGE INCREASE: Our January 2024 wage increase is coming! All union employees will receive a 4% increase effective 1/19/24.

REFRESHER SCHEDULE: Winter refreshers are scheduled and will run through 1/17 at either Saxon, Smithtown Ave. or Coram classroom. We are also having refreshers on Martin Luther King Day to help those that have a mid-day or late run. Please sign up on MPS to secure a seat as space for walk-ins will be limited. Click on "Classes" then "Upcoming Classes". Please be prompt and remember, if you do not attend a scheduled refresher, it will affect your Safety bonus. The schedule is as follows:

January 15, 2024 (MLK)	Monday	8:30 AM	Coram
January 16, 2024	Tuesday	10:00 AM	1780 Smithtown Ave (P2)
January 16, 2024	Tuesday	5:30 PM	1780 Smithtown Ave (P2)



CDL PERMIT CLASS: We are holding our next CDL permit class on Wednesday, 1/17, from 10:00AM-1:00PM at the Safety and Training facility located at 1780 Smithtown Ave, Ronkonkoma. 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 for 6 months!

MESSAGE FROM THE AMERICAN HEART ASSOCIATION: Making New Year's resolutions is a time-honored tradition and sometimes those resolutions are easier to make than to keep. Here are some tips to help you set goals you can keep all year long.

- Start small - set yourself up for success by gradually adding in a healthy habit. Look for opportunities to make a healthy swap during at least one meal each day for a week or try to walk for five minutes instead of scrolling through social media as a break between meetings or tasks.
- Think lean when it comes to protein - plant proteins like nuts and legumes, fish or seafood, low fat or non-fat dairy and lean cuts of meat are the best bet when picking protein. Research shows that replacing red and processed meat with other protein sources is associated with lower death rates from cardiovascular disease.
- Keep moving - balance food and calorie intake with physical activity to maintain a healthy weight. Take a walk after a meal or play fetch with your pet.
- Reduce stress - chronic stress can keep you from feeling your best, so incorporate scientifically proven stress relief activities each day like meditation, physical activity, or spending time with your pet.
- Make a plan - take a few minutes each week to write out a list of meal ideas and grocery needs, and you'll be less likely to make impulse purchases.



FACEBOOK: This week's spotlight is Eric Hollweg, large bus Road Supervisor for North Babylon UFSD out of 31 Moffitt Blvd.

“Great things are done by a series of small things brought together.”