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GREENROAD™

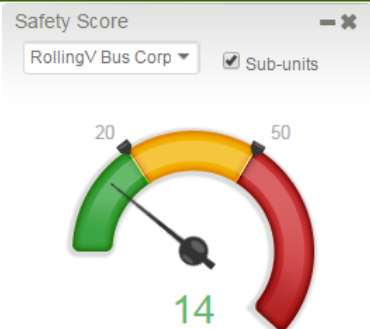
Delivering the best drivers on the road



How Passengers Are Affected By Your Driving Maneuvers

- ▶ For a passenger in the vehicle:
 - ▶ **Green:** Can read a book
 - ▶ **Yellow:** Looks up from book with concern
 - ▶ **Red:** May be jolted from seating position

How would you, as a passenger in a bus, feel if you were jolted from your seating position on the bus. Remember most of your passengers ride without the a seat belt.



Safety tips for school bus drivers

- **Leave enough time to react.** The faster you drive, and the heavier your vehicle, the more time and distance you need to stop. When in doubt, slow down.
- **Mind your speed!** Apart from being illegal, inappropriate use of speed is the single biggest contributor to accidents.

SAFETY FIRST

Back Injury Prevention Tips

Most of you have probably heard that in order to lift safely, you must lift properly. You're told to "bend your knees not your back," and "don't twist as you lift." This is good advice but sometimes seems to go against human nature. Yet, there are actions you can take to help you lift properly.

1. Get as close to the load as possible.
2. Avoid picking up heavy objects placed below your knees.
3. Keep your back straight.
4. Glue your hand to your thigh.
5. Tighten your stomach muscles.
6. Stay in good physical condition.
7. Stretch and loosen up before work.



Get more information on these back saver lifting techniques at the next Green Road Meeting!

Mandatory Safety / Green Road Meetings

April Meeting Dates

4/24/17 Liberty - 8:45am
4/26/17 Neversink 1:30pm
4/24/17 Fallsburg—10am/1:30pm



4/26/17 Ellenville - 10am
4/24/17 Ellenville 1:00pm
4/24/17 Roscoe/Manor (site TBD) -9:15am
4/26/17 Walton 4pm

Thank you for driving safely!