

RAILCREW *xpress*

March 3, 2009

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Rear-End Collisions Are More Than Just a Pain in the Neck

By Warren Grogan
Eastern Regional Safety Manager

So, you're driving down the road without a care in the world because: (1) your crew are pleasant and looking forward to getting to their destination, (2) you always maintain your space cushion of 4 seconds between you and the vehicle ahead. (You know, this space allows you time to react when something causes the person in front of you to brake), and (3) you look at your mirrors every 5-8 seconds to ensure you "Get the Big Picture" and know what's going on around you, especially behind you.

Whoa! All of a sudden while traveling down a two-lane hilly road you approach a stop sign and when your foot heads for the brake and your eyes to the mirror, realization sets in that the semi behind you is gaining speed and is going to hit you!

This very scenario has happened. Once to an experienced professional driver and once to a newly-hired driver with her trainer. There were injuries in both vans that resulted in more than a pain in the neck. The trainer, a retired police officer, is one of the most observant men I know and yet this happened with him on board. Neither of our professional drivers did anything wrong.

Our company is experiencing on average, one of these rear-end accidents every 10 days! One accident has the capability of costing thousands of dollars. The costs, while important, take second seat to the effect injuries have

on our people and passengers. Both of these accidents happened in the late afternoon while the sun was up and on clear days.

This last year we were rear-ended 33 times. Mostly in clear weather, during daylight hours with moderate to heavy traffic, with passengers on board. About 1 in 4 occurred at or while approaching a traffic signal or stop sign. Not what you would think!

The examples above were due to hot brakes on one semi and an inattentive driver in the other. That driver simply said he didn't see our white van with reflective tape.

Driving is a full-time job! As professional

drivers, you must be aware of what's going on around you. If you are in the hills, know that semi's, if loaded, could possibly have hot brakes and may not be able to stop. Weather can play a part here and you don't want a pushy vehicle on your rear in icy conditions. Pull off if you have a vehicle crowding your space. It's best to let it pass rather than run over you.

Scan mirrors every 5-8 seconds to watch for the weavers that are changing lanes and speeding. Be prepared to take evasive action that will protect you and your passengers. The Boy Scout motto of "Be Prepared" has special meaning in our business.



IMPORTANT PHONE NUMBERS

- Payroll Toll Free:
1-877-928-5046
- Employee Benefits:
1-888-335-9545
- 401(k) Toll Free:
1-800-878-5220
-or- Pat McGowan,
1-888-335-9545, ext. 1336
- Harassment:
1-888-347-1206
- Your Area Manager
 - ◇ Personnel Matters
 - ◇ Payroll Matters
 - ◇ Changes to name, address, telephone number, marital status, dependents, leaves of absence
 - ◇ Report a job-related injury
 - ◇ Harassment
 - ◇ Hours of service Violation



FLEET FACTS



By
Jeff Hill, Director Fleet Operations

As a company, RailCrew Xpress is constantly taking steps to become the industry's first choice for rail crew hauling. It is the responsibility of our Fleet Department to provide our clients with safe and reliable equipment. As part of this responsibility, we are looking at new strategies to reach this level of service. As our fleet ages, it becomes less reliable and more expensive to operate. Reducing equipment replacement cost allows us to increase the number of units replaced annually. This strategy will achieve increased customer service by reducing vehicle downtime. We are hopeful that 2009 will bring a renewed spirit to our drivers by providing a more reliable and cost efficient fleet. Keep in mind that these changes will not happen overnight, so it is imperative that we continue to operate our current equipment responsibly.

HR UPDATE DIRECT DEPOSIT/PAY CARD

By Melinda Luthye,
Human Resource & Payroll Manager

RCX currently offers employees the ease of direct deposit. We have been investigating another payment method that has been introduced by many larger companies a few years ago called "Pay Card". A Pay Card works like a pre-funded debit card. You can simply use the card to make day-to-day purchases from the balance loaded on your card. The really nice thing about the Pay Card is that your net paycheck is loaded on the card so that your funds are available first thing on payday morning. You don't have to run to the bank or a check-cashing location in order to cash your check. There are a few charges that employees could encounter, the same as with any debit card (i.e. ATM withdrawals, transfer from one account to another, etc.). For those employees that have other sources of income from a second job, social security benefits, etc., those funds could be directed to the Pay Card as well. I personally used this method of payment recently when I was laid-off from my last job. The state of Kansas mandates use of a Pay Card for all unemployment payments. I had the choice of having the money transferred directly to my checking account or using the card for groceries, gas and other purchases. I wasn't so sure I liked the idea at first, but after the first deposit found that it worked really well. We will have more information shortly regarding Pay Cards for those that would like an alternative to paychecks or direct deposit.

IN MEMORIAM

- William Holloway**
Our friend, Bill Holloway, lost his battle with cancer on February 26th, 2009. He leaves behind his wife, 6 children, 18 grandchildren and 1 great-grandchild. Bill was hired in August 2007 and had been a driver for us in Colorado. He will be missed.
- Rickey Raymond Bettis, Jr.**
Rickey passed away unexpectedly from a heart attack, at 27 years old, on February 6, 2009. He is survived by two sisters, a brother-in-law and his beloved dog, Roxie. He will be missed.

RCX MARCH ANNIVERSARIES

03/01/2006	EFRAIN GARCIA
03/01/2006	LAURA WOODS
03/01/2007	JOHN CANTU
03/01/2008	ARNOLDO DAVILA
03/03/2008	THOMAS MURPHY
03/03/2006	LARRY MURPHY
03/05/2008	SHAWN NEELY
03/07/2008	ANTHONY MCKINNEY
03/08/2007	MICHAEL JOHNSON
03/09/1999	DONALD RUDE
03/09/1999	DAN WOODWARD
03/10/2004	RICHARD MCCONNELL
03/11/2008	DEAN HEPLER
03/14/2008	PAUL LONG
03/15/2006	TRISIA DAY
03/15/2006	REYNALDO TREVINO
03/16/2002	SYLVIA DE LA CRUZ
03/16/2006	BRENDA WILLIAMS
03/17/2008	GREGORY CALVIN



CONGRATULATIONS!!

03/17/2008	JOE HILSON
03/17/2008	DANIEL MILLER
03/17/2008	JORGE RUBIO
03/17/2008	ROBERT WILLIAMS
03/20/2008	SARITA GONZALEZ
03/20/2008	KENNETH HARRISON
03/22/2006	LARRY TALLY
03/22/2006	FLORENCIO RAMIREZ, JR.
03/26/2004	CHARLES RICHBURG
03/26/2008	E.B WILSON
03/27/2008	JESUS MATA
03/27/2006	KEVIN HALL
03/28/2004	RAUL MARTINEZ
03/28/2007	STONEY HUERY
03/28/2008	EUGENE PHILLIPS
03/28/2008	KAREN SHEELER
03/30/2007	EDDIE BAYLOR

Thanks for all you do!