

# RAILCREW **Xpress** NEWSLETTER

15729 College Blvd  
 Lenexa, KS 66219  
 Phone: 913.928.5000  
 Fax: 913.928.5016

## Helpful Phone Numbers

Payroll - 877.928.5046

New Benefit Sign-up - 800.481.9979

Current Benefits - 866.867.6883

Harassment - 913.928.5057

Start by contacting your Location or Regional Manager for the following:

- Personnel matters
- Payroll matters
- Changes to your name, address, telephone, marital status, # of dependants, and leaves of absence
- Report a job-related injury
- Harassment
- Hours of service violation

RCX FORUM

[www.railcrewxpress.com/forum](http://www.railcrewxpress.com/forum)

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Do you have a suggestion for our newsletter....  
 If so, please send an email to:  
 RCXnews@RailCrewXpress.com

## Following too closely??

*Submitted by Warren Grogan and Sean McGraw, Field Safety Advisors*

You are driving down the interstate or two-lane road and you find yourself following the vehicle in front of you way too closely. What this causes is the vehicle in front to play you like a puppet on a string. When it brakes, you brake; when it swerves, you swerve; when it hits something or tries to avoid something, you hit the vehicle. The average driver is comfortable following



the vehicle ahead by a distance equal to 1 to 1 1/2 seconds. Most rear end accidents can be avoided by merely adding a few seconds of following time.

By maintaining 4 to 6 seconds between vehicles, you have the time to avoid hitting the vehicle or even going into an emergency avoidance mode. **Key #4, Leave yourself an out**, is the key to solving this dilemma, yet we continue to have situations that were caused by our employees following the vehicle in front of them too closely. Our company has been involved in rear-end accidents due to vehicles following too closely at the rate of 2 -1. We've been rear-ended 19 times to our 9 times of hitting a car in front of us in 2010. Keeping and maintaining that space cushion is vital so that you and your passengers arrive at the intended destination safe and sound.



The results of following too closely are rear-end accidents, chipped or broken windshields, road hazards that weren't seen in time to be avoided, and stressed-out drivers. Fatigue sets in pretty quickly when you are tailgating, thereby reducing

your ability to drive safely for the entire shift.

Remember to get and maintain the proper following distance. Find a fixed object on the side of the road — a tree, a road sign, even a dead animal will work. When the bumper of the vehicle in front of you passes your mark, start counting 1001, 1002 and so forth, until you get to between 4 and 6 seconds. That's the perfect following distance on a dry road. You will need to increase your following distance with adverse weather. Give it a try. You will arrive at your destination safely and build the trust of those riding with you if you increase your following distance. Make your luck good by practicing having a safe following distance. Your safety is your #1 priority. If it's not, it should be.

**Check out the Spotlight on Page 2 and Benefits Info on Page 4**

You're the Best!



# SPOTLIGHT ON... All Drivers!!!

In December 2009, Randy West sent a letter to the RailCrew Xpress organization relaying that in 2010 RCX would continue to move toward a strong safety culture. The RCX drivers have proven this to be true and correct by the tremendous decrease in the number of accidents.



While seeing an increase of 18% in the total number of trips completed in December 2010 over December 2009, the number of total accidents for those same periods was reduced by 35%. These numbers also show that in December 2009 RCX had one accident for every 163 trips completed. In December 2010, RCX drivers safely completed 289 trips for each accident that took place. ★ ★

The type of accident that decreased the most was animal strikes. The total numbers in December 2010 were half of the animal strikes that occurred in December 2009. The keys are working... "Get The Big Picture" and "Leave Yourself An Out", Keys #2 and #4 from the Smith System Key training.

Our Field Safety Advisors, Warren Grogan and Sean McGraw, both attribute key factors to the drop in accidents to drivers embracing and applying training techniques, as well as the enhancement of local on-site communication regarding animal activity.

Through the introduction of "Get On Board" in 2010, we learned that there are substantial benefits from our commitment to safety. These benefits include keeping our clients and drivers safer, better tools and equipment to operate more effectively, and uniting the RCX team to our company vision.



These are phenomenal strides toward our vision of being the best crew transport company in the industry and are reflective of the efforts from the entire team. We are especially proud of our drivers who have embraced the safety culture and congratulate them on their efforts. Great job RCX Drivers!!!

## Regional Manager and Field Safety Advisors

You may or may not be aware that recently there were some changes made to regions and regional manager positions, as well as the Field Safety Advisors. Here are the Field Safety Advisors with the Regional Managers and their regions:

### Warren Grogan

- ♦ Randy Thomas; Southwest Texas Region
- ♦ Jill Tindell; South Texas Region
- ♦ Rod Cochran; NW Texas and OK Region
- ♦ William Gaines; Southern Region

### Sean McGraw

- ♦ Gary Bivins; Iowa Region
- ♦ Ted Bissen; Nebraska Region
- ♦ Russ Smith; Powder River Region
- ♦ Mel Torrez; Kansas Region
- ♦ Teresa Vonesh; Central Region

## 638 and counting... "Get On BOARD" is coming to you soon!

Oscar Cruz	Brownsville	Roberto Montoya	Brownsville	Cassie Ware	Lenexa
Oscar Martinez	Brownsville	Tomasa Villareal	Brownsville	Misty McMillin	Lenexa
Jose Chavez	Brownsville	Gil Reyes	Corpus Christi	Ashley Brown	Lenexa
Isaac Garcia	Brownsville	Adam Trevino	Corpus Christi	Daniel McKinney	Lenexa
Martha Gonzalez	Brownsville	Gene Edwards III	Corpus Christi	Karen Kindle	Lenexa
Margarita Soriano	Brownsville	Jose Ramos	Corpus Christi	Patsy Harpool	Lenexa
Elizabeth Fortiscue	Brownsville	Ronald Nefford	Kingsville	Robert Carson	Lenexa
Jesus Santos	Brownsville	Jessica Kent	Lenexa		

# JANUARY ANNIVERSARIES

Name	Ann Dt	Yrs of Svc	Name	Ann Dt	Yrs of Svc
EVERARDO JOHNSON	1/17/2004	7	LARRY TALLY	1/24/2008	3
LYDIA MEANS	1/6/2005	6	JEFFREY SWOBODA	1/25/2008	3
ZINA VISER	1/9/2005	6	ROBERT RHEA	1/29/2008	3
SUSAN EITZEN	1/10/2005	6	CARL COUCH	1/30/2008	3
DONALD JACKSON	1/14/2005	6	SANJUANA MENDEZ	1/31/2008	3
ABEL RUIZ	1/15/2005	6	DONALD ARNOLD	1/1/2009	2
DEBRA GALL	1/19/2005	6	JOE WILLIAMS	1/2/2009	2
PATRICK IRISH	1/3/2006	5	ROGER HACKETT	1/2/2009	2
KIMBERLY THOMAS	1/17/2006	5	WILLIAM JONES	1/8/2009	2
ROBERT REGIER	1/28/2006	5	ARLYN NEUHAUS	1/13/2009	2
JAMES WILLIAMS	1/1/2007	4	RONALD BRIDGES	1/20/2009	2
PAUL CHANDLER	1/1/2007	4	TERESA RICHARDSON	1/26/2009	2
JENNIFER STAAB	1/11/2007	4	STEVEN SPEIDEL	1/27/2009	2
BILLY GOLDSMITH	1/16/2007	4	MAXINE KAPER	1/2/2010	1
STEVE MEANS	1/18/2007	4	GARY DEJEAN	1/4/2010	1
LEE STONER	1/23/2007	4	PAUL ST. JOHN	1/4/2010	1
JO ANN FELLER	1/24/2007	4	PAUL DAHMER	1/5/2010	1
KENNETH FIELDS	1/24/2007	4	JOHN HAYHOW	1/11/2010	1
CLIFTON GUY	1/30/2007	4	SHAWN LOVITT	1/14/2010	1
ANNE REESE	1/31/2007	4	SHEREE FISHER	1/14/2010	1
LOUISE CHAPMAN	1/31/2007	4	ALAN SINCLAIR	1/15/2010	1
JAMEL BARNES	1/3/2008	3	AMBROSIO NARRO	1/19/2010	1
JAN THOMPSON	1/11/2008	3	ROY BAGGERLY	1/19/2010	1
JOSE VASQUEZ	1/11/2008	3	BRANT JAGER	1/21/2010	1
RITA FILLMORE	1/11/2008	3	JOSEPH WILSON	1/23/2010	1
RUSSELL BALL	1/11/2008	3	MONROE NEWBERRY	1/23/2010	1
KAREN BACKSTROM	1/16/2008	3	JIMMY PAXTON	1/25/2010	1
DIANE BAUMGARDNER	1/17/2008	3	KRYSTAL HASSON	1/26/2010	1
UNDREA JACKSON	1/18/2008	3	BILLY MADDOX	1/27/2010	1
RICHARD LAMPE	1/21/2008	3	DONALD WILLIAMS	1/28/2010	1
ROBERT KOENIG	1/21/2008	3	SUSAN BROCKMAN	1/29/2010	1
DELORES GARNER	1/23/2008	3	WALTER TOMLINSON	1/30/2010	1
LARRY RUSSELL	1/24/2008	3			

**THANK YOU FOR YOUR HARD WORK AND DEDICATION!**

## ~~~Benefits Information~~~

Whether you are new to RCX or just researching what is available... please review the information below regarding phone numbers for questions regarding your benefits. These numbers will also run on page 1 of each newsletter!

Normal enrollment periods are between 60 and 90-days from your hire date (yes, call after 60 days) and Open Enrollment which happens again this September.



### RCX BENEFITS INFORMATION!

#### **Current Enrollees**

If you are currently enrolled with any insurance program through TransAmerica and need to verify coverage or have questions that need answered, please call **1.866.867.6883**.

#### **Enrollment Eligibility**

Please remember, you are eligible for coverage the first of the month following 90 days consecutive employment or during any Open Enrollment period.

#### **New Insurance Enrollment**

If you are interested in enrolling in any insurance program or need additional information, please call **1.800.481.9979**.



## RCX is Hiring!

### Current Open Positions

#### **Drivers:**

- Alliance, NE
- South Morrill, NE
- North Platte, NE
- Bridgeport, NE
- Kearney, NE
- Ravenna, NE
- Lincoln, NE
- Fremont, NE
- Broken Bow, NE
- Council Bluffs, IA
- Sioux City, IA
- Sterling, CO
- Enid, OK
- Newton, KS
- Oklahoma City, OK
- Tulsa, OK
- Jackson, MS
- Meridian, MS
- Corpus Christi, TX
- Victoria, TX
- Alpine, TX



## Wondering about W-2's??

It's that time of year! AlphaStaff is generating all W-2's for 2010 and they have begun to be mailed out. All will be mailed no later than January 31.

Please wait to inquire about your W-2 until February 1st or later. **Call 888-778-9128 for phone inquiries**, or you may inquire online to see if yours is available to download at: <https://www.paperlessemployee.com/alphastaff>



## Realizing the Health Benefits of Exercising in the Winter

Staying cooped up indoors all winter isn't beneficial for your health and can leave you more exposed to illnesses doing the winter rounds. Getting out and about gives you a chance to breathe fresh air, to see new and varied sights (beats cabin fever), and gives you a sound mind and body workout.

If you suffer from Seasonal Affective Disorder (SAD), getting outside and exercising will help to alleviate the symptoms by introducing more daylight to your system and by involving you in activities that are fun and exciting.

For those trying to keep their weight under control, exercising in the cold burns more calories because you need to move faster and constantly to remain warm; as well, many winter sports require you to tackle different terrain, including snow.

Exercise can help keep colds and flu's at bay, provided you don't overdo it.

An excerpt from: <http://www.wikihow.com/Exercise-in-Winter-Weather>