



**FINDLAY'S TALL TIMBERS  
DISTRIBUTION CENTER, INC.**



A Division of Findlay's Tall Timbers Distribution Center



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**Warehouse Safety**

Warehouses range from product distribution centers to popular retailers that sell oversize and bulk products. Whether it is an industrial, commercial or retail facility, warehouse workers should follow safety guidelines for loading docks, conveyor systems, forklifts and pallet jacks, material storage and handling as well as good housekeeping.

Products enter and exit warehouses through truck and loading dock systems that are usually at a height above the ground. When loading and unloading materials, workers should pay special attention to avoid falls from elevated docks and ramps; yellow striping can draw attention to edges. Trucks delivering goods should be treated cautiously while they are parked at the loading dock. The area between the dock and truck is hazardous because a rolling truck can cause a crush injury; truck wheels should be chocked while unloading.

Forklifts and pallet jacks help move products from the shipping area into and around the warehouse. Forklifts are powered industrial trucks; forklift operators require training and certification while pallet jack operators require training only. Loads should be properly lifted on forks and stabilized, then slowly and deliberately taken to their assigned location. Forklifts and pallet jacks should never be used as rides or man lifts.

When large, awkward, and/or heavy items are warehoused, they become a challenge to store in a safe manner. Storage shelving and rack systems should be sturdy, braced, and spacious enough to allow people and equipment to move freely. When goods are shelved, they require slow and careful placement to avoid disturbing or pushing products off the facing aisle on to co-workers below. Products should be stored flat and inside the shelving units with aisle ways kept clear as well as weight limits posted.

Pallets used for stacking products should be sturdy and in good condition; damaged or unstable pallet items should be restacked on a new one. Where possible, palletized products should be shrink-wrapped or baled for stability.

Workers can protect themselves on the job when required with personal protective equipment (PPE) such as steel-toed shoes, gloves and hard hats or bump caps. Proper lifting techniques protect backs. Safe lifting also prevents loads from shifting, falling, and crushing fingers, hands and toes.

Good housekeeping in a warehouse requires keeping dirt, oil and debris off the docks and floors. Floors should be non-slippery and free from pits and dents. Excess garbage, boxes, baling materials, and other recyclables should be removed and stored properly. Training on the hazards and attention to procedures will make sure warehouse workers stay safe.

(taken from WHFA.ORG)



**Groundhog Day**

**February dates to remember**

1. **February 2, Groundhog day**
2. **February 6, 1911 Ronald Reagans birthday our nations 40th President**
3. **February 14th, Valentines Day**
4. **February 20th, Presidents Day**



### Logistics Term of the month: Stock Keeping Unit or (SKU)

A category of unit with unique combination of form, fit, and function (i.e. unique components held in stock) To illustrate: If two items are indistinguishable to the customer, or if the distinguishing characteristics visible to the customer are not important to the customer, so that the customer believes the two items to be the same, these two items are part of the same SKU. As a further illustration consider a computer company that allows customers to configure a product from a standard catalogue components, choosing from three keyboards, three monitors and three CPUs. Customers may also individually buy keyboards, monitors and CPU s. If the stock were held at the configuration component level, the company would have nine SKUs. If the company stocks at the component level, as well as at the configured product level, the company would have 36 SKUs. ( 9 component SKUs and 3x3x3 configured product SKUs. If as a part of a promotional campaign the company also specially packaged the products, the company would have a total of 72 SKUs.

Source: Supply Chain Visions logistics Terms and Glossary

Early detection of diseases is one of the great benefits of health screenings. Dr. Vijay Dikshit, Chief Cardiothoracic Surgeon of Apollo Hospitals, points out that 30 percent of heart attack victims do not make it to hospital on time. This could be prevented by getting screenings. *( taken from E Health.com)*

### PSA test — Overview covers definition, risks, results of this test for signs of prostate cancer. ( one of the underutilized annual tests provided as an associate benefit at no cost on our medical plan)

#### Definition :

The PSA test is used primarily to screen for prostate cancer. A PSA test measures the amount of prostate-specific antigen (PSA) in your blood. PSA is a protein produced in the prostate, a small gland that sits below a man's bladder. PSA is mostly found in semen, which also is produced in the prostate. Small amounts of PSA ordinarily circulate in the blood.

The PSA test can detect high levels of PSA that may indicate the presence of prostate cancer. However, many other conditions, such as an enlarged or inflamed prostate, can also increase PSA levels.

Use of the PSA test is controversial. It's important to discuss with your doctor whether you should get a PSA test and what the results may mean.

#### Why it's done :

Prostate cancer is the most common non skin cancer in men, and it's the leading cause of cancer-related death in men. Early detection may be an important tool in getting appropriate and timely treatment.

Men with prostate cancer may have elevated levels of PSA. But many noncancerous conditions can also increase a man's PSA level. Although the PSA test can detect high levels of PSA in the blood, the test doesn't provide precise diagnostic information about the condition of the prostate.

The PSA test is only one tool used to screen for early signs of prostate cancer. Another common screening test, usually done in addition to a PSA test, is a digital rectal exam. *(taken from E HOW.com)*

### What is a mammogram? ( one of the currently underutilized annual tests provided at no charge to associates currently on our health plan)

A mammogram is a low-dose x-ray exam of the breasts to look for changes that are not normal. The results are recorded on x-ray film or directly into a computer for a doctor called a radiologist to examine.

A mammogram allows the doctor to have a closer look for changes in breast tissue that cannot be felt during a breast exam. It is used for women who have no breast complaints and for women who have breast symptoms, such as a change in the shape or size of a breast, a lump, nipple discharge, or pain. Breast changes occur in almost all women. In fact, most of these changes are not cancer and are called "benign," but only a doctor can know for sure. Breast changes can also happen monthly, due to your menstrual period.

How often should I get a mammogram?

#### The National Cancer Institute recommends:

Women 40 years and older should get a mammogram every 1 to 2 years.

Women who have had breast cancer or other breast problems or who have a family history of breast cancer might need to start getting mammograms before age 40, or they might need to get them more often. Talk to your doctor about when to start and how often you should have a mammogram.

*(taken from Women's health.gov)*



## In February Guideposts: Deborah Norville Tells Readers Her Attitude about Gratitude

Deborah strongly believes that people who focus on gratitude are happier. What she found were well-conducted studies by respected psychologists that concluded better health, greater resilience, improved cognitive skills and the ability to undo stress were the real results of gratitude.

Above all, Deborah urges Guideposts readers to make a daily habit of focusing on things that you are grateful for, then begin seeing and feeling the benefits.

**Dr. Oz** - "You can't get rid of a bad habit, but you can replace it with a good habit." "Remember, the word doctor means teacher, so it's a two-way street. If you come up with the right person, you're on the right path."

## Ingredients

1 pound extra-lean ground beef  
1 onion, diced  
4 cloves garlic, minced  
1 jalapeno, minced  
1 red pepper, diced  
1 can small red beans or pinto beans, preferably low sodium drained and rinsed  
1 1/2 cups no-salt-added tomato sauce  
2 tablespoons tomato paste  
1 tablespoon red wine vinegar  
1 tablespoon molasses  
1 tablespoon Worcestershire sauce  
1 teaspoon mustard powder  
3/4 teaspoon salt  
Freshly ground black pepper  
8 whole-wheat burger buns

### Directions

Brown the meat and the onion in a large nonstick skillet over medium-high heat for 5 minutes, breaking up the meat into crumbles as it cooks. Pour the drippings out of the pan and discard. Add the garlic, jalapeno, and red pepper and cook 5 minutes more, stirring ...occasionally. Stir in the rest of the ingredients, reduce heat to low, and simmer for 5 minutes more. Place a half-cup scoop of the mixture onto each bun and serve.

( food network.com)

## Heart Healthy

### Sloppy Joes

Downhome Comfort food



## An Ounce of Prevention:

### The Importance of Annual Exams

by Suzanne Daniels

Getting yearly exams is an important part of maintaining good health, and should be an integral part of your health care routine. Many times, the health challenges people experience could have been prevented if they had gone to the doctor for an annual exam. Men and women have specific health concerns that can be addressed during a regular physical, which is why we should not neglect this vital aspect of preventive care.

Part of a successful health care plan involves having a primary care physician, whom you visit once a year. It is during these yearly visits that the following tests may be administered:

Cholesterol screening

Diabetes testing

Prostate examination

Pap smear

Colonoscopy

Mammogram

It is particularly important to get regular exams if your family has a history of chronic diseases such as diabetes, heart disease, or certain types of cancers. Certain routine tests have proven to be beneficial in screening for irregularities, such as a fasting blood sugar test, liver function tests, lipid profile to check cholesterol, and urinalysis. The pap smear and breast exam for women are also important, since early detection and diagnosis of cancer is key in increasing the chances of survival.

"Risk is the price you pay for opportunity" ~ anonymous.

## Safety Tips for Cell Phone Use While Driving

Whether your state imposes driving restrictions on cell phone use or not, experts agree that all drivers should take precautions when using cell phones. Here are some suggestions for making cell phone use safer in your car:

- When possible, make calls when your car is not moving.
- Don't make calls in heavy traffic or bad weather.
- Program frequently called numbers into your phone's memory. The less dialing, the better.
- Keep your phone within easy reach.
- Never take notes, write messages, or look up phone numbers while driving. If you must do any of these things, pull over.
- When pulling over to make calls or take notes, avoid dangerous areas and lock car doors.
- If possible, ask a passenger to make or take a call for you.



*Our Newest Map of Locations*  
*We welcome our new Customers, Associates & Providers*

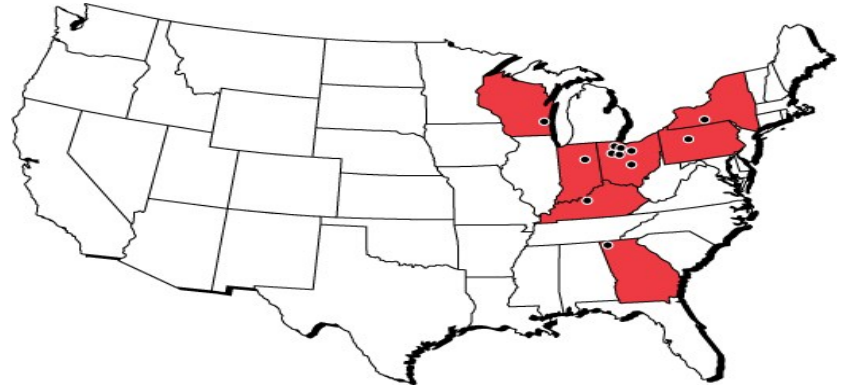
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**"Ever striving to EXCEED  
 your expectations"**

**February is designated National Heart Health Month** by the American Heart Association. Cardiovascular disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States. A heart-healthy lifestyle is your best defense against heart disease and stroke. By following the steps listed below, you can reduce all of the modifiable risk factors for heart disease, heart attack and stroke:

**KICK THE HABIT. STOP SMOKING. REDUCE STRESS  
 CHOOSE GOOD NUTRITION; LIMIT ALCOHOL  
 REDUCE BLOOD CHOLESTEROL  
 LOWER HIGH BLOOD PRESSURE  
 BE PHYSICALLY ACTIVE EVERY DAY  
 AIM FOR A HEALTHY WEIGHT**



**HAPPY BIRTHDAY!!**

**Building #1**  
 Donna McDaniel 02/24  
 JoLynn Spradlin 02/14  
**Building #2**  
 Julie Pahl 02/23  
 Dan Zehender 02/19  
 Wynn Kelley 02/16  
**Building #3**  
 Geri Ardery 02/03  
 Jason Ziessler 02/10  
**Ohio Logistics Ottawa**  
 Carl Brown 02/03  
**169 Logistics**  
 Mike Debbe 02/13

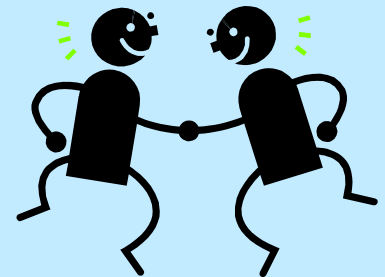
**Penn Centre Logistics**  
 David Bills 02/14  
 Gerald Hanley 02/01  
**Southern Tier Logistics**  
 Barbara Barner 02/01  
 Richard Matthews 02/16  
 Patty McIntosh 02/24



**Service Anniversaries**

**Building #1**  
 Bob VanAtta 02/01/1995  
**Building #4**  
 Jordan Ibarra 02/08/2010  
**Ohio Logistics Ottawa**  
 Carl Brown 02/10/2003  
**Ohio Logistics Trans**  
 Ben Harris 02/19/2001  
 Luther ShROUT 02/07/2011  
 Nichole Snider 02/08/2010  
 Greg Wilson 02/07/2011  
**Ohio Logistics Columbus C2**  
 Donna Irvin 02/01/2011  
**Penn Centre Logistics**  
 Casey Koch 02/01/2009  
 Shari Truax 02/01/2009  
 Gerald Hanley 02/01/2009

**Southern Tier Logistics**  
 Julianne Henry 02/07/2011  
 Aaron Mawhir 02/07/2011  
 Jan Neal 02/21/2011  
 James Noody 02/07/2011  
 Todd Steinhauer 02/22/2010



**Thanks to our associates for dedicating their service to  
 our company.**

