

IN THE

ZONE

## Flagger Force Crew Helps Save Biker's Life

On Sunday, October 14th, 2012, two Flagger Force employees, along with members of a Baltimore Gas & Electric crew, became life-saving heroes when a distracted driver struck a pedestrian near the work zone.

While biking through the area of Joppatowne, MD, along Interstate 40, a bicyclist blew out a tire on his bike and stopped to fix it along the shoulder of the road near where a Harford County BGE crew was setting a pole 30 feet off the roadway. A distracted driver veered from her lane and into the shoulder where the man stood. The driver never saw the biker until he crashed into the windshield and was thrown to the ground near where the Flagger Force crew was passively flagging off the shoulder of the road, watching the BGE crew and monitoring traffic for safety concerns.

Jordan Aaron Hodge, an Advanced Crew Leader for Flagger Force, heard the screech of the brakes. He saw the pedestrian flying toward his truck and

a heavily-damaged vehicle spinning out of control. Hodge rushed to the victim and flew into action, relying on his CPR and First Aid training from previous experience as a Certified Emergency Rescuer. While Hodge assessed the man's injuries and breathing, he called out to his partner, Curtis Williams, a Flagger Force Crew Member, to call 911.



Meanwhile, a member of the BGE crew, Travis Hollars rushed over and explained that he was a volunteer fire fighter and also trained in emergency First Aid. Together, Hollars and Hodge

immediately assessed the biker's injuries, finding multiple compound fractures and possible internal bleeding. He was also having difficulty breathing, as his airway filled with fluid. Hollars, recognizing that the severity of the injuries would need more serious medical care, called his fire station to request a medevac helicopter. Then, Hollars and Hodge rolled the victim on his side to help clear his airway as they awaited help - a truly life-saving move as the paramedics that arrived stated he would not have survived if they had not turned him to enable breathing as they awaited help.

Hodge continued to treat the biker with compression to suppress bleeding, while Hollars stabilized the victim's neck. Williams assisted by controlling the scene and keeping bystanders a safe distance from the victim. The rest of the BGE crew stepped in to move cones around the crash vehicle and assist police in (story continued on next page)



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# CPR/First Aid Training: Minutes Could Make a Difference!

(continued from front page) safely routing traffic around the accident area, and also creating a safe space for the helicopter to land. "BGE flew right into action to help, too. They're simply amazing and I respect that crew immensely," said Hodge.

In the end, it was an all-hands-on-deck, heroic effort by the Flagger Force crew, the BGE team, and emergency personnel to save a man's life. It was also a chilling reminder of the near-fatal consequences of distracted driving.

“Life can change in the blink of an eye. We all have to be mindful of our surroundings and have each other's back. That could have been any one of us hit that day.”  
-Jordan Aaron Hodge

According to sources, the BGE crew has been in touch with the victim's family and the biker has undergone

several major surgeries, but is alive and recovering from the incident, doing better and better each day. ■



**Knowing basic First Aid can save lives!** It is no secret that accidents and injuries happen everyday and often those injured will need help. If you know basic First Aid, you can help to treat that person's wounds and possibly save his or her life.

There are many types of injuries and incidents that require basic First Aid treatment. Learning the

basic techniques for these events is not as complicated as you might think, and many of the supplies can be found in any well-stocked First Aid kit. However, care should only be performed by those who have received certified training, especially for **serious injuries or incidents that require immediate CPR or First Aid action, such as:**

- Stopped or obstructed breathing
- Stopped heartbeat
- Severe bleeding
- Shock from trauma
- Amputations
- Some types of chemical exposure

Did you know we offer CPR/First Aid training? It is our goal to train as many employees as possible in CPR and First Aid so that our job sites will have additional trained professionals who are able to help in an emergency. Justin Antonowicz, one of our Flagger Force Instructors, recently completed his trainer certification for CPR and First Aid courses, and will be traveling between our branches to offer training in our Flagger Force Academy facilities.



**Slips, trips, and falls are among the most common causes of injury on the job and at home.** Everyone slips, trips, or falls on occasion. We tend to shrug off these accidents as just clumsy moments. But sometimes, they can result in serious, painful—and even sometimes fatal—injuries.

It's important to recognize slip, trip, and fall hazards on the job when you see them so that you can take proper precautions to prevent accidents and protect yourself and co-workers from injury. Slips, trips and falls can be a serious safety problem. In fact, the statistics are a real eye-opener:

- Slips, trips, and falls are the most frequent of all workplace injuries
- In one recent year, 803 workers died as a result of workplace falls.

- According to the Centers for Disease Control and Prevention, over 230,000 workers in the United States sustained nonfatal injuries from slips, trips, and falls in a recent year, most resulting in temporary disablement, but some left workers permanently disabled

**Prevention of these injuries is simple.** Use **three points of contact** at all times - two feet and one hand, or both hands and one foot when stepping on or off a surface. Be aware of your surroundings and take note of the potential risks. Move safely in, around, and on the bed of your vehicle, stepping or crawling up and down, never jumping off. Remember, winter ground can be deceiving, especially as temperatures drop at dusk when an area that was wet but safe just hours earlier may now be a dangerous ice-covered slip spot. Look for potential hazards and call them out to those around you.



## Adopt a Shelter Pet!

**Winter is a chilling time to work on the roadway, but for stray and homeless pets, winter can be fatal by starving or even freezing to death.**

**Did you know that strays make up around 80-90% of shelter animals? Want to learn how you can help?**

- Make room for needy pets and strays to come in from the cold at your local animal shelter by ADOPTING a warm furry friend to cozy up to after a long day's work
- Donate food, treats, litter, bowls, blankets, toys, cleaning supplies, office supplies or even pet store gift cards to local shelters
- Volunteer your time - many shelters need volunteers to help walk or train dogs, socialize cats or exotic animals, take pictures of the animals, clean the facilities, launder supplies, and assist in the office or at special promotional events
- Foster a pet to smooth the transition between homelessness and forever homes
- With the help of family and friends, organize a fundraiser for the animals
- Become an "Animal Guardian Angel" by supporting a particular shelter animal's financial needs
- Spay or neuter your own pets so that your four-legged pals will not contribute further to animal overpopulation

**At the Humane Society of Harrisburg, PA, like many shelters, the rescue dog population is predominantly made up of Pit Bulls.**

This breed is largely misunderstood in the public and thought to be aggressive, dangerous and territorial. However, Pit Bulls have many wonderful qualities and make great companion animals when properly cared for.

Here are a few myths about Pit Bulls that the Humane Society has debunked:

**Myth:** Pit Bulls are mean, aggressive, vicious dogs. **Fact:** Most Pit Bulls are NOT aggressive to humans - it is not a normal trait of the breed. Most Pit Bulls that attack a person have been abused, trained to attack or are under-socialized with people and need special care from dedicated owners.

**Myth:** Pit Bulls can't tell the difference between animals and children. **Fact:** Bully breeds do have a naturally high prey drive and may act aggressively toward smaller animals such as cats. This is not, however, the same behavior as human aggression or predation. In fact, socialized Pit Bulls are known for their kindness to children.

**Myth:** Pit Bulls must be kept as "Only" Dogs.

**Fact:** It can be a challenge, but many Pit Bulls can exist in multi-dog households. This depends greatly on the individual personalities of the dogs, but spaying/neutering, obedience training, enough exercise, and a firm hand will go a long way to successfully integrate multiple dogs in your life.

**Before adopting any animal, please research the breed to ensure it is a good fit in your house.**



## New Rain Gear Coming Soon! + Class E Pants Reminder



**Previous Rain Gear Prices:**  
Pants \$15, Jacket \$24  
**New Rain Gear Prices:**  
Pants \$14, Jacket \$32

**We will soon be replacing our previous style of rainwear with items that match the rest of our retroreflective clothing collection.**

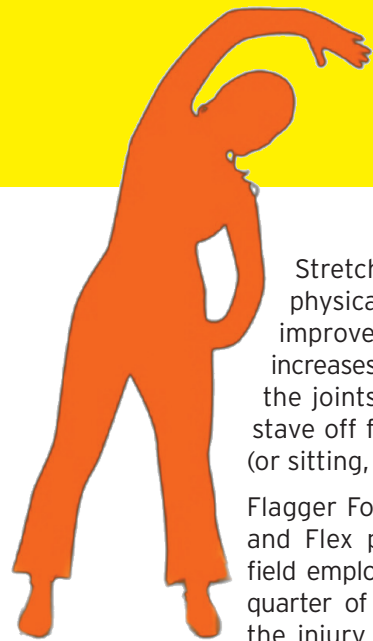
### Benefits of the new rainwear:

- Same color scheme as sweatshirts and winter gear with black and yellow fabrics
- Higher quality waterproof material
- More features, such as underarm ventilation
- Fully-closing pocket flaps
- Pants have elastic waist band, belt loops and zipper fly
- Zippers at bottom of pants for easy on off with boots
- New pants are a better value than before!
- Jacket and pants will continue to be sold separately.

As was presented in the Winter Safety Meetings of 2012, starting January 1, 2013, it is now our policy that **Class E Pants (Retro-Reflective Pants) must be worn as part of your required field uniform ANYTIME you are "On the Clock."** This policy is just another step forward in our Safety Committee and Management team's commitment to protect YOU and share our **Safety • Driven** passion with our people, our clients and the public.







## NEW: Stretch & Flex Program

Stretching exercises at the beginning of a shift or before physical work will help prepare your body for activity and improve flexibility. Stretching prevents muscle shortening, increases range of motion of the body and joints, lubricates the joints and helps with balance. It is also useful to help stave off fatigue and stiffness after long hours of standing (or sitting, if driving) in the same position.

Flagger Force is developing a Stretch and Flex program for our field employees in the first quarter of 2013 to reduce the injury potential of hazards that exist in our daily field staff responsibilities. The Stretch and Flex program will be a series of stretching and warm-up exercises that field employees will perform before their shift in order to prepare their bodies for the physical tasks at hand. In the meantime, below are a few things to keep in mind when lifting and carrying objects.

Also, consider the benefits of arranging the back of your pick-up truck to avoid reaching, bending, twisting and awkward postures. Think about how each object in the truck bed is used and in what order, as well as what physical movements you'll need to make to retrieve each object in the truck bed.

Treat your body well with exercise and nutrition, as well as these guidelines for pre-work physical preparation.

### When lifting and carrying equipment or objects:

- Face the object with your feet shoulder width apart
- Position your body as close as possible to the object
- Bend your knees, with your back straight and stomach muscles tight
- Grip the object firmly, and close to your body at waist height
- Push up slowly with your legs, avoid straining with your back
- Do not twist at the waist while carrying an object, instead turn your whole body by pointing or moving your feet in the direction you want to proceed
- Take small steps to turn your body as a single unit

### When putting the object down:

- Continue to keep the object close to your body and your feet shoulder-width apart
- Lower the load slowly by bending your knees and keeping your back straight and stomach muscles tight
- Ensure the object is safely balanced on a level surface before releasing your grip



## Foundation Update

**Founded in 2011, the  
Flagger Force  
Foundation\***

**is still in its infancy  
as a charitable  
organization.**

The officers this year had big dreams for the group, but focused 2012 on establishing the groundwork needed to ensure the organization is able to focus its fiscal priorities on both the giving of funds to charitable entities that are chosen by Flagger Force employees, and on helping our own employees financially through a fund for individuals who have experienced disaster or unpredictable hardship. Both of these missions are extremely important to the founding officers, and we decided we would not compromise either.

**Starting a charitable  
organization from the  
ground up**

**comes with its  
own set of  
challenges.**

Federal tax regulation is very specific about how charities are classified and, as it turns out, it can be difficult to establish our 501(c)3 status (also known as non-profit tax exemption) when one of your missions is to give money directly to individuals in need. We knew it could be accomplished though, so we continued to dig into non-profit guidelines and even obtained formal legal opinions on the best way to set up our giving program. In the end, we have joined hands with a group called The Foundation for Enhancing Communities (TFEC), an umbrella organization that will support our endeavors as a



foundation and enable us to apply for federal tax exemption as planned. Most importantly, our partnership with TFEC enables us to fulfill our mission of giving to charities and supporting our own employees in extreme-need situations.

**Therefore, 2013 will be an  
even bigger  
year for the  
Flagger Force  
Foundation.**

In the first quarter, we will be writing the guidelines and application for the Employee Hardship Fund, and will announce its debut when complete. We will select a Charity of the Year, chosen by employee vote, to be our primary focus for fundraising activities, and will organize committees for purposes such as fundraising, volunteer events and membership.

2013 will also bring an increased number of Flagger Force Foundation branch-based meetings of volunteers. If you would like to get involved, please email your name and phone number

with FOUNDATION in the subject line to **Contact@FlaggerForce.com**, or call Katy Halter at **717-482-1119**. The officers of the Foundation will hold a re-election in 2013 to invite additional leaders on board - stay tuned to our Web site or Facebook page for more information. You can also support the foundation with just a dollar or more a week, deducted directly from your paycheck via payroll donations. Contact your branch to sign up and dedicate this year to giving to those in need!



\*The Flagger Force Foundation is a project of The Foundation for Enhancing Communities, fiscal sponsor.

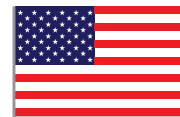


# Flagger Force Foundation's\* Successes of 2012



**Alice Ward Bowling Benefit, raised over \$7,000 for one of our field employees who was struck by a DUI driver.**

**Care Packages for the Troops - donations collected to send to our men and women serving overseas**



**Make-A-Wish Mother's Day Truck Convoy: Flagger Force entered two fundraising trucks, raising over \$1,100 for the charity, and provided safety services throughout the event**

**Make-A-Wish Holiday donation from Flagger Force Traffic Control Services totaling \$12,000 in honor of our clients, employees, vendors and friends**



**Helping Hands - Food Delivery to the homeless in York, PA**

**Salvation Army Angel Tree - Nearly 100 children had a special Christmas this year thanks to the generous donations of our office and field staff**



## You're making us blush!

The team of **Sara Kohl, Paul Newman** and **David Parker** worked well for the UGI Perkiomen site and were requested back at the job site because they, "work great together and do a wonderful job."

**- Davey Swineheart UGI Reading**

Flagger Force employees **Nathan Kershner** and **Arline Paczewski** received high praise after completing a recent job for Strickler Excavating. "Nate and Arline were very reliable. Nate was instrumental in looking ahead to get the job done safely and efficiently. Arline has a pleasant demeanor and knew what was expected of her on the job. She was a big help in making the day run smooth." **- Subcontractor Rich Shuker for Strickler Excavating**

Riggs Distler lifted up **the entire Flagger Force team** in saying: "I've dealt with numerous flagger outfits over the years, and I still find that your operation is by far the best. We started out in Pennsylvania exclusively on the PECO system, and now I use you in Maryland, New Jersey, and Pennsylvania!" **- Project Manager Craig Zemaitatis with Riggs Distler**

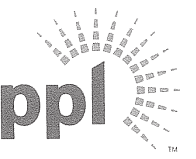
Maryland State Highway Administration gave **the whole Flagger Force team** a big, "Thank you for all the good work your crews have been doing this past year." **- Francis Robeson with Maryland State Highway Administration**

**Kristin Mancia** and **Beth Dreisbach** did "one fine job" on a PPL job site and were, "great to work with!" **- Tom Grose with PPL Panther Valley**

The team of **Tyler Bird, Ryan Garner, Chris Henderson, Rodger Keaveney, Jordan Washington, Vaughn Jacobs, Joe Vandegrift, Charles Randall, Kevin H. Walton,** and **Ben Johnson** worked round the clock on a complex job for AQUA - S&W Rehab at the Tredyffrin site. The crew members were commended by the client for doing a "phenomenal" set up and, "keeping things running beautifully!" Motorists also noticed that this crew kept things moving, as one motorist wrote in to pass along praise, "Great job!" **- Tom Alberici Superintendent of Maintenance with AQUA and Anonymous Motorist**

Greg Dudkin  
President

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Nov. 13, 2012

RECEIVED  
NOV 20 2012

Mr. Mike Doner  
Flagger Force  
1411 Stoneridge Drive  
Middletown, PA 17057

Dear Mike,

I'm writing to express my gratitude for your employees' work to help PPL Electric Utilities and its customers recover from the devastating effects of Hurricane Sandy.

Although it was the most damaging storm in our company's 90-year history — affecting more than a half million of our customers — it inspired an unprecedented response.

We knew that effective assistance from utility partners and contractors would be vital to help us repair system damage and bring those customers back online as quickly as possible.

Your employees worked efficiently, professionally, and — most important of all — safely to help us respond to a storm that required time-consuming, labor-intensive work around the clock for a week.

Thank you again for your significant contribution to a historic storm recovery effort that will be long remembered by everyone involved.

Please feel free to share my letter with your employees.

Sincerely,

  
Greg Dudkin

"Both **Ken Titus** and **Kyle Mayer** have been doing an outstanding job and we appreciate their efforts here in Flemington." **- Mike Grimm with JCP&L**

Client Relations Manager **Cherrill Behm,** and field staff **Dianne Miller** and **Reggie Brown** wowed Area Tree Company. After Flagger Force executed their very first job site for Area Tree Company, the client stated, "We look forward to safer job sites with Flagger Force. Add us to your list of satisfied customers." **- Jerry Wade from Area Tree Company**

On her first day on a site, **Tamika Thornton** impressed Riggs Distler foreman Rob Williams by how she, "picked up very quickly." He was also quick to mention that "Tamika did a great job and he would like to have her back," on future job sites. **- John Matsinger with Riggs Distler**

**Heather Moyer** was at the top of the request list when Strickler Excavating called in with an emergency order thanks to her performance on a previous job. "She did an outstanding job, and was very professional. We'd love to have her back." **- Michael Clark with Strickler Excavating**

**Derrick Koyste, John Barber, Warren Berstler, Anthony Alberino,** and **David Schoenberger** received high praise for their great teamwork. "I never saw traffic from four major roads run this smoothly. My hat goes off to them." **- Joe Brunner with UGI Lehigh**

**David Francis, John Schmuck** and **Paul Zoladkiewicz** made a complicated Dawood site look easy when they did a, "Great job getting the site set up," creating another happy customer. **- Reported by Ben Johnson, Flagger Force Quality Assurance Inspector**



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Want to receive this via email? Email [subscribe@flaggerforce.com](mailto:subscribe@flaggerforce.com).

## New Baby

Congratulations to Harrisburg Field Support Specialist and new mom Krista Ashby on the birth of her healthy baby boy, Terrance Leon. He was a "New Year's Baby" - born on January 1st, 2013, at 8:27am, weighing 7lbs 8.5oz. Way to go Momma Krista!



**Flagger Force DRIVERS:** If you have any issues with your new ComData Fuel Card, please contact your branch immediately for assistance. Also, if you are prompted by the pump to enter a zip code, please use our Corporate Headquarters zip code: 17036

## Timesheet Tips

Each week, the Accounting Department at Flagger Force receives up to a dozen mailed timesheets that were sent with the improper postage amount. This can cause mail to be delayed, meaning your weekly paycheck might also be delayed! To ensure you get paid in full each week, make sure you have enough postage with these handy tips:



Did you know there is a scale in most post office locations? It's located in USPS self-service lobby areas, which are usually open 24 hours a day. So even if your post office is closed you can use the scale to determine if you have enough postage on your time sheets.

You can buy stamps at many different businesses besides the post office. Check your local grocery store, bank, office supply center, or discount chain store. Even some ATMs can dispense stamps!

If you mail in your timesheets each week, they need to be postmarked by Friday in order to arrive to our accounting team in time to make the following week's payroll.

Don't forget, holidays impact the mail schedule, so when a holiday is coming up, get your timesheets for the week before in the mail as quickly as possible!

You can always use your personal vehicle to drop your timesheets off at your nearest branch office. All timesheets collected at the branch by noon on Monday will be overnighted to the Accounting team that evening.