

IN THE

ZONE

Stay Alert, Stay Alive isn't just a slogan.

Our first priority at Flagger Force is safety, meaning protecting ourselves, our clients and the public within a workzone. Understanding how to react when something out of the ordinary happens separates us from other traffic control providers and is something our clients know they can depend on.

On June 25th Flagger Force employees Russell Leathern and Walter Chandler were assigned to a PECO Baldwin Electric Crew. At approximately 10:15 AM, they witnessed a PECO lineman working on power lines who was in trouble while in the bucket of his truck. PECO personnel quickly lowered the bucket and began administering First Aid; Russell and Walter assessed the situation and identified the need to call emergency responders. They immediately contacted 911 and provided vehicle and pedestrian control to allow quick emergency access to aid the injured PECO employee. Their quick thinking and fast actions were key factors that allowed the PECO employee to return to work at the beginning of August.

A key component to this positive outcome was the training programs that Russell



Pictured from (left to right):

Bill Elton - Branch Manager Eastern PA, Jen Harmon - Assistant Branch Manager Eastern PA, Russell Leathern, Walton Chandler, and Ed Gall - Director of Risk Management

and Walter received through Flagger Force Academy. This critical training takes a 360 degree approach to safety and goes beyond just identifying traffic hazards. This training, combined with their ability to stay calm and focused, allowed Russell and Walter to take the appropriate steps needed to aid in the safety of those they were hired to protect. Effective traffic control in a work zone only occurs when your team is trained, focused and fully aware of the various hazards that exist everyday.

Our **Safety-Driven. SPIRIT** Award Program was designed to recognize those employees who perform acts that directly lead to life saving efforts. It's with humble gratitude and a great sense of pride that on behalf of the Flagger Force organization, we recognize the outstanding efforts of Russell Leathern and Walter Chandler who exemplify the very best of Flagger Force.



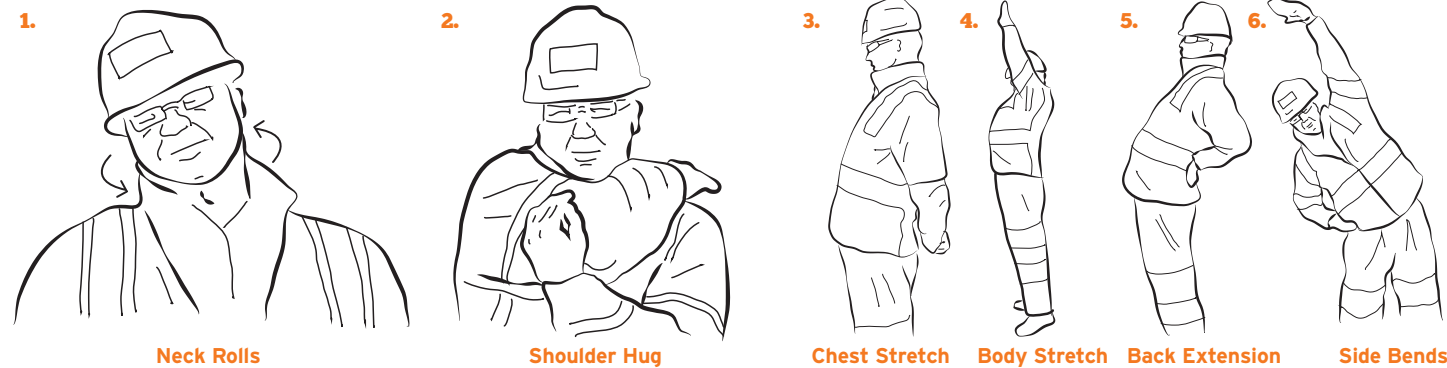
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Stretch & Flex

The autumn season is upon us. Our clients and staff utilize this time to finish up jobs before the end of the year, thus making this our busiest season. More jobs means more handling of materials, busier schedules and faster workflow. One of the leading causes for injury on the job is due to strain from completing repetitive tasks, which creates an opportunity to pick up bad habits that can be unhealthy. Slow down

during your site set-ups and tear-downs! It's important to know your body's limitations, and it's important to be aware of your body position at all times. Learn to recognize those situations where your back is most at risk: bending, lifting, reaching, twisting, etc. Take appropriate measures to avoid an injury.

Body management is important when working in the field. Make sure before every shift you warm-up and complete the **Flagger Force Stretch and Flex exercise: Neck Rolls(1), Shoulder Hug(2), Wrist Curl, Chest Stretch(3), Body Stretch(4), Back Extension(5), Side Bends(6), Calf Stretch(7), Quadriceps Stretch(8), Hamstring Stretch(9).**



Safe Material Handling

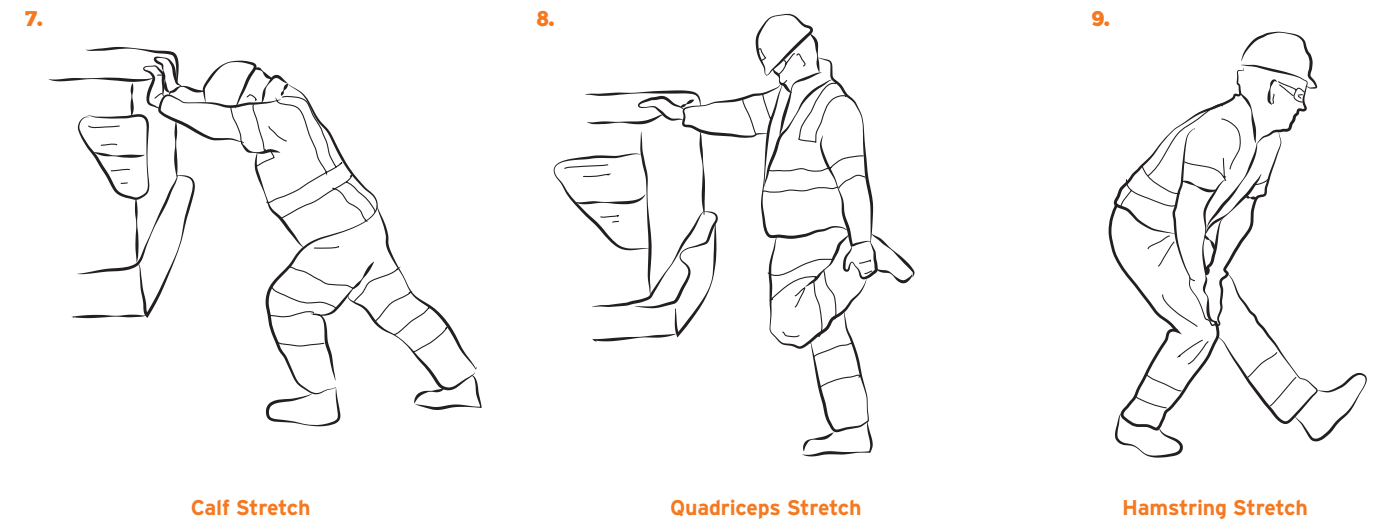
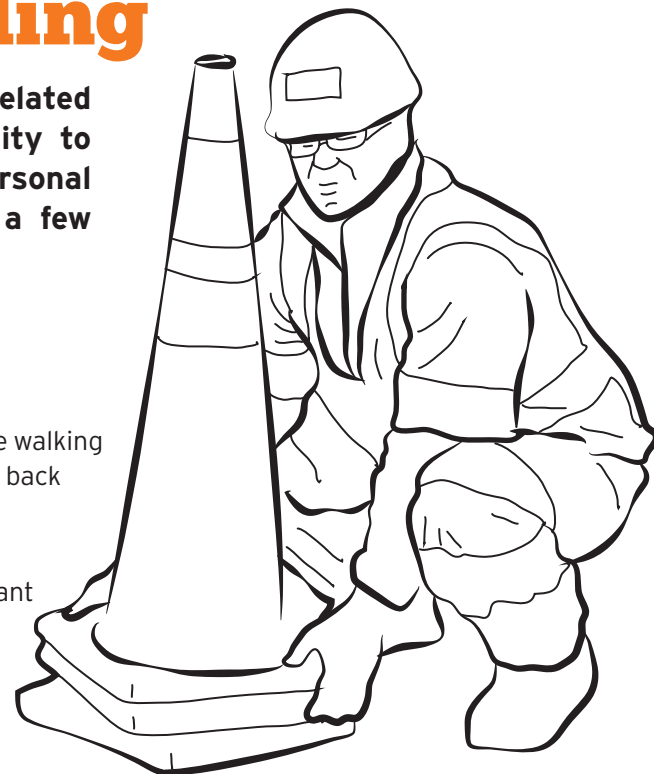
On a national basis 1-in-3 people will experience a job related back injury, causing many lost hours due to inability to work. However, with proper training, exercise and personal nutrition, we can help prevent injuries. Below are a few reminders for proper material handling:

Traffic Cones

- Only lift and carry a maximum of 3 cones at once
- Remember to bend at the knees and keep your back straight
- Look around before you lift to ensure you can see where you are walking
- Keep the load close to your body so you don't overextend your back

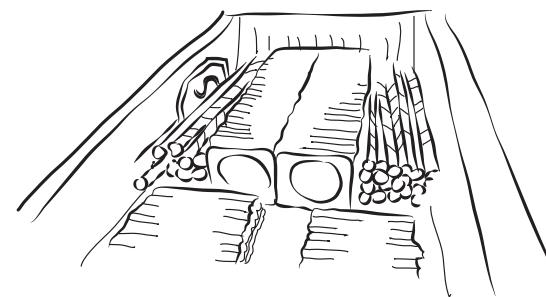
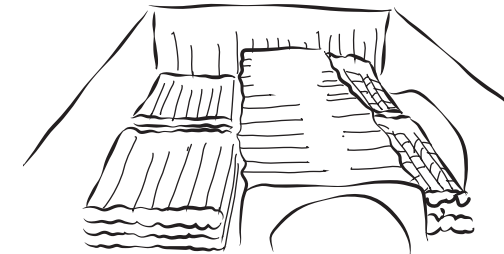
Turn the whole body

- Change directions by pointing your feet in the direction you want to go and turning your whole body
- Keep your core active and use your whole body in unison
- Pivot or side step, do not twist
- Lift gradually without jerking



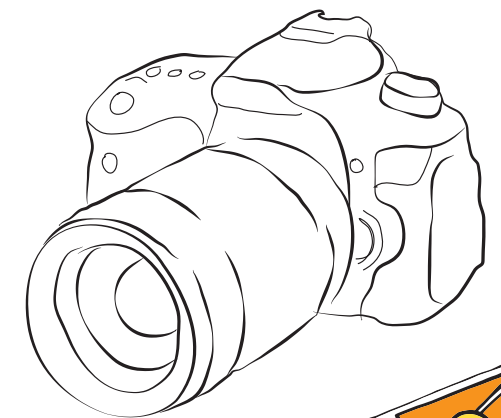
How to Pack a Truck

Every crew leader has a way to pack his or her Flagger Force pick-up truck. It's worth dedicating some time to think about how you should pack your truck each day. A well organized truck bed will help increase efficiency and safety while unloading and loading work zone materials. Most of the time, you will be parking on the shoulder of the road to unload and reload your materials. Consider your exposure to road traffic when outside the vehicle. Placing your most frequently used equipment on the passenger side of your bed can reduce your exposure to road traffic. Try stacking your cones in the middle of the bed as a center divider. Store your less frequently used items on the driver side (road side) of the truck bed. Always be sure to

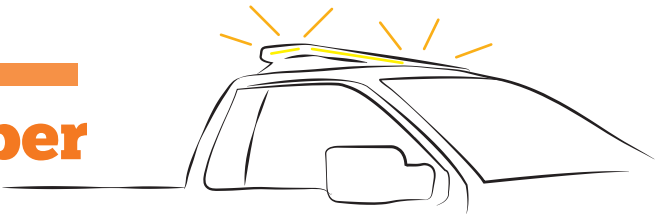


have your required cooler full of ice-water in your truck. **Always remember to turn on your amber warning lights when loading and unloading your truck.**

Do you think you have the best way to pack your Flagger Force truck? Is your truck bed a thing of beauty? Email a photo and your truck number to ideas@FlaggerForce.com and we will pick two winners in the next newsletter who each will receive a \$50 Flagger Force Gear card.



When to Use Your Amber Warning Truck Lights



The amber warning lights on top of your truck are there to increase your visibility to motorists when outside the vehicle. Make sure your truck's amber warning lights are turned on when you are setting up a work zone, tearing down a work zone or making adjustments to a work zone.

DO NOT use your truck's amber warning lights just because:

- You are driving down the road to or from a job site
- You are towing equipment (such as an arrow panel or variable message board)
- You want people to move out of your way

So, when SHOULD you use your truck's amber warning lights?

- During set up
- During tear down
- Making adjustments to the work zone

If you have specific questions on the use of your lights please contact a safety advocate for your branch. Please remember that your headlights must be on when your truck is in motion.

What are the most dangerous times of day to be on the road?

Dusk and Dawn

SUNLIGHT

The sun is low and distorting your perception of speed and distance. More importantly, a low hanging sun will often blind or obstruct your vision if it's shining into your eyes.

FATIGUE

The beginning and the end of the work day are both times when most drivers are tired and may not be fully alert.

RUSH HOUR

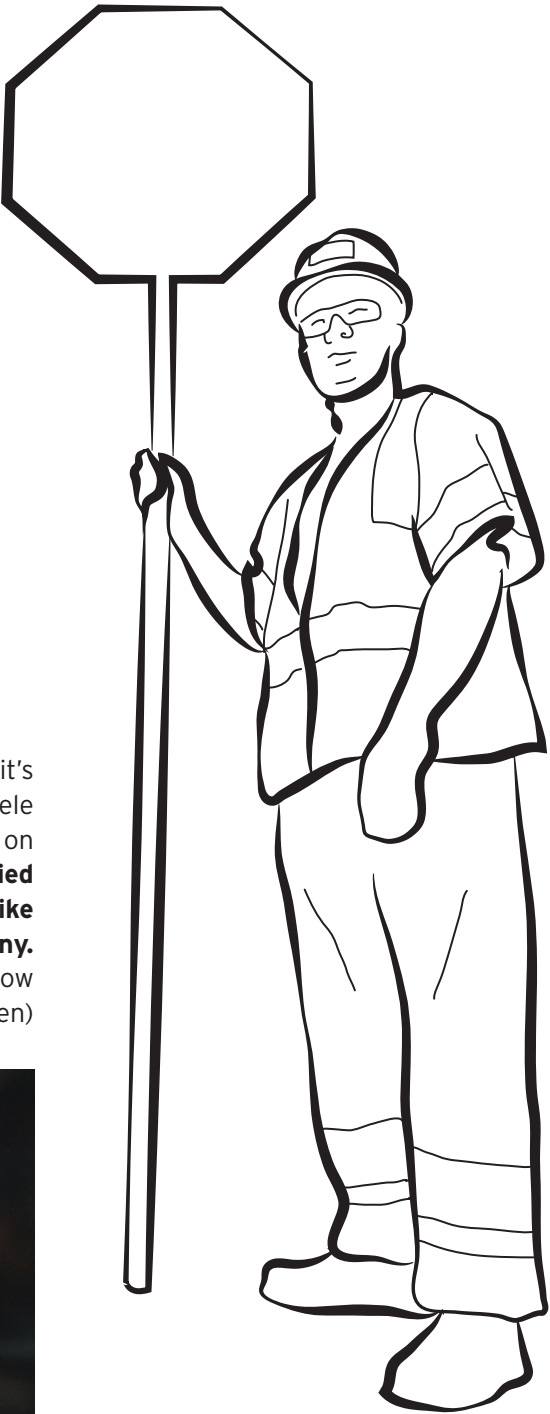
In addition to traffic being at its peak and drivers preoccupied with their growing to-do list, the sunlight is in transition, which makes it hard to visually focus on the road.

During work zone set-ups and teardowns make sure you are stationing crew members with the proper vantage point and line of site to be able to alert one another of potential traffic danger.

By paying extra attention and understanding that drivers may be visually challenged at this time of the day will enable you to improve your awareness for possible hazardous situations. Be sure to look out for fellow crew members and help them maintain awareness during these critical time periods.

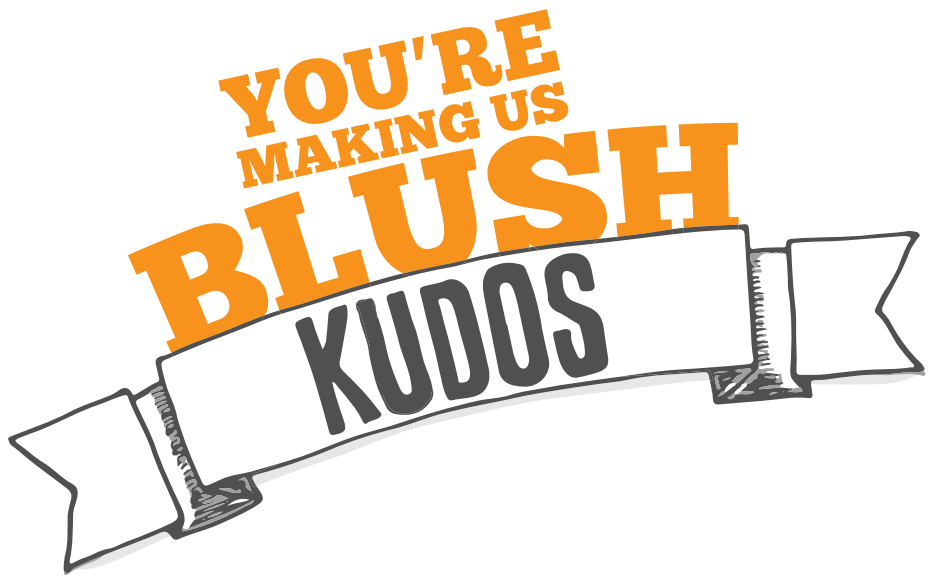
Since 2002, Paddles Have Been a Family Affair

With our fast pace and increasing number of jobs every week it's sometimes hard to believe that Flagger Force started out of Michele and Mike Doner's house back in 2002. Some of that early legacy lives on today. **From the beginning of Flagger Force, Mike was not satisfied with the quality of Stop-Slow paddles available on the market. Mike and his son, Mark, decided to make their own for the company.** The end result was such a success that to this day Mike, Mark, now Mike's nephews (Grady and Charlie Barber) and his Aunt (Cindy Mellen)



produce a few hundred every year. To stay in touch with our history of a hands on and innovative spirit, each summer Mike and his family create a manufacturing assembly line. Mike says "It's a tradition I look forward to every year. This keeps me grounded in a little bit of our heritage and I get a great deal of satisfaction to know that I have touched every stop-slow paddle at our company. It's one more way I stay personally connected to our employees who put themselves at risk every day to keep our clients and the public safe. I'm humbled by the hard work and continued commitment that everyone at Flagger Force brings to the job."





TO: kudos@flaggerforce.com

SUBJECT: KUDOS!

SEND

We are making it easy to show your appreciation!

Email your acknowledgements to Flagger Force at

kudos@flaggerforce.com

I was out on the Schneider Electric job Wednesday, June 18 on Route 78 in Easton and wanted to share how impressed I was with our operations team. The Field Supervisor, John Diaz worked with Ben Johnson to evaluate the site the day prior and both communicated well with Eric Freeman from Schneider. They made a few small adjustments the morning of the job and John coordinated the entire operation smoothly and professionally. The team of Rich Florio, Walter Thomas, Charles Randall, Kim Abbott and Dave Francis was phenomenal. They communicated well, had an incredible sense of urgency and were adaptable when another company was working near the work zone. I couldn't have been more impressed by how our team performed! - Ricky Ueberroth, Business Development

Eric Johnson was on our site today and did an awesome job. - Steve Everhart, Everhart & Hoover

The crew of Jamie Russell, Tiffany Russell, Chris Dewalt and Josh Holmes is doing a great job. I want to have the entire crew back here next week! - Larry Horning, JD Eckman

Xavier Merwarth and Jason Rintamaki did an excellent job all week long and I would love to have both of them back in the future. - Josh Shell HD Supply Power Solutions



Suzanne Hayes and Shawn Heckman did a fantastic job. They worked in a particularly tough area and the PECO crew they worked with came back to the service center raving about them. They would love to have them back any time. - Marie Moore, PECO Phoenixville

James Copson and Larry Thomas are great employees. They both took time to explain the set-ups and gave good directions. They demonstrated great leadership and I really enjoyed working with them and would like to work with them more in the future. - Marquis Livingston, Crew Member

The crew of Rodger Keaveney, Marie Wanamaker, Joe Vandegrift and Maurice Smith were awesome last night. They responded quickly for an emergency order and were very professional. They shut the road down quickly and communicated well with our crew to get everyone on the road safely. - Bob Ramos PECO Warminster

Ken Curran is doing an extraordinary job. I'm very happy that I can always count on him to perform his job correctly. - Dan Bailey, Avison Young

Kennedy Smith is on top of everything. He is phenomenal and aware of everything going on around him. He sees me coming from 400 yards away and moves the cones without me having to say anything. His attention to detail is amazing. I want him every time I have a job in the future. - Ryan Delaney, Shainline

Jeffrey Pyle and Robert Bruce did an excellent job and were very prepared! - Joe Mile, Henkels & McCoy

Bruce Plewinski and Drew Davis did an amazing job today. I'm very thankful for this crew and their hard work. - Bart Smith, Communications Cable Services

Kevin White and Darrell Carr played a critical role in what could have been a dangerous situation today in Manheim Township. An oil spill took place at a dangerous turn. Kevin and Darrell came across the spill and coned off the area and controlled traffic until emergency service personnel arrived on-site. We are very appreciative of their efforts and they probably prevented a serious accident from happening. - Manheim Township Police Department

Marie Wanamaker and Kevin Fripps were fantastic yesterday. They toughed it out through all the rain and never complained and did a wonderful job all-around. I was very impressed. - Joe Iannuzzi, Mayfield Contractors

Bob Bush of Triad Engineering contacted me today and conveyed that everything went perfectly! He was thrilled with the job done by Dale Hamilton, Darrentae Daniels, Adkin Barron and Ashley Chappell. - Brittany Grothey, Business Development

Robert Thomas did an excellent job for us today! He was extremely professional and I was very impressed. - Keith Brubacher, President, Brubacher Excavating

Glenn Stitt did a great job managing our employees for the storm duty for PECO. He kept everything very organized and worked well with the group. He deserves to be recognized. He did an AWESOME job as the direct point of contact for PECO and getting our people where they needed to be while keeping the ticket list updated! This was another success because of all his hard work. - Ben Johnson, Field Supervisor

Robert Reynolds is a keeper. He is a great Crew Leader; very diligent and was on top of things all day! - Jon Koss, Henkels & McCoy

I just want to tell you what a wonderful person Dorian Buchanan is. Dorian went out of his way and helped walk me to my car across the street during the construction. I am elderly and it meant a lot to me. He is a great employee and you are lucky to have him. - Mary Anne Anderson, Wynnewood, PA Resident

Rahim Bass and Hilary Hatch are doing a great job for us in Bethlehem. I really appreciate all their hard work, especially with the weather the last few days. - Chris Rohr, Barker & Barker Paving

I passed a crew this morning on Swedesford Road (Beth Stoner, Collin Tennessee-Cothran, Craig Tull, Damon Tull and Daniel Howard) and they need to be commended for their professionalism, focus and overall a job well done. - Motorist

I wanted to extend my sincere appreciation for the following individuals that gave up their 4th of July weekend to support PECO and their "Wire Watch" efforts. During the holiday several downed power lines required our team to make sure they secured the work zone and kept the public safe. Our crews gave 110 % and I am truly grateful we have employees that are willing to go "Above and Beyond!" - Jennifer Harmon, Asst Branch Manager

Glenn Stiit	Jeff Pyle	Robert Thomas
Ben Johnson	Keron Sawyer	Sandy King
Lindsey Sokolski	Courtney Santiago	Zeron Moten
Briana Abad	Daniel Williams	Walt Thomas
Olivia Branch	Rodger Keaveney	Steve Mousley
Jenn Hall	Darren Sanders	Matthew Malfaro
John Pendleton	Kelly Adams	Matt Lore
Rich Orr	Theodore Kosin	Katrina Demo
Quincey Douglas	Drew Davis	Andrew Conway
Maurice Smith	James Gillyard	John Beckwith
Joe Vandegrift	Brett Witycyak	Marilyn McElwee
Heather Moyer	Ron Brooks	Stuart Lee
Suzanne Hayes	Glenn Hendricks	David Wright
Kevin White	Galen Hoffman	Anthony Walker
Ben Smith	Janeria MacDonald	George Solis

Chad & Caitlyn Smith Update



Chad Smith, Baltimore Warehouse Coordinator, and his daughter, Caitlyn, have returned from their Make-A-Wish sponsored trip to Orlando, Florida. Caitlyn's number one wish was to see the big orca whales at SeaWorld, and that dream came true the very first day, including getting drenched in the splash zone of the arena. As part of her week long adventure, Caitlyn was also able to visit Universal Studios, go on a safari, explore LEGOLAND, and experience the magic of Disney World.

Caitlyn is now in remission and she is enjoying life like a regular teenager. Everyone at Flagger Force continues to support the Make-A-Wish foundation and its purpose to help others, while Chad Smith is personally helping those who would like to get involved with the foundation.



Corporate Headquarters
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www.FlaggerForce.com



Want to receive this via email?
Email subscribe@flaggerforce.com

Would you like more hours?

Flagger Force receives dozens of emergency calls every day from clients who have a need they did not plan for, such as a utility pole being hit or a water main breaking. These are all examples of situations where we need to find people who are ready and available to help at a moments notice.

If you are looking for more hours, please let our schedulers know your availability so we can keep you on our list of emergency "go to" contacts. Once doing so, it is important to have your phone handy, in order to answer the call when an opportunity arises. The best time to call dispatch is at the beginning or end of the day. This is also a great way to broaden your depth of experience and advance your career into a supervision or possibly management role at Flagger Force.

When emergency situations happen, our dispatchers come to know the people they can depend on and will reach out to one of them first. Make sure you are on the list.

888.312.FLAG