



DIVISION 20 SPECIALIST USING MOBILE TABLET

Rail Fleet Services News

February 2019



Mobile Tablets Are Here!

Rail Fleet Services (RFS) is using new technology to facilitate maintenance and inspection efficiency. The tablets are used to perform activities such as the State of Good Repair (SGR) and daily inspections on rail cars.

The tablets are currently being distributed to each of the RFS divisions for testing, and maintenance staff will eventually be trained on their use. There is still more work to be done in making the tablets fully functional, and the Information Technology Systems (ITS) department as well as the software provider is working closely with RFS to resolve some of the occasional technical issues that sometimes arise when they are in use.

Once the tablets are fully functional, they will become valuable resources in reducing paperwork and the amount of time used to document some of our maintenance activities. ∞



2019 LOS ANGELES
RAIL RODEO
SATURDAY, MARCH 16, 2019

Coming Soon: Rail Rodeo And Family Day

Next month, Metro will hold its annual Rail Rodeo. This year's competition will be held on Saturday, March 16th at Division 21 (1800 Baker Street, Los Angeles). The Rail Rodeo will feature competition between Train Operators and Maintenance Specialists. Family Day activities will feature food, exhibits, and activities for children.

The Maintenance Specialist competition will be held in the Division 21 Body Shop and will feature several activities that will challenge their skills and knowledge. The Rodeo schedule will be published and distributed at a later date. Anyone interested in supporting this year's Rodeo through volunteering for any of several activities can contact Arnold Huntley via email at huntleya@metro.net (or Ext. 23185) or Francisco Velasco at velascof@metro.net (or Ext. 23316). ∞



Bob's Corner

Notable Accomplishments

Greetings Team,

A few special congratulations and recognitions are in order:

1. Congratulations to Division 14 winning, for the third year in a row, The Rail Division of the Year 2019. Excellent work to everyone at D14 who are setting the bar even higher – a Dynasty unfolding before us.
2. Completion of the Green Line Cutover – I want to thank the Green Line Team for their tremendous effort in completing the cutover without incident. A clear demonstration to the excellence of staff execution to a well-designed and coordinated plan.
3. A650 Interior Renovations – If you have not taken a look at the final configuration of the interior renovation completed on cars 545/546, you should. The car is amazing, with its new floors, vinyl seats, newly painted linings and hand straps, stainless steel seat grab rails not only provides the new look but will also assist us with easier car cleaning. All cars will be finished in this way. A special thanks to the Paint and Body Crews at Division 20 for magnificent work and attention to details for majority of the work along with part painting support from Division 24 Paint and Body Crew who are

starting their own interior renovations on the P2550 fleet.

Accomplishments like these require dedication, coordination and team work to produce the desired results. Working together as a unit with set goals and objectives is what makes good things happen. Our work by definition requires us to perform tasks in this manner in order for us to succeed at the highest level. I am proud to lead our inspiring staff of men and women to even greater achievements. There is nothing we cannot do.

To ALL RFS staff, your hard work, call to event duty, doing all the little things, etc. are noticed and greatly appreciated. Thank you!

Getting Fit, Staying Fit

by Nancy Espindola, RFS Instruction Department

Fitness requires time and effort. That may be why it's so hard for many people to get started. It may also be the reason that some people start out strong, then fizzle out. Getting fit doesn't mean spending hours at the gym or running laps until you drop. Even if you can only fit in 10 minutes here and 15 minutes there, every little bit counts. To be successful, your fitness program must become a part of your daily life, just like working, cooking, bathing and eating. Staying active is easier when your workouts don't feel like work. Maybe treadmills and barbells aren't your thing. But what about dancing? Shooting hoops? Walking on a sunny day? Remember that exercise adds up. If you don't have a solid 30 minutes to spare, break it up into 10-minute bursts of activity. 3 times a day instead. The health benefits are the same and your body can tell the difference.

Regular exercise can help you live longer and may reduce your risks for a host of diseases.

Here are some benefits of physical activity:

- *May help prevent heart attacks and strokes
- *Can help keep weight under control
- *May help improve blood cholesterol
- *May help prevent or control high blood pressure
- *Helps to prevent bone loss
- *Increases muscle tone
- *Boosts energy levels
- *May help you manage stress and relieve tension

Whether you need help getting off the couch to begin an exercise routine or you've been working out for years and want to ramp it up, Metro ONE-Fitness located at One Gateway Plaza, P1 level, is there to help you achieve your goal. You can contact Onefitness@metro.net for more information or 213-418-3261 to schedule your fitness assessment today. Also available, for an additional fee, are instructor led classes, personal training and individual assessments.



AWARENESS SAVES LIVES!

February is **AMERICAN HEART MONTH**

Safety



Do You Know How to Lift and Carry Safely?

Lifting and carrying are power jobs that require special care and training to prevent back injuries.

Back injuries accounted for 177,580 of the total 905,690 injuries in the private sector in 2012, according to *Injury Facts 2015*. Back injuries can be difficult to treat and may result in lengthy and expensive rehabilitation.

Whether lifting at home or at work, make an effort to take special care of your back. The National Safety Council has a number of suggestions to prevent lift-and-carry injuries and keep your back strong and healthy.

Power Warm-ups

You will work better if you start each day with slow stretches. These warm-ups let you ease comfortably into your workday and help you avoid injury.

Leg and Back Warm-up

- Prop one foot on a chair or a stool for support
- Take a deep breath and ease forward slowly, keep your back slightly curved
- Blow out slowly as you ease forward, counting to seven
- Repeat seven times
- Switch feet and repeat

Backbend

- Stand with your feet about 12 inches apart
- Support the small of your back with your hands
- Hold your stomach in firmly and take a deep breath
- Arch backward – bend your head and neck as you go, blowing air slowly out for seven counts
- Repeat seven times

Power Lifting Tips

- Protect your hands and feet by wearing safety gear
- Size up the load and tip it on its side to see if you can carry it comfortably
- Get help if the load is too big or bulky for one person
- Check for nails, splinters, rough strapping and sharp edges
- Make sure your footing is solid and keep your back straight with no curving or slouching
- Center your body over your feet, get a good grip on the object and pull it close to you

- Pull your stomach in firmly and lift with your legs, not your back
- If you need to turn, move your feet, do not twist your back

Oversized or Tough Lifting Jobs

- Do not try to carry a big load alone; ask for help
- Work as a team by lifting, walking and lowering the load together
- Let one person call the shots and direct the lift
- Use proper mechanical devices for heavy loads
- Use a step stool or sturdy ladder to reach loads above your shoulders, get as close to the load as you can and slide it toward you
- Do all the work with your arms and legs, not your back
- For loads under racks and cabinets, pull the load toward you, try to support it on one knee before lifting, then use your legs to power the lift

Always use your stomach as a low-back support by pulling it in during lifting. Remember, a strong, healthy back helps you enjoy life. Avoid injuries by making it a full-time job to take care of your back.∞

Maintenance Specialist Apprentices Complete Training

Recently, 20 Maintenance Specialist apprentices graduated from the Rail Equipment Maintenance training program. Congratulations to Bernard De Leon, Ruperto Marin, Juan Ballesteros, Cristobal Perez, Kevin Lopez, Thant Thein, Dana Daniels, Salvador Gaeta, Carlos Rodriguez, Jorge Castro, Paul Flores, Clemente Torres, Jesus Rivera, Minh Ton, Enrique Davalos-Rodriguez, Timothy Humphrey, Victor Urrutia, Raul Esquivel, Ernie Vasquez, and Johnny Vu. Congratulate them on their accomplishment.

Let's Hear From You!

The Rail Fleet Services team combined spends many hours per week maintaining our diverse vehicle fleet. Each person has a unique perspective that could contribute to more efficient and effective maintenance operations. The RFS Newsletter is your forum for ideas and stories of achievement.

