

Weekly Newsletter

THE KENT COMPANIES

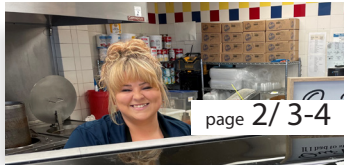
Making your life



March 17, 2022

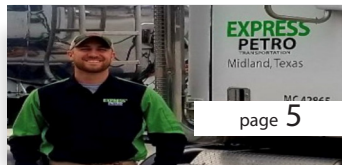
Period 3, Week 4

Safety/ Food Service



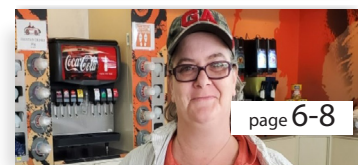
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EPT/ IT



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Kent Kwik/Bountyland



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KENT CAR WASH & KENT LUBE NEWS

page 1



Dino looking good in those safety glasses. Gerald would be proud of him for "keeping safety in sight."



Moriah explaining our 10-point check. You won't find better service anywhere in town!



Erica smiling while taking care of car care.



Pablo working hard on a vehicle.



Luis looks like he never lost a step!

SAFETY NEWS

Keeping Safety in Sight

Nothing is too Small!

Safety Definition: to ensure safe and healthful working conditions for workers by setting and enforcing standards by providing training, outreach, education, and assistance.

Want to be on the Safety Council Team, send a message to safety@kentoil.com or reach out to your supervisor.
All Team Members are welcome hourly / salary makes no difference.

A leading cause of back injury at work is lifting or handling objects incorrectly.

Learning and following the correct method for lifting and handling heavy loads can help prevent injury and avoid back pain.

Check out these safe lifting and handling tips!

Think before you lift

Plan the lift. Where is the load going to be placed? Will help be needed with the load?

Remove obstructions, such as discarded wrapping materials. For long lifts, such as from floor to shoulder height, consider resting the load midway on a table or bench to change your grip on it.

Keep the load close to the waist

Keep the load close to the waist. Keep the heaviest side of the load next to the body. If closely approaching the load is not possible, try to slide it towards the body before trying to lift it.

Adopt a stable position

Your feet should be apart with 1 leg slightly forward to maintain balance (alongside the load if it's on the ground). Be prepared to move your feet during the lift to maintain a stable posture.

Do not bend your back when lifting

A slight bending of the back, hips, and knees at the start of the lift is preferable to either fully flexing the back (stooping) or fully flexing the hips and knees – in other words, fully squatting.

Do not twist when you lift

Avoid twisting the back or leaning sideways, especially while the back is bent. Keep your shoulders level and facing the same direction as the hips. Turning by moving your feet is better than twisting and lifting at the same time.

Look ahead

Keep your head up when handling the load. Look ahead, not down at the load once it has been held securely.

Move smoothly

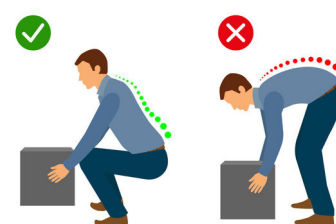
Do not jerk or snatch the load as this can make it harder to keep control and increases the risk of injury.

Know your limits

Do not lift or handle more than you can easily manage.

Lower down, then adjust

Put the load down and then adjust. If you need to position the load precisely, put it down first, then slide it into the desired position.



FOOD SERVICE NEWS



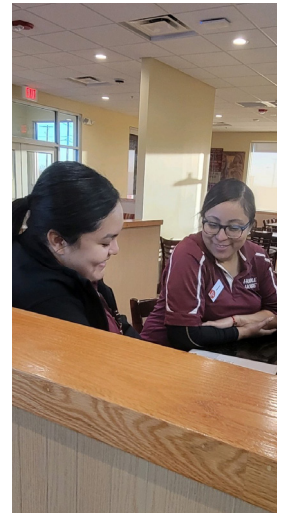
Meeting with Team 805!



930 manager meeting!



Chelsea and Josh are having a great time at the manager meeting.



1079 doing its thing!



All of us here at 1079 want to say thank you for all your hard work and dedication while working for us here at Huddle House. Demetris has been with us since the beginning of 1079!! We will miss you!!!

Best of Luck



Management meeting in 725!



724 meeting! Discussed new schedules Teamwork, Giving employees praise encouragement, support.



1491- Cameron, Anna, Stephanie, Casper, and Curtis covering food policy, uniforms, and upselling.



1493 Leadership Meeting- Marissa and Chanel covering sales and uniforms and the food policy.



1492 Leadership Meeting -Sarah and Jaiden covering up selling, food policy, uniforms, sales and food cost.

FOOD SERVICE NEWS



Look who's cooking!



Coming soon to Kwik Eats!



903 Bessie making sure her box looks great for our guest!

Thank you, Jimmy Young, for all your help at Rustic 315. Your help was greatly appreciated. Now you can cook us all chicken fried steaks. -Debbie Morin



"Do not follow where the path may lead. Go instead where there is no path and leave a trail." Rustic 501 leadership meeting and training on truck ordering.



Rustic 440 leadership meeting!



"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." Rustic 315 leadership meeting!

EPT NEWS



Improvise, Overcome, Adapt: Those words resonate with Marines all over the globe. What do you do when the pump goes out on your pump truck? Well you call in for back up and you improvise to make the job happen. Above is a delivery to Kent Kwik store 901 in Fayetteville Tennessee. When the pump went out on one of the trucks help was just a call away and Tennessee driver and former Marine Benjamin Austin came to the rescue and some improvising was done. The pump from the second truck was used to pump the product off the trailer that it was



loaded. This is not something that we practice or train for. Dedicated professional drivers that we have on our team know how to make this kind of inconvenience be nothing more than a speed bump. A training opportunity if you will. The product was delivered safely and effectively and we both got on our way. Just one more way Express Petro Transportation is #fuelingyourlife.

KENT KWIK NEWS



Our store in Alamogordo - 501 received a little snow but was prepared and ready for Guests.



Join us in wishing Suzan a happy birthday!



Team at store 219 is getting food ready for Guests!

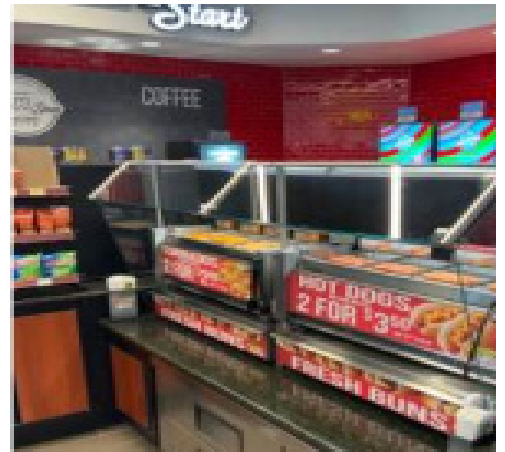
Great job to stores 204, 214, 218, 220 and 318 for scoring 100% on their Safety Inspection.

Great job!

KENT KWIK NEWS



Great job to the Team at store 433 in San Angelo for scoring 100% on both their Safety and Operations Inspections!!



Great job to the Team at store 220 in Odessa for scoring 100% on both their Safety and Operations Inspections!!



We had our Training and Development Meeting where we had speakers from the different departments. Our main focus is to be Safe, Grow our Team and have fun!! We must focus on our Culture: Greet, Fast and Friendly and Cleanest Stores in Town!!

KENT KWIK NEWS



Join us in congratulating Dora on her promotion to Manager at store 431!!!



Welcome Jerrid, our weekend Team Member, to the Kent Team.

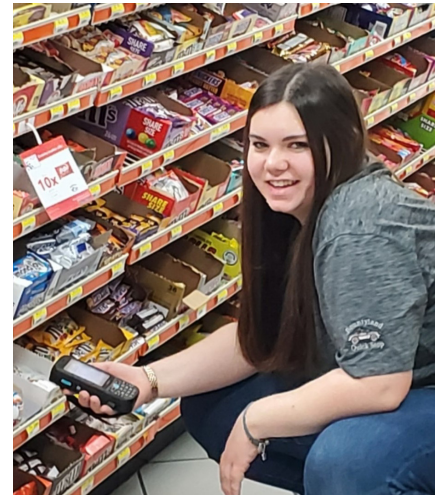
BOUNTYLAND NEWS



Denise & Karli, 701, getting a jump on spring cleaning in the beer cave.



Kristie, 704, learning how to count lottery.



Haley, 705, stepping up and learning how to do a grocery order!



Christina with her favorite Express Petro driver Chris – these two have way too much fun together!



Kevin the auditor focused in on getting 706 counted correctly!



Big shout out to Wesley for finishing the leg of the knife transfer to the Carolina's!!!

BOUNTYLAND NEWS



Thank you to Susan, 705, for the past 2 years of hard work, she always goes above and beyond to help at any location! So proud to have her on our team.



Mark always is smiling even when he is fixing the Wi-Fi at 706!!



The team #701 celebrating their win on raising the most Charity \$\$ for the Carolina! Way to go team!!