

Weekly Newsletter

THE KENT COMPANIES

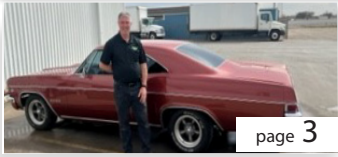
Making your life



March 16, 2023

Period 3, Week 4

EPT News



page 3

Mr. Payroll News



page 3

Safety Message

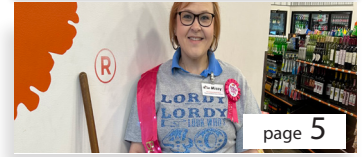


Lifting is a breeze when you bend at the knees!

- Always bend at the knees when lifting an object
- If an object is too heavy, get help
- Use equipment, like a hand truck
- Turn with your legs, not your back

page 4

Bountyland News



page 5

KENT KWIK NEWS



We're getting close to hitting our goal of \$120,000 for PBRC! It's going to take everyone to participate. You should be asking every Guest to either round up or make a donation. Guests are often more than happy to donate, but we must ask! We are an important part of making kids like Jace have a better outlook in life. Let's put our best efforts together to reach our goal by our target date at the end of March. Let's finish with a bang!



Meet Jace Rodriguez

Meet Jace, our 2023 patient representative and a superstar in his own right.

Jace's Story

Jace is diagnosed with Autism and Apraxia, making it difficult to speak, interact with the world and perform some tasks.

Before starting therapy with PBRC, his family struggled to get him to go anywhere. Jace faced struggles and hurdles in meeting new people, interacting with family and friends and participating in all of the activities that children should enjoy.

Jace has found his foundation here at PBRC, forming connections and interacting with his therapists and the staff. The Rehab Center has opened up a new world for Jace and has given his family hope.

Jace is overcoming his struggles and has a bright future thanks to PBRC and its generous donors like you!

KENT KWIK NEWS



Join us in wishing Luis a happy birthday. Happy birthday, Luis!



Store 433 celebrating Destiny and Amber's birthday!



Happy 39th birthday, Shanna.



Meet our new Odessa and Midland Team Members for the week; Kayla, Alyssa and Ethan.



Proud award winners from our banquet. Way to go, we are proud to have you on our Team!



Great job to the following stores on taking care of safety and earning 100% on their safety inspections! 273, 321, 402.

EPT NEWS



Meet one of our long time Team Members, Kevin Pickens. Kevin plays a dual role in the Kent Companies. He splits his time between Kent Motorsports and Express Petro Transportation. He has been with Express Petro since our beginning, we have capitalized on his mechanical knowledge, and he is instrumental as the Fleet Supervisor to assist in keeping the fleet moving at all times. He has a great attitude and always does whatever is asked of him.

Kevin's true passion is muscle cars and racing! Here he is above with a very nice 1966 Chevy Impala SS. Kevin has been with Bill Kent & Kent Motorsports for 27 years! When the weather warms up and the circuit is open the need for speed calls. Kevin is Bill's crew chief, and he will break down and rebuild an engine just so the car can make the next race. He drives the Kent Motorsports car hauler and gets the cars to the tracks and ready to race and he's been doing it for nearly 3 decades. How awesome is that? He has no plans to stop doing it anytime soon. You know what they say: "If you love what you do, you'll never work a day in your life."

MR.PAYROLL NEWS



We had a great time at our Mr. Payroll training and development meeting! Thank you, ladies, for always being awesome and taking care of the Guest.

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.

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

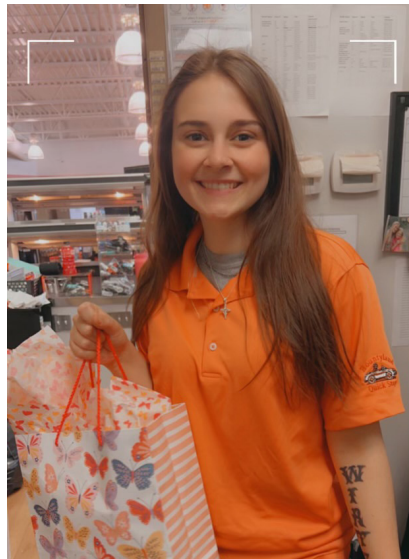
Put the load down and then adjust. If you need to position the load precisely, put it down first, then slide it into the desired position.



BOUNTYLAND NEWS



Angelia is our newest Team Member at 703. We are so glad you joined our Team!



Jesse at 701 is celebrating a Birthday. We hope your day was amazing!



Missy at 716 is having an awesome day at work on her Birthday. We hope your day was filled with many blessings.

FOOD SERVICE NEWS



Great job to everyone on our Team who was awarded a certificate of appreciation at our manager meeting this week. We appreciate everything you do, and your Guest focused attitudes.