

HYDRAFLOW QUARTERLY



Issue 99

Keeping you informed

July 2026

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For more information about Vitality

Join us August 6th
9:55, 10:30 or 11:05 AM
Upstairs in the
Training Room

**Please RSVP to
Xeomara Menchaca by
Friday 7/31**

**Sandwiches will be
provided!!**

Coming August 1, 2026!

New and improved Power of Vitality app and website

**We're thrilled to announce that Vitality is enhancing its
program, which will be available to you beginning
August 1st, 2026!**

If you didn't know, the Vitality program supports and rewards you for making healthy choices regardless of your health results or activity levels. You'll earn points, status and exciting rewards by participating in the program and creating healthy habits.

Get excited for new features, including:

- **A brand-new simplified mobile app** that offers all the same activities as the website.
- **Recommended activities** to get you engaged in your health journey.

New point-earning opportunities like videos and assessments to help you earn points and get to status for richer rewards.

Still haven't registered for Vitality? Do it today at:

<https://www.powerofvitality.com/vitality/login>

**The Vitality plan year ends on July 31, 2026!
What does this mean?**

- Members will revert back to Bronze status
- 10% of points will carryover as a kick start bonus into the new plan year. For example, if you earned 6,000 points this year, you will be rewarded with 600 bonus points. You will begin the new year with 600 points!
- Unspent bucks will continue to roll over into the next program year!



Vitality®

Year Recap!

Over the course of this
year we have had:

- 48 employees reach Silver Status
- 14 reach Gold Status
- 9 reach Platinum Status!

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SAFETY PAGE

Forklift Awareness Safety Talk

By ICW



MORE THAN JUST A BIG FORK

Forklifts are powerful machines that travel through busy warehouses and manufacturing plants, often alongside people walking on foot. One wrong move, one missed signal, or one moment of distraction can lead to serious crushing injuries, collisions, or even fatal accidents in a matter of seconds. Their size, weight, and limited visibility mean that small mistakes can quickly turn into life-changing injuries for operators, pedestrians, and the entire operation.

WHAT'S THE DANGER?

Forklift incidents happen quickly and often without warning, especially in busy warehouse and manufacturing environments where people and equipment share the same space. Tight aisles, blind spots, and heavy loads leave very little time to react once something goes wrong.

Why Forklifts Create High Risk

Forklifts are heavy, powerful, and rear-steered, which makes sharp turns and wide swing areas easy to underestimate. Operators may lose sight of pedestrians, while pedestrians often misjudge stopping distance, speed, or turning movement. Some common forklift hazards are:

- Pedestrians being struck by moving forklifts.
- Caught-between injuries near racks, walls, or dock edges.
- Tip-overs caused by sharp turns, uneven surfaces, or elevated loads.
- Loads that shift, fall, or become unstable.
- Blind spots created by the mast, load height, or poor lighting.

Risk increases in congested aisles, during reversing, at intersections, near dock doors, and anytime people are rushing, distracted, or assuming they have been seen.

HOW TO PROTECT YOURSELF

Forklift safety depends on awareness, communication, and respecting the space these machines need to operate safely. Whether you are driving or walking nearby, small actions make a big difference.

If You Are on Foot - Stay in designated pedestrian walkways whenever possible and never assume a forklift operator can see you. Make eye contact before crossing paths, keep a safe distance from moving or raised loads, and avoid walking under forks or suspended pallets.

If You Are Operating a Forklift - Drive at safe speeds, slow down at intersections, and sound the horn when approaching blind corners or doorways. Keep loads low while traveling, avoid sharp turns, and always look in the direction of travel, especially when reversing.

Know and Respect Forklift Blind Spots - Forklift masts, loads, and racking can block visibility for both operators and pedestrians. Stay out of blind zones, keep clear of turning forklifts, and never stand between a forklift and a fixed object.

What to Do When Something Feels Unsafe - If traffic feels congested, visibility is poor, or a forklift is operating erratically, stop and create space. Speak up, reroute if needed, and report the concern before it turns into a serious incident.

FINAL WORD

Forklifts move fast, weigh thousands of pounds, and leave no room for assumptions. Stay alert, keep your distance, and speak up early because one moment of awareness can prevent a lifechanging injury.