



CAPABILITY STATEMENT

COMPANY DATA

Phone: 301-323-5153
Email: Rodhill@thefitsolutions.com
Website: thefitsolutions.com
Primary NAICS: 492110
Couriers and Express Delivery Services
PSC: R602
Courier / Messenger Services

TRAINING & QUALIFICATIONS

- HIPAA Training
- OSHA Bloodborne Pathogens Training
- CDL Class B
- Commercial Driving Experience
- Healthcare / Client-Service Experience
- ServSafe Food Handler Certified

FLEET

- 2019 Chevrolet Express 2500 Cargo Van
- 2021 Ford Transit
- 2016 Chevrolet Silverado 2500
- 2017 Chrysler Pacifica

SERVICE AREA

Florida Treasure Coast: Port St. Lucie, Fort Pierce, Stuart, Jensen Beach, Palm City, and Vero Beach.
Maryland / Washington, DC region support available based on assignment and availability.

PAST PERFORMANCE REFERENCES

INK SYSTEMS
Pamela Johnson, Program Manager
301-641-0107
RED MAN TRUCKING
Rodney Hill II, CEO
202-538-6623

COMPANY OVERVIEW

F.I.T. Solutions is a multi-service business solutions company providing reliable courier, transportation, logistics, and operational support to healthcare organizations, government agencies, prime contractors, and commercial clients. We support time-sensitive and recurring assignments with a focus on dependable execution, clear communication, professional service, and flexible solutions tailored to client requirements.

CORE COMPETENCIES

- Medical Courier Services
- Laboratory Specimen Transportation
- Medical Supply & Equipment Delivery
- Scheduled & Dedicated Routes
- Same-Day & Expedited Delivery
- B2B Courier & Logistics
- Document & Records Transportation
- Government Transportation Support
- Government Subcontracting Support
- Last-Mile Delivery
- Palletized Freight Within Vehicle Capacity
- Route Planning & Proof of Delivery
- Equipment & Parts Transportation
- Commercial & Event Logistics

DIFFERENTIATORS

- **Healthcare-Aware Operations:** HIPAA and OSHA Bloodborne Pathogens training supports professional handling, confidentiality awareness, and documented procedures.
- **Commercial Driving Capability:** CDL Class B experience with commercial vehicle operation, daily inspections, route execution, and job-site coordination.
- **Flexible Fleet:** Multiple cargo van options, pickup, and passenger vehicle capabilities allow vehicle selection based on assignment size, urgency, cargo profile, and handling needs.
- **Owner-Led Accountability:** Direct communication, responsive decision-making, and hands-on oversight of customer requirements.
- **Scalable Support:** Available for one-time assignments, recurring routes, subcontracting opportunities, and time-sensitive delivery needs.

PAST PERFORMANCE

INK SYSTEMS - Government Delivery Subcontractor | 2018-Present

- Performed government-related delivery assignments as a subcontractor, supporting dependable movement of documents, materials, and other assigned items.
- Executed time-sensitive pickups and deliveries, route planning, delivery completion, and independent client-facing service.
- Supported assignments requiring reliability, schedule adherence, professional communication, and accurate completion of delivery requirements.

Reference: Pamela Johnson, Program Manager | 301-641-0107

RED MAN TRUCKING - CDL Class B Independent Contractor | Dec. 2022-Present

- Operated commercial dump trucks as an independent contractor supporting scheduled hauling operations and job-site requirements.
- Completed pre-trip inspections, safe vehicle operation, hauling assignments, job-site coordination, and schedule execution.
- Worked independently in commercial transportation environments requiring dependable attendance, safety awareness, and communication with dispatch and site personnel.

Reference: Rodney Hill II, CEO | 202-538-6623

MARKETS SERVED

Federal Government • State & Local Government • Government Prime Contractors • Healthcare Organizations • Hospitals & Laboratories • Medical Offices • Pharmacies • Senior / Assisted-Living Communities • Commercial Businesses • Logistics Providers • Small & Mid-Sized Businesses • Food & Meal Distribution Programs