

SAFETY ZONE NEWS

INSIDE THIS ISSUE:

CALENDAR YEAR 2014	1
What to Look For	1
Safety Tip – Winter Driving	2
Holiday Safety Tips	2
Why should I work safely?	2
From OSHA	3
Safe Man-hour Awards	3
Training News	3
Safety Humor	4

CALENDAR YEAR 2014

The 2014 calendar year is coming to an end. NECA has shown improvement in our work practices by working safe and decreasing our incident rates. An example of this was shown in a previous issue with the decrease in our Lost Time Injury rate.

Currently we have worked three months without a Lost Time Injury.

NECA updated many of our policies which included our Safety Policy.

NECA was recognized by Navajo OSHA this year for showing a sizable improvement in our safety practices and safety record.

Safety has become a larger part of our everyday work practice.



Everyone is doing a good job and should be proud of their work.

Let's finish the year strong and so we can enjoy the holidays with our families.

Congratulations to all employees on our accomplishments and completed work. Thank you for your hard work

and making NECA the company it is today.

HAPPY HOLIDAYS
FROM NECA.

One day a manager asked "Does anyone know what the speed limit is in our parking lot?" The long silence that followed was interrupted when one of the workers piped up. "That depends. Do you mean coming to work or leaving?"

What to Look For

The Safety Department is in the process of updating employee trainings. This includes implementing required OSHA topics and certification. There are

some tasks that require the employee be trained, competent or authorized to perform.

In 2015 look forward to attending some of these classes. The Safety

Department will set up the classes and list the affected positions for the training.

As a reminder, if you need 1st Aid/CPR/AED training let the Safety Department know.

Safety Tip – Safe Winter Driving

Winter driving can be hazardous. Preparations can help make a trip safer, or help motorists deal with an emergency.

The Three P's of Safe Winter Driving:

- » **PREPARE** for the trip;
- » **PROTECT** yourself; and
- » **PREVENT** crashes on the road.

"Buckle up and use child safety seats properly."

» **PREPARE**

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips,

add food and water, medication and cell phone.

Stopped or Stalled? Stay with your car, don't over exert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan Your Route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/directions, and let others know your route and arrival time.

Holiday Safety Tips

Christmas Trees:

Make sure the trees are green and the needles are hard to pull from the branches. The tree should not loose needles when shaking the tree. Keep tree away from heat sources and keep the truck in water.

Lights:

Inspect the entire string of lights before hanging them. Be sure to use

outdoor lights outdoors.

Use GFCI outlets and turn off lights before going to sleep.

Decorations:

Keep away from fire places. Don't use lit candles. Watch out for poisonous holiday plants.

Toy Safety:

Choose toys appropriate for the children's age. Be careful of smaller toys and

parts with the smaller children because they may put them in their mouths.

Food Safety:

Be careful of Bacteria. Wash all fruits and vegetables. Fully cook meats and poultry. Keep washing your hands. Keep raw and cooked foods separated.

Why should I work safely?

This is the question that everyone asks at one point. Everyone should also have an answer to this question.

This question needs to be answered.

What is your answer?

Working safely is decision that each of us have to make on our own.

For me? For my family?
For my bills? For NECA?
For my safety award?

From OSHA – Preventing Workers Silicosis

Silicosis is caused by exposure to irrespirable crystalline silica dust. Crystalline silica is a basic component of soil, sand, granite, and most other types of rock, and it is used as an abrasive blasting agent. Silicosis is a progressive, disabling, and often fatal lung disease. Cigarette smoking adds to the lung damage caused by silica.

Effects of Silicosis

- Lung cancer – Silica has been classified as a human lung carcinogen.
- Bronchitis/Chronic Obstructive Pulmonary Disorder.
- Tuberculosis – Silicosis makes an individual more susceptible to TB.
- Scleroderma – a disease affecting skin, blood vessels, joints and skeletal muscles.
- Possible renal disease.

Symptoms of Silicosis

- Shortness of breath; possible fever.
- Fatigue; loss of appetite.
- Chest pain; dry, nonproductive cough.
- Respiratory failure, which may eventually lead to death.

Continued on page 4.

"Each employer shall furnish to each of his employees employment and a place of employment which are free from recognized hazards"

Safe Man-hour Awards

NECA would like to congratulate the following work crews for accumulating their required safe work man-hours for our first Man-hour Safety Award. The Safety Awards are currently being distributed.

600 Kendall Mitchell
601 Robertson Sells
603 Ned Johnson
604 Michael Etcitty
605 Benson Charley
607 Andrew Yazzie

609 Thomas Dedman
610 Lenora Charley
611 Gary Smith
612 Kenneth Walthal
614 Nelson Morris
615 Thomas Tso
616 Ray Begay
618 Gene Laughlin
619 Kantor Tso
620 Jones John
300 Larrison Tom
301 Eric Draven
302 Jason Thompson
303 Randy Begay
304 Norman Morgan

305 Lee Mescal
Carpenter Shop
Warehouse
Main Office

Congratulations again on working safe.

Training News

December 11th – First Aid/CPR/AED Training at Base 5. Class starts at 8am.

December 18th – First Aid/CPR/AED Training at Base 5. Class starts at 8am.

Contact Lemuel Benallie at (505) 368-3031 to sign up.

Lemuel D. Benallie

"Work safe, be safe"

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**"Nobel Employees
Communicate Awareness"**



From OSHA – Preventing Workers Silicosis, continued

Sources of Exposure

- Sandblasting for surface preparation.
- Crushing and drilling rock and concrete.
- Masonry and concrete work (e.g., building and road construction and repair).
- Mining/tunneling; demolition work.
- Cement and asphalt pavement manufacturing.

Preventing Silicosis

- Use all available engineering controls such as blasting cabinets and local exhaust ventilation. Avoid using compressed air for cleaning surfaces.
- Use water sprays, wet methods for cutting, chipping, drilling, sawing, grinding, etc.
- Substitute non-crystalline silica blasting material.
- Use respirators approved for protection against silica; if sandblasting, use abrasive blasting respirators.
- Do not eat, drink or smoke near crystalline silica dust.
- Wash hands and face before eating, drinking or smoking away from exposure area.

One day a foreman asked "Does anyone know what the speed limit is in our yard?" The long silence that followed was interrupted when one of the workers piped up. "That depends. Do you mean coming to work or leaving?"

Safety Quotes

- To avoid a scene you must keep your jobsite clean.
- A spill, a slip, a hospital trip
- Tomorrow is your reward for working safely today
- Safety is like a lock and you are the key
- Safety is as simple as ABC- Always Be Careful
- Unprepared = Unsafe
- Don't overload your extension cords
- Courtesy and Common sense promote safety
- If the cord has a fray, throw it away
- Be Alert, Accidents hurt
- When in doubt check it out
- Safety is no accident
- It's better to lose one minute in life than to lose your life in a minute.

Have a safe and Merry Christmas and a Happy New Year!!!

