

# SAFETY ZONE NEWS

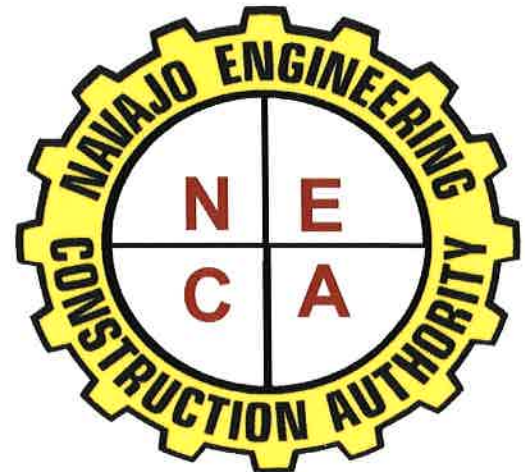
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*"Prepare and prevent, don't repair and repent"*

## Holidays and Winter Driving

The holidays are here and so is the winter weather. It's that time of the year for families to travel and get together. As we travel, especially during the winter, we need take extra precautions in order to make our road trips much more safe and enjoyable. Plan ahead, make sure the vehicles are in good condition and keeping an eye on the weather reports. This is a busy time of the year for traveling. Roads will be congested at peak times and people will always be in a hurry to get to their destination. Drivers get tired and irritable. Be a defensive driver and be on the lookout for the other vehicles. People may be tired, sleepy, intoxicated, irritated or just in a hurry. Don't increase your risk of injury or accident by trying to save a minute of



driving time here and there. In the end, the amount time saved isn't worth the risk of getting into an accident with other vehicles or losing control of your vehicle due to the weather conditions.

NECA stresses the importance of planning ahead and working safe. Apply these same principles at home and when traveling.

Plan ahead and be prepared. You never know, you may be sleeping in your vehicle overnight.

Be safe and enjoy the holidays.

## What to Look For

The following trainings will be conducted during the month of December 2016.

12/7-9/2016 – First Aid/CPR/AED.

12/12-13/2016 – OSHA 10 Hour Outreach for Construction.

12/14/2016 – Respiratory Protection.

12/15/2016 – Confined Space Entry.

12/16/2016 – Excavation

All classes start at 8am in the NECA Conference Room. Employee times and cards will be charged to your project.

To sign-up, get approval from your supervisor. Call or leave message at (505) 368-3031 for more information.

MERRY CHRISTMAS!  
Jonathan Jones

Ho-Ho-Ho!  
Bylle

Ann Barton

Holidays!  
Danae Phillips  
Merry X-mas  
Danae Bell

"It is important that you keep yourself safe to prevent injury or illness."

Happy Holidays!  
Hannah

Merry X-mas.  
Ray Smith

"Happy Holidays"  
Shirley

Merry X-mas  
Danae

Merry Christmas

Behave! May God Bless You All! :)  
L. Walker  
GO RAIDERS! :)

Happy New year 2017

FROM BASE 5

Happy Holidays  
Danae

Happy Holidays  
Roxana

Happy Holidays  
Zach Stanley

Happy Holidays  
God Bless!

Happy Holidays!  
Blessings - eloise

Merry Christmas!  
Lindsey

James Harry

James

Happy Holidays

Happy Holidays

Happy Holidays

MERRY CHRISTMAS  
- DERRICK Z -

Happy Holidays  
D. Begay

Annemerson

Barbet

Happy Holidays! Juddahns

Happy Holidays  
Vicki Smart

Happy Holidays  
Danae

Stay Safe & Merry X-mas  
Chell

Happy Holidays  
Joy All  
Clay

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## RESPONDING TO AN EMERGENCY

In an emergency situation you can help save a life.

Knowing what to do if a co-worker is injured or suddenly becomes seriously ill can make the difference between life and death.

This is especially important in rural areas, out in a field, or in other remote locations where medical help may be some distance away.

When responding to an emergency, it's critical that you don't panic. You must take control of the situation and reassure the person if he or she is conscious. Always know where to call for immediate medical assistance. You must also act quickly to help the person until emergency medical personnel arrives.

When an accident occurs you have to assess the situation. Immediately determine whether you or the injured person are in any additional danger. Ask yourself, "Is it safe to enter?" If it is not safe for you to enter, back off and reassess the scene. Don't become a victim too.

While assessing the scene, determine whether more than one person has been injured. Be sure any additional people are out of immediate danger. Determine whether the victim is conscious. Loudly call his/her name and ask him to respond.

Look at the movement of the person's chest, and put your ear next to his/her mouth and nose to see if he is breathing.

Don't move an injured person unless he/she is in immediate danger. Moving an injured person can result in further injury, paralysis or even death.

In addition:

1. Know where first aid kits are located.
2. Know where to call for emergency medical help.
3. Act quickly in an emergency, but remain calm and keep the victim still.
4. **Don't** move an injured person unless he is in immediate danger.
5. **Don't** hang up on an emergency dispatcher until you are told.
6. **Don't** touch a person who has been electrocuted until you are certain the power is off.

When emergency medical personnel arrive on scene, be sure to give them all information related to the accident.

*"Protect Yourself, Get Educated"*

*"Safety doesn't happen by accident"*



**Navajo Engineering & Construction Authority**

One Uranium Blvd.  
P.O. Box 969  
Shiprock, NM 87420

**Phone** (505) 368-5151

**Fax** (505) 368-3013



*"Workers have the right to be safe on the job and to speak up if they are concerned about hazardous conditions."*

## THINKING ABOUT SAFETY

How often do you think about safety on the job? If your answer is "not very much" or "only when a co-worker gets hurt," then it's important to develop a new safety attitude. Having a good safety attitude means:

- Doing the best job you can – not the fastest job you can
- Being careful on the job, and not engaging in horseplay
- Staying focused on the task you're performing
- Being on the lookout for potential hazards, and reporting them to your supervisor as soon as possible
- Taking precautions against hazards, such as using the personal protective equipment (PPE) we provide
- Following all of our safety rules, and paying close attention to warning signs
- Thinking about the safety of your co-workers, as well as yourself
- Taking responsibility for your own safety – including immediately reporting any injuries

There are many reasons why employees get distracted from the tasks they are performing, and wind up getting hurt. Some of the common distractions to watch out for are:

- Getting too little sleep
- Coming to work ill
- Coming to work under the influence of alcohol or other drugs
- Having your mind on something else
- Being in too big of a hurry
- Being angry or upset
- Not paying close attention to what you're doing
- Failing to check for nearby hazards
- Talking with a co-worker, instead of concentrating on the task at hand

Here are some important tips to help you keep safe. If you're new to a job, be sure to get the appropriate training. Having a good safety attitude includes being willing to listen and learn, and not think you know it all. Always put safety first. That includes putting it ahead of rushing to get the job done. Dress properly for the job. Use PPE when required, and wear clothing that won't get caught in moving machinery. Follow the safety rules regarding how to dress on the job. See your supervisor if you have any questions. Attend all of your safety meetings and safety training sessions. Listen and participate. Ask questions about anything you don't understand.

Think about the result of not having a good safety attitude. If it results in a serious injury, how will your family members feel? How will you feel if you're permanently disabled, and not able to hold a job again? What if you were killed on the job – who would support your family? If you have children, how would this affect them?

In closing, don't take shortcuts or engage in horseplay, DON'T have the attitude that you never need any help, and DON'T fail to pay close attention to the task at hand.