

# SAFETY ZONE NEWS

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



## Safety Week 2017

Safety Week 2017 will be conducted from May 1 – 5, 2017. As in previous years, NECA will be participating in our own Safety Week events that coincide with the National Safety Week. During this time, many construction companies across the country are conducting their own Safety Week.

NECA will be meeting with with all our employees to discuss safety in the workplace, refocus and get reenergized on safety.

NECA management will be going out to meet with all the NECA employees and conduct safety meetings. A barbeque will be following each of the safety meetings.

Many NECA managers and supervisors will attending the Safety



Meetings and talk about safety, bringing their own insight on safety. This is a good opportunity for the field employees to meet other managers and supervisors as well as the managers and supervisors getting to know the employees in the field.

We are coming together as a company, showing our support for safety,

each other and teamwork.

Remember to focus and refocus on safety, each day and every day.

We are looking forward to seeing everyone and we would like everyone to enjoy the Safety Meetings and barbeque.

## What to Look For

The following trainings and events are scheduled to April 2017.

April 17, 2017 – New Employee Orientation  
Base 5 Conference Room

April 24-25, 2017 –  
OSHA 10 Hour for

Construction, Base 5  
Conference Room.

All classes start at 8am.  
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.

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



## “SAFETY BEGINS WITH TEAMWORK”

NECA held a safety slogan contest for the Safety Week 2017 slogan. There were many slogans entered and a winner was chosen. The safety slogan for the Safety Week 2017 is “Safety Begins with Teamwork”. The slogan was entered by Brandon Allen. Brandon will be receiving a prize for having his entry chosen. This slogan will be featured on the Safety Week shirts and banners.

We would like to thank all the individuals who took part by entering their own slogans. We appreciate the time these individuals put in and the time they spent thinking about safety. There were many good slogans entered and we would like to see the same enthusiasm in next year’s slogan contest.

Congratulations Brandon Allen

## SAFE MAN-HOUR AWARDS

NECA would like to recognize the following work crews. These crews have reached their goal of Safe Man-hours worked during the month of March.

Each member of these work crews will be receiving a Safety Award as a token of appreciation for working safe.

NECA thanks you for your dedication and hard work.

300	Larrison Tom	603	Ned Johnson
301	Eric Draven	605	Benson Charley
302	Fred Hardy	613	Wilfred Lee
303	Randy Begay	614	Nelson Morris
304	Norman Morgan	616	Ray Begay
305	Terrence Nelson	619	Kantor Tso
602	Mark Nelson	Warehouse	
		Tom Chee	

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## FROM THE OSHA FILES – WORKING OUTDOORS

Hot summer months pose special hazards for outdoor workers who must protect themselves against heat, sun exposure, and other hazards. Employers and employees should know the potential hazards in their workplaces and how to manage them.

### **SUN**

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. There are no safe UV rays or safe suntans. Here's how to block those harmful rays:

- **Cover up.** Wear tightly woven clothing that you can't see through.
- **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. Be sure to follow application directions on the bottle or tube.
- **Wear a hat.** A wide brim hardhat, not a baseball type, works best because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Safety glasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m.

### **HEAT**

The combination of heat and humidity can be a serious health threat during the summer months. If you work outside you may be at risk for heat-related illness. So, take precautions.

- Drink plenty of water before you get thirsty.
- Wear light, loose-fitting, breathable clothing—cotton is good.
- Take frequent short breaks in cool shade.
- Eat smaller meals before work activity.
- Avoid caffeine and alcohol or large amounts of sugar.
- Find out from your health-care provider if your medications and heat don't mix.
- Know that equipment such as respirators or work suits can increase heat stress.

### **LYME DISEASE**

This illness is caused by bites from infected ticks. Most, but not all, victims will develop a "bulls-eye" rash. Other signs and symptoms may be non-specific and similar to flu symptoms such as fever, lymph node swelling, neck stiffness, generalized fatigue, headaches, migrating joint aches, or muscle aches. You are at increased risk if your work outdoors involves construction, landscaping, forestry, brush clearing, land surveying, farming, railroads, oil fields, utility lines, or park and wildlife management.

- Wear light-colored clothes to see ticks more easily.
- Wear long sleeves; tuck pant legs into socks or boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellants, but not on your face.
- Shower after work. Wash and dry your work clothes at high temperature.
- Examine your body for ticks after work. Remove any attached ticks promptly with fine-tipped tweezers. Do not use petroleum jelly, a hot match, or nail polish to remove the tick

*"Protect Yourself, Get Educated"*

The following employees completed the OSHA 30 Hour Outreach in Construction Training in March 2017. Congratulations!

Andrew Yazzie

Calvert V. Owen

Curtis Chee

Dawn L. Johnson

Delbert Curley

Emeline Y. Nodestine

Gerald Chee

James Bahe, Jr.

Jarvis L. Duboise

Jerry Gleason

Lewis Hosteen

Tashina R. Housteen

Wes Bizahaloni

*"Safety doesn't happen by accident"*

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

### MY FAMILY AT WORK

Here one response concerning a question I asked an OSHA 10 Outreach Class. "If my son or daughter came to work for NECA today, what safety advice would I give him or her?" This is word for word with no corrections

Dear Nephew,

Tomorrow you get to spend the day with me at work. You always wanted to know where I work and what I do at work. I left some stuff with your mom. You have to wear these things in order to come to work with me. Because there are a lot of things that can hurt you.

First, the hard hat will keep rock and falling objects from hitting your head. We have hammers, nails, boards, and blocks that can hurt you.

Second, since you're small and people can't see you, the orange vest will make you more visible to see.

Third, there are a lot of things can fly and hit your eyes, like rock, nails, sand and piece of metal. So grab your clear safety glasses to protect your eyes.

We are going to be around a lot of things that are loud so you have to wear earplugs. I'll show how to put them on correctly, so you don't lose your hearing. You also have to protect your feet from big objects falling on your feet, like concrete, big rocks, steel rods, and boards. You understand that there are things that can hurts you.

There are a lot traffic running around if they can't see you, you will get hurt. Watch out where you step since it's hot there are snakes, ants, mice and other animals. We have a lot of holes so stay away from the edges. Because you might fall in. Don't get too close the big machines if the driver can't see you that's a problem and most importantly never walk behind the machines.

Tell your mom to pack a good lunch and a lot of water that's important. I'll tell you more when I pick you up tomorrow.

Your Uncle

