

HAPPY NEW YEAR

## INSIDE THIS ISSUE:

New Year's Safety Resolution	1
What to Look For	1
Murphy's Law	2
Congratulations	2
Responding to an Emergency	3
	3
"Thinking About Safety	4

*"Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1<sup>st</sup>, can help you reach whatever it is you strive for."*

## SAFETY ZONE NEWS

## New Year's Safety Resolution

It's that time of the year again. How are you going to make your workplace safer, and what will you do to ensure your resolutions actually sticks.

Majority of us fail to achieve our resolutions, and many of us fail before the end of January. Our reasons for failure vary, but often it comes down to unrealistic goal-setting or trying to do too much at one time.

With that in mind, here are a few tips on setting your New Year's resolutions, and how to apply them to your workplace.

- Start small. Rather than simply trying to make the entire work area safer, focus on one particular hazard of concern.
- Change one behavior at a time. You can't



change a person's behavior or safety culture overnight.

Focus on the actions that most likely contribute to the hazard.

- Talk about it. Any goal set in a vacuum won't be achieved. Effectively communicate both your goal and your plan to achieve it.
- Don't beat yourself up. Mistakes can happen, but that doesn't mean

your resolution is blown. Figure out why an incident occurred and take appropriate steps to fix it.

- Don't be afraid to ask for support. Your safety can't improve without support from your supervisors and management. Sell safety to everyone to get support for your resolutions.

## What to Look For

The following trainings and events are scheduled to January 2017.

At this time no trainings have been confirmed. As trainings are set up, a memorandum will be

sent through the Foremen Folders.

1/27/2017 - Foremen's Annual Meeting. Place TBA.

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.

## Murphy's Law.

If you're not sure what Murphy's Law is, it's simply just this:

**"ANYTHING THAT CAN GO WRONG WILL GO WRONG"**

How many times at work have you had a Murphy's Law experience? Just when it's important that things go right something goes wrong.

- Your boss will always call you, when you aren't at your desk.
- You will always be caught, usually the first time you do something others have been getting away with.
- Your current boss is the worst you've ever had, until the next one arrives.
- When your coworkers absolutely guarantee they'll take care of your duties while you're on vacation, they won't.
- If you come late to work, the chances are, your boss is already at work.
- When you are convinced everything works just fine, you are overlooking something.
- Left to themselves, things tend to go from bad to worse.
- Whenever you set out to do something, something else must be done first.
- Any time you put an item in a "safe place", it will never be seen again.
- Great ideas are never remembered, while dumb statements are never forgotten.
- Your child's recital or game, same day as your huge presentation at work that you cannot miss.
- People are always available for work in the past tense.

So what can you do about Murphy's Law?

- First – Accept that there will be a Murphy's Law moment. It's inevitable. Something will go wrong when you need it to go right. When it does happen, regardless of the situation, look at it in a positive light. Don't throw around blame. See if you can take the situation in a positive direction.
- Second - Use the 'ole Boy Scout Motto: **Be Prepared**. If something important is coming up, run through your head all of the things that can go wrong. Trying to understand what can go wrong can help you build contingencies should Murphy's Law strike.

## CONGRATULATIONS

NECA would like to	NECA thanks you for your	300	Larrison Tom
recognize the following	dedication and hard work.	301	Eric Draven
work crews. These crews		302	Fred Hardy
have reached their goal of	Continue to work safe.	303	Randy Begay
Safe Man-hours worked		304	Norman Morgan
during the months of	507 Michael Redhorse	305	Terrence Nelson
November or December.	602 Mark Nelson	402	Chris Yazzie
Each member of these	607 Andrew Yazzie	Main Building Cary Patterson	
work crews will be	615 Thomas Tso		
receiving a Safety Award	616 Ray Begay		
as a token of appreciation	617 Ernest Dan		
for working safe.	619 Kantor Tso		
	620 Jones John		

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



## Facing 2017

As we enter a 2017 we should let go of 2016 by looking forward to a new start by throwing out the old. It is this time of the year many people make New Year Resolutions. People make resolutions to; lose weight, eat less, eat healthier, quit smoking, drink less alcohol, etc... . Most people keep their resolutions for about a week, then return to old habits.

To make the resolution work, one must make resolutions that are attainable. Don't make too many all at once. Start small and simple, and be realistic. Don't make a sudden lifestyle change. Being unrealistic can cause you stress. While considering your resolution, think as why you are making this resolution. Once you have answered this question, then remind yourself of the positive outcome.

Studies show that it takes at least 30 times to form a new habit. So consistency is very important in keeping a resolution. If you resolve to get in better shape, then you need to schedule yourself at the gym or a workout at the same time each day. Getting used to the new routine becomes easier as time passes.

Here are some simple attainable resolutions: be kinder and greet everybody at work with a nice big, "Good Morning", especially to Tabitha; make my boss's work easier by submitting all the required paperwork on time, this'll really Marsha, Vada, Janice, Wendy and Vanessa happy too; and think safety to work safely.

So if you have made your resolution keep up the good work and may you achieve your goal. Now if you've already broken your resolution, pick up the pieces and start over. Get in the habit.

HAVE A HAPPY SAFE NEW YEAR!



*"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

This what a shale material collapse looks like  
and the damage it can cause.

