

SAFETY ZONE NEWS

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



LEAD BY EXAMPLE

We always hear people say "do as I say, not as I do". This is not a good way to lead people.

Companies have many rules, regulations and policies to follow for all employees. They take time to learn and understand.

They also take a little more time and effort to follow but they are for one's own good. Individuals don't always want to follow rules, especially if they never had to before.

Rules, regulations and policies are here for our safety. That is why it is very important that they are followed and we comply with them.

Supervisors should always lead by example. This will help the others learn the rules,

regulations and policies. Also they will see the rules, regulations and policies are important and should be followed. If a supervisors doesn't follow them, then the others will notice and they too may start to disregard the rules, regulations and policies.

You don't need to be a supervisor lead by example. Coworkers do

notice who follows the rules and who doesn't.

Even at home, this is how small children learn. By doing what their parents are doing. This is a good example of why it is important to lead by example.

Even if you think no one is watching.

Lead by example.

Be safe.



What to Look For

The following events are scheduled for the month of July 2017:

1. July 10, 2017 – Excavation, Base 5, 8am-5pm.
2. July 11, 2017 – Confined Space

- Entry, Base 5, 8am-5pm.
3. July 12, 2017 - Quarterly Foremen Meeting, Farmington Civic Center, 8am - 12pm.
4. July 13, 2017 – First Aid/CPR/AED, Base 5, 8am-2pm.

5. July 17-21, 2017 - 40 HAZWOPER, Base 5, 8am-5pm.

Employee times and cards will be charged to your project.

To sign-up, get approval from your supervisor.

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

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 May.

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.

600 Kendall Mitchell
604 Nancy Kee
614 Nelson Morris

619 Kantor Tso
622 Leonard Begay
Survey



HOW TO AVOID 5 COSTLY SUMMER DRIVING HAZARDS

Here are five driving hazards that should remain on your radar during the summer months. Ignoring these hazards could cost you, your family and your company large amounts of cash, high car insurance claims or even your own well-being.

"Protect Yourself, Get Educated"

HITTING A WILD ANIMAL

Drivers need to understand the type of areas they are driving in and be aware of any signs or markings indicating the possibility of wild animal crossings. It is important to be "an active and observant driver" at all times. Realize that collisions with wild animals occur more often than you may think. To lower your risk of hitting a wild animal:

- **Turn on your high beams.** Increase visibility when driving in low light conditions.
- **Be extra cautious from 5am to 8am and 5pm to midnight.** These are the times when you are more likely to encounter deer along the roadsides.
- **Don't forget to wear your seat belt.** Wearing your seat belt is the most important thing you can do to protect yourself.

WET WEATHER

Most hydroplaning accidents are the result of failing to adjust your driving behavior to the conditions at hand. Sometimes it's best to simply stop fighting the elements. If a hailstorm is bad enough, the safest thing might be to pull over and wait until driving conditions improve. Tips to prepare for driving in wet weather include:

- **Decrease your speed.**
- **Leave extra stopping distance between you and the car in front of you.**
- **Clean the interior and exterior of your windshield and windows.**
- **Make sure all your lights and turn signals are working properly.**
- **Always use your headlights when visibility is poor.**

SNOOZING AT THE WHEEL

About one in six fatal crashes involved a drowsy driver. Don't let the excitement of reaching home or your cabin in the woods tempt you to drive when you are sleepy.

- If your thoughts start to wonder or your eyelids grow heavy, turn your driving duties over to a passenger. If you're the sole driver, pull over into a rest area or hotel until you feel rested.
- Get a minimum of six hours of sleep before getting behind the wheel.
- Schedule a break every 100 miles or two hours of driving.
- Do not drive at times when you typically sleep.

INJURING A BICYCLIST OR MOTORCYCLIST

It is easy to keep an eye on other cars while driving, but bicycles and motorcycles typically become afterthoughts. These two-wheeled vehicles are harder to spot in your mirrors.

- Drivers should leave extra stopping space between themselves and riders.
- Bikers and Cyclist should always dress in bright colors or wear reflective clothing.
- Obey all traffic laws and wear a helmet.

"Safety doesn't happen by accident"

SPEEDING AND DAMAGING YOUR VEHICLE

Speeding puts your insurance rates at risk. It can severely ding your wallet if you damage your vehicle and don't have the collision coverage to help pay the repair bill. Speeding is one of the greatest contributors to accidents at any time of the year. Auto accidents increase in summer months because of the false sense of security from dry roads. Drivers also focus on getting to their destinations quicker, rather than getting to their destinations safely. So instead, take some time to plan your route and leave a little earlier than scheduled to arrive at your destination on time and safely.

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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."

REPORTING HAZARDS

How fast can an accident happen? By the time you finished reading the previous sentence, an American worker has been injured. According the National Safety Council, an American worker is injured every seven seconds, that's 12,900 workers per day and 4.7 million a year. In 2015, 4,379 workers were killed on the job. That is 93 workers per week or 13 workers per day. Out of 4,379 worker fatalities 937 or 21.4% were in construction. An average of 50,000 workers die from occupational related illnesses or injuries per year.

Going back to the question of "How fast can an accident happen?", an accident can happen in a split second without warning. Some accidents have warnings, meaning unsafe on the worksite recognized hazards that are not reported for correction. Both of these types of accidents are predictable and preventable. Both are due to unsafe conditions and behaviors. It is the responsibility of the employee who recognizes an unsafe condition or behavior to immediately stop the unsafe condition or behavior. By stopping the unsafe condition immediately you are preventing injury and property and time loss.

If you see something unsafe - stop it, don't wait to call the Safety Officer or your foreman. Remember how fast an accident can happen and what the consequences could be.

"Being employed at NECA you accept the responsibility to strive towards an accident free environment. It is your responsibility to protect yourself and fellow employees from common workplace hazards." *NECA Safety Policy*

"No employee is required to perform work that is unsafe or dangerous to life and health. Each employee's ability in detecting hazards, reporting unsafe conditions and controlling workplace hazard is a condition of employment. It is each employee's responsibility to immediately inform his/her supervisor about situations that need to be corrected. There shall be no retaliation to employees for reporting a safety violation." *NECA Safety Policy*

