

SAFETY ZONE NEWS

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



Stretch N' Flex



NECA consistently promotes safety each work day. Supervisors remind us to work safe and to look out for each other.

NECA personnel always start the out the day by talking about the work for that day and the hazards that are associated with the work.

One other item that NECA does at the start of the work day is our Stretch N' Flex warm-ups and stretches.

NECA requires that all employees participate in the Stretch N' Flex routine.

The purpose of this routine is to have loosen up and get ready for physical activity. The warm-ups and stretches will help reduce the risk of pulling muscles.

The Stretch N' Flex routine should only take 5 minutes to complete.

All NECA personnel are required to participate but only participate to their own ability. Some people are more flexible than others.

Since the Flex N' Stretch is mandatory, any injuries resulting from doing the Stretch N' Flex routine will count against our safety record and will be reported to OSHA.

So be careful!
Other light stretches can be added but no

strenuous exercises like push-ups or jumping jacks.

We need to warm up our arms, legs, backs and necks slowly.

Stretch N' Flex is here to help, not hurt. We all should be more flexible by now.

Be safe at work.

What to Look For

The following trainings and events are scheduled to March 2017.

March 20, 2017 – New Employee Orientation
Base 5 Conference Room.

March 21, 2017 – First Aid/CPR/AED, Base 5 Conference Room.

March 22-23/2017 – 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."



March 12

HAZARD IDENTIFICATION

Navajo Engineering and Construction Authority's most valuable asset is you the employee. Losing employees to injury or illness, even for a short time, can cause major disruption and cost—to the company as well as the employees and their families. It can also damage workplace morale, productivity, turnover, and reputation.

For these reasons, NECA is committed to providing a safe and healthful workplace for all of its employees and sub-contractors in accordance to the Navajo Occupational and Safety Act of 2000. Companies with a safety and health program at their job site is one of the most effective ways of protecting their workers. Safety and health programs promote a proactive approach to "finding and fixing" job site hazards before they can cause injury or illness. Rather than reacting to an incident, management and workers should work together to identify and prevent safety and health issues before they occur. This form of teamwork builds trust, improves communication, and often leads to other business improvements.

"Finding and fixing" refers to "Hazard Identification". Hazard identification is a key part of any injury and illness prevention program within any company. If hazards aren't identified, then they can't be addressed properly.

To identify and assess hazards, employers and workers:

- Assess the hazards present or likely to be present in the workplace.
- Conduct initial and periodic workplace inspections of the workplace to identify new or recurring hazards.
- Investigate injuries, illnesses, incidents, and close calls/near misses to determine the underlying hazards, their causes, and safety and health program shortcomings.
- Group similar incidents and identify trends in injuries, illnesses, and hazards reported.
- Consider hazards associated with emergency or non-routine situations.
- Determine the severity and likelihood of incidents that could result for each hazard identified, and use this information to prioritize corrective actions.

Some hazards, such as housekeeping and tripping hazards, can and should be fixed as they are found. Fixing hazards on the spot emphasizes the importance of safety and health and takes advantage of a safety leadership opportunity.

By working as a team with a specific goal of an injury and illness free workplace through Hazard Identification, NECA will be around for many more years.

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 February.

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.

604 Nancy Kee
618 Gene Laughlin

Mechanic Shop
Bryan Weaver
Main Building
Cary Patterson

Continue to work safe.

FROM THE OSHA FILES – CONFINED SPACES

Navajo Engineering and Construction Authority has many construction sites with enclosed areas where work is done. These areas can create hazards such as lack of oxygen, explosive or toxic gases, electrical shock and materials falling from above. Many of these hazards can kill or injure workers. Many would-be rescuers have died entering a confined space.

Hazard Identification should be used when working in or near a confined space. Use the following guidelines.

- Treat all confined spaces as hazardous.
- Don't enter a space until the air has been tested for oxygen, flammable vapors and toxic chemicals.
- Ensure that structures are safe from collapse prior to entering confined spaces.
- Use personal protective equipment that is appropriate for the hazards.
- Make sure a safe and dependable method of communication is available between the person entering the space and the work partner.
- Exit the space immediately if an unsafe condition develops.
- Provide for rescue and practice realistic drills.

Before conducting work in a confined space, always ask yourself, "What will we be doing here today to prevent injuries from being in a confined space?" After identifying and assessing the hazards, make a list of preventive measures to eliminate or control the hazards.



"Protect Yourself, Get Educated"



"Safety doesn't happen by accident"

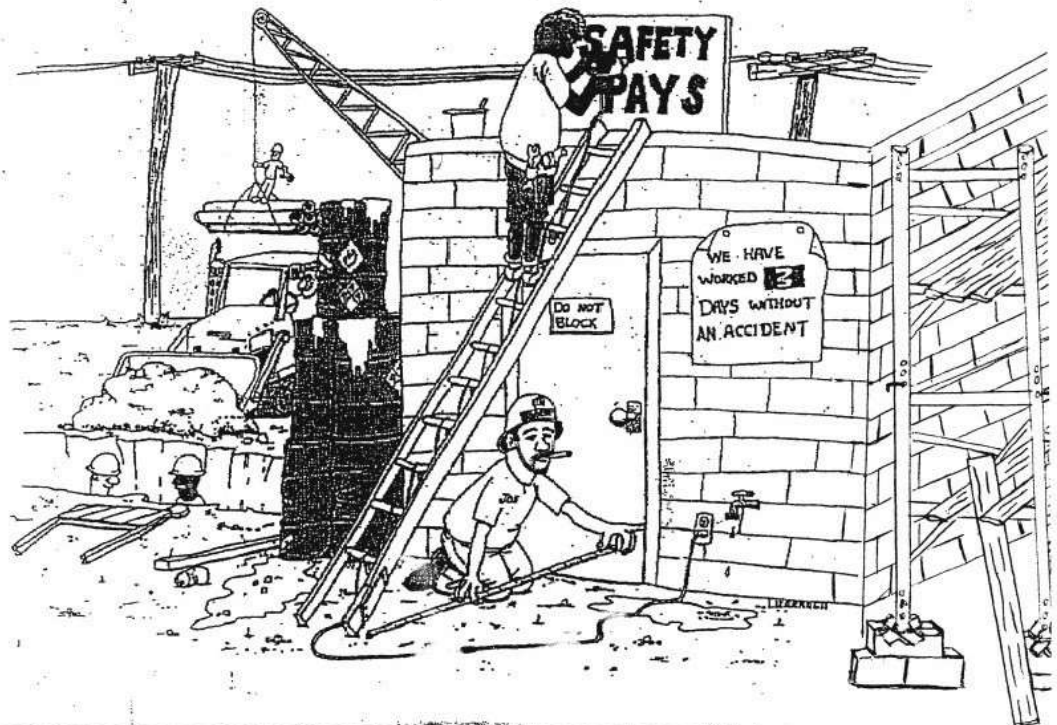
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"Workers have the right to be safe on the job and to speak up if they are concerned about hazardous conditions."

Find 25 safety violations



MY FAMILY AT WORK

In one of our OSHA 10 Hour class I asked the students to answer the following question, "If my son or daughter came to work for NECA today, what safety advice would I give him or her?" This is one of the responses word for word with no corrections. I will include the others in the upcoming newsletters.

If I my son came to work for the company I would advise him of the dangers of excavations.

1. Make sure the trench is inspected by a competent person.
2. Don't enter an unprotected trench. Make sure the trench is benched, sloped, shored, or trench boxed properly.
3. Ask questions, don't settle for "I don't know", "Just do it, because I said so", or any other unsafe comments, even from your boss.
4. Don't work under suspended loads.
5. Read and understand the company's safety policy.
6. You have rights as an employee and your employer has responsibilities in protecting their workers.