

# SAFETY ZONE NEWS

## INSIDE THIS ISSUE:

Taking Safety Home	1
What to Look For	1
Safety Week 2017	2
Safe Man-hours	2
Chains	3
Hard Physical Work Is Affected By What You Eat	4

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

## Taking Safety Home

When at work, we all hear safety messages each day, we attend safety training classes and we learn how to work in a safe manner.

From our trainings and daily experiences, we all learn how to be safe employees. We can work on different job sites, do different types of work and still follow our safety procedures.

These safety procedures we learn at work can be applied at home. While working or even just living at home, we have many hazards that our training from work can help us with them.

Just because you're at home, that doesn't mean we don't need PPE. We know better. We know how important PPE is and why.



Hazards will affect you the same as they would at work. Be careful when working with chemicals, power tools and all the many hazards that you may encounter.

Take safety home with you and teach your family.

Safety is here for the good of the employees. It is easy to realize that

when you see how the same rules can help you at home.

Safety is a tool that we use every day, whether we are aware of it or not.

Be careful and be safe.

## What to Look For

The following trainings and events are scheduled to April 2017.

May 22-25, 2017 – OSHA 30 Hour for Construction, Apache County Office, Fort Defiance, AZ. This is a 4-day class and attendee

must attend all 4 days. This class is for salaried and supervisory personnel.

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 WEEK 2017

NECA would like to thank all the employees who attended in Safety Week 2017. We appreciate your participation and in-site. We hope that all employees are re-energized when it comes to safety. It is good to see the entire company come together and show their support for working safe and the importance of being a safety conscious company.

We heard many examples of why safety is important and we thank everyone for sharing their experiences.

NECA is improving and will continue to improve in safety with the help of all the employees of NECA.

We are one team.

Remember "Safety Begins with Teamwork".

## 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 April.

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.

507 Michael Redhorse

612 Kenneth Walthall

615 Thomas Tso

617 Ernest Dan

Mechanic Shop Bryan Weaver

Main Building Cary Patterson

## Chains - Are You Lifting or Tying Down?

Using the proper equipment or tools for the task is very important when it comes to safety. During the Safety Meeting in Chinle, AZ a question was asked concerning tie down chains and lift chains. Upon further research I found the following.

Chains come in different grades 30, 43, 70, 80 & 100. Each grade have different properties. Grade 80 & 100 chains are manufactured with alloys that allow them to stretch or elongate (get longer). This visible deformation alerts the user that the chain must be removed from service. Alloy chains are designed for overhead lifting. The lower grades (30, 43 & 70) are carbon chain designed for pulling, agricultural & load securement applications. These grades are not designed for overhead lifting. The best way to know what grade of chain you have is to look on the links themselves. Each chain link should be stamped with the grade, size & manufacturer's name. All manufactured chain should have these markings, which will allow the user to determine the working load limit (WLL) of the chain.

The best way to know what grade of chain you have is to look on the links themselves. Each chain link should be stamped with the grade, size & manufacturer's name. All manufactured chain should have these markings, which will allow the user to determine the working load limit (WLL) of the chain. WLL charts are available from the US D.O.T. or the chain manufacturer. The majority of chain used for tie-downs is Grade 70, also known as transport chain. It is easily recognized because of the gold colored plating which distinguishes it from other chains; however, we recommend that the operator verify the grade by its stamped identification.

According to Federal Motor Carrier Safety Administration (FMCSA) 393.108d, if the marks are not visible or not legible the inspector will consider this tie-down to be the lowest grade (Grade 30). This reduction in grade can result in taking you out of service and possibly a citation. Make sure that the tie-downs you are using are the proper size and grade for your load, are clearly identified as such, and are not damaged or deformed. If you're not sure whether to use 4 or 5 tie-downs, use 5 — the worst case scenario is that you'll have more rather than less.

Lifting chains must always be tagged. Tie downs do not. That is why we rely on the embossing on the chain to indicate the grade of that tie down. Don't use any tie down as a lifting device or a lifting device as a tie down. If the tag on the lift chain or device is damaged or disconnected from the device, replace the lifting device.

Always inspect your tie downs and lifting device prior to each use. Look for deformation, burns, cuts, wear/tear, and other unusual appearances. Store all chains in the hanging position and away from corrosives.

In closing, please notify your supervisor when you notice your chains are showing wear and tear. Remove any damaged chain from site.

*"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."*

## Hard Physical Work Is Affected By What You Eat

A person who performs hard physical work on a regular basis is directly affected by the way he or she eats. Their strength, energy and stamina go hand in hand with the kind of foods and drinks they put into their bodies. So making your meal plan is just as important as showing up for work on time. Eating a healthy and well balanced meals can turn a workday slouch into a productive workhorse leader.

**Good Carbohydrates** – When your body needs energy to perform hard work, it turns to calories for fuel. And as much as 85% of those calories come from carbohydrates. Good carbs can be found in old-fashioned steel-cut oats, brown rice, whole grain pasta and beans. Bad carbs like potatoes and sugar, will give you short boosts of energy, followed by a hard crash that will leave you feeling sluggish and run-down.

**Protein** – When you put intense strain on your muscles, you are literally tearing the fibers within the muscle. Your body sends healing satellite cells to the site of the tear that ultimately become one with the fiber. These new cells help muscles grow back larger and stronger. This process is driven by Protein. Without protein, your muscles will remain stagnant in both size and strength. Healthy foods like salmon, grass-fed beef and chicken can keep your fat intake down and your protein intake up.

**Timing** – To get your body ready and energized before heading to work, eat a large, well-rounded breakfast a few hours before getting your workday started. Give your body enough time to digest all the essential nutrients to be used as fuel. If you begin working too quickly after eating a meal, your body will be forced to reserve energy for digesting the food you are eating, immediately putting you at an energy disadvantage.

**Balance** – Your body requires 13 essential vitamins on a regular basis just to function normally. These 13 vitamins can't be found in a New York steak or a bowl of oatmeal. To ensure that you're getting all of the necessary nutrients throughout the day, eat multiple servings of the rest of the six major food groups. Fruits, vegetables, oils and dairy are all just as important as meat and grains.