

# SAFETY ZONE NEWS

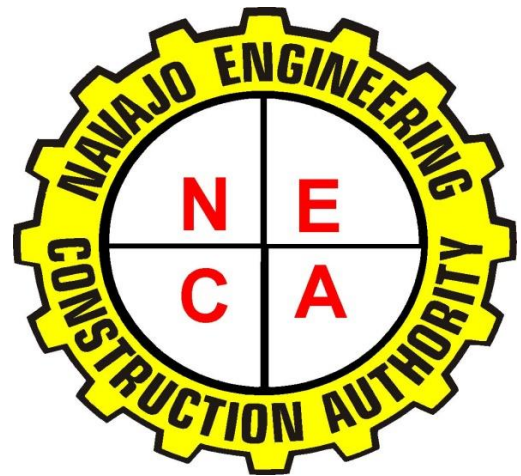
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*"Prepare and prevent, don't repair and repent"*

## Fiscal Year 2017

We are approaching the end of Fiscal Year 2017. At that time, we will find if we have achieved our goal of keeping our "Lost Time" rate under a 1.5. Currently, we are under a 1.5. and if we stay injury free for through the end of the month, we will accomplish our goal. Until recently, we, NECA, were having an overall better year than last year, as far as having fewer injuries. Our injuries have been on the decline for the past few years. This year, we do have fewer "Lost Time" injuries than last year but our overall injury rate is not as good as last year's. This tells us that we have work to do, as a company and as individuals to improve our safe work habits. We, as a company, have already learned that accidents and injuries can be avoided and



prevented. We need to get this message across to all employees. Remind each other that employee safety and health is very important to the company and our employees. We don't ignore hazards and we don't take short cuts.

Going into this next fiscal year, we need to reinforce the importance of working safe with all our employees.

Continue to work safe and look out for each other.

This year was still a better than the other previous years and we need to be proud of that. We still need to improve; we all need to our part.

Be safe.

## What to Look For

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

1. September 25, 2017 – First Aid/CPR/AED.
2. October 6, 2017 – NECA will be closed due to the Northern Navajo Fair.
3. October 11-12, 2017 – OSHA 10 Hour in Construction.
4. October 16-19, 2017 – OSHA 30 in Construction. This class is required for supervisors and salaried employees.

Employee times and cards will be charged to your project.

To sign-up, get approval from your supervisor.

## SAFE MAN-HOUR AWARDS

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

NECA would like to recognize the following work crews.

These crews have reached their goal of Safe Man-hours worked during the month of August.

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.

610 Lenora Charley  
616 Ray Begay  
618 Gene Laughlin  
Main Office  
Cary Patterson

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## Norther Navajo Fair Safety & Info

The Northern Navajo Fair will be the first week of October. NECA will be closed on Friday, October 6 and the parade will be Saturday, October 7. NECA will be entering a float in the parade. Keep a watch out for the float.

During the fair and parade, be prepared for all weather conditions. You never know if it is going to be sunny and hot or raining. Wear layered clothing. Bring chairs to sit on and carry water. Keep an eye on your children and don't let them run near the floats.

Employees can park their vehicle inside the NECA complex during the fair and parade. Base 5 Security will inform the employees where to park their vehicles. Employees must accompany their families when entering the NECA complex.

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## Norther Navajo Fair



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## PROTECT YOUR HEARING (OSHA website)

*"Protect Yourself, Get Educated"*

Exposure to high levels of noise can cause permanent hearing loss. Neither surgery nor a hearing aid can help correct this type of hearing loss. Short term exposure to loud noise can also cause a temporary change in hearing (your ears may feel stuffed up) or a ringing in your ears (tinnitus). These short-term problems may go away within a few minutes or hours after leaving the noise. However, repeated exposures to loud noise can lead to permanent tinnitus and/or hearing loss.

Loud noise can create physical and psychological stress, reduce productivity, interfere with communication and concentration, and contribute to workplace accidents and injuries by making it difficult to hear warning signals. The effects of noise induced hearing loss can be profound, limiting your ability to hear high frequency sounds, understand speech, and seriously impairing your ability to communicate.

Noise may be a problem in your workplace if:

- You hear ringing or humming in your ears when you leave work.
- You have to shout to be heard by a coworker an arm's length away.
- You experience temporary hearing loss when leaving work.

Noise is measured in units of sound pressure levels called decibels, using A-weighted sound levels (dBA). The A-weighted sound levels closely match the perception of loudness by the human ear. Decibels are measured on a logarithmic scale which means that a small change in the number of decibels results in a huge change in the amount of noise and the potential damage to a person's hearing.

OSHA sets legal limits on noise exposure in the workplace. These limits are based on a worker's time weighted average over an 8-hour day. With noise, OSHA's permissible exposure limit (PEL) is 90 dBA for all workers for an 8-hour day.

Noise controls are the first line of defense against excessive noise exposure. The use of these controls should aim to reduce the hazardous exposure to the point where the risk to hearing is eliminated or minimized. With the reduction of even a few decibels, the hazard to hearing is reduced, communication is improved, and noise-related annoyance is reduced.

**Engineering controls** involve modifying or replacing equipment, or making related physical changes at the noise source or along the transmission path to reduce the noise level at the worker's ear.

**Administrative controls** are changes in the workplace that reduce or eliminate the worker exposure to noise.

**Hearing protection devices (HPDs)**, such as earmuffs and plugs, are considered an acceptable but less desirable option to control exposures to noise and are generally used during the time necessary to implement engineering or administrative controls, when such controls are not feasible, or when worker's hearing tests indicate significant hearing damage.

*"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."*

10 RULES FOR WORKPLACE SAFETY

1. You are responsible for your own safety and for the safety of others.
2. All accidents are preventable.
3. Do not take short cuts. Always follow the rules.
4. If you are not trained, don't do it.
5. Use the right tools and equipment and use them in the right way.
6. Assess the risk before you approach your work.
7. Never wear loose clothes or slippery footwear.
8. Do not indulge in horseplay while at work.
9. Practice good housekeeping.
10. Always wear PPEs.

