

# SAFETY ZONE NEWS

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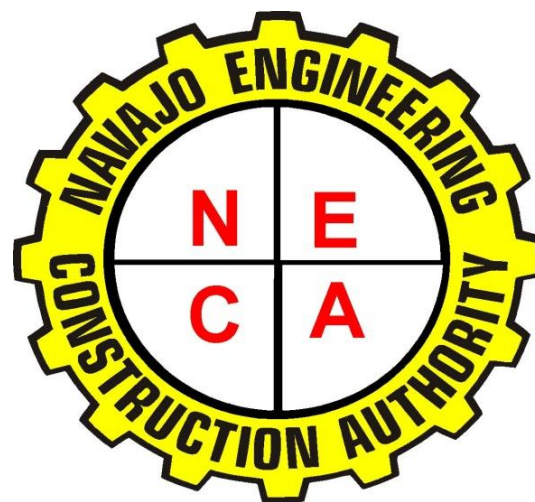
## Take Safety Home

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 at home or even just living at home, we have many hazards. Our training from work can help us with them.

Just because you're at home, that doesn't mean we don't need PPE or we stop practicing safety. 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 practices 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 events are scheduled for the month of August 2019:

1. August 6, 2019 – First Aid/CPR/AED, NECA Base 5, 8am-5pm.
2. August 7, 2019 – 8-Hour HAZWOPER Refresher, NECA

Base 5, 8am-5pm.  
Closed.

3. August 19 & 20, 2019 (8am) – OSHA 10 in Construction, NECA Base 5. Assigned employees must attend both days. 5 openings

Employee times and cards will be charged to your project. Your supervisor must approve your training.

## From OSHA – Keep Trenches Safe for Workers

Trench collapses and cave-ins are a serious threat to workers, but they can be prevented. OSHA reminds employers that worker safety is a priority, and the agency has resources available to protect workers.

The following safe work practices will help keep trenches safe for workers:

- **PREPARE** a safe trench. – Provide safe entry and exit before starting work. – Keep materials at least 2 feet away from the edge.
- **PROTECT** workers from a cave-in by using protective systems. – Sloping or benching trench walls, or – Shoring trench wall with supports, or – Shielding trench walls with trench boxes.
- **INSPECT** the trench for hazards. – Look for standing water and other environmental hazards. – Never enter a trench unless it has been inspected and approved by the competent person.

For more information on common hazards, visit OSHA's Trenching and Excavation page.



## Back To School Safety | Staying Safe at School

The following are a few general back to school safety tips:

Talk to your children and reinforce the rules of stranger danger.

Make sure not to pack foods for lunch or snacks that spoil quickly.

Talk to your child about bullies and bullying. Explain to them what to do if a situation arises. School Bus Safety. Taking the bus alone can be exciting and a little scary for your child, and it's ...

Bike Safety. If your child is riding his bike to school, make sure he always wears a helmet and ...

Walking Safety. If your child is walking to school, review and walk the route several times with her ...

Backpack Safety. Your child's backpack shouldn't weigh more than 15 % of the child's body weight.



## Study Exposes The Exact Effect of Energy Drinks On The Heart

Energy Drinks have been found to cause irreversible damage to tooth enamel and affect the contraction of the heart. According to an ongoing study reported at the Radiological Society of North America (RSNA), the popular drinks consumed by millions not only increase contractility of the heart, but they may cause long-term health risks.



## 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 July.

Each member of these work crews will be receiving a Safety Award as a token of appreciation for working safe.

Thank you for working safe.

605	Benson Charley
611	Gary Smith
618	Gene Laughlin
	Carpenter Shop
	Chris Yazzie
	Warehouse
	Tom Chee

**Navajo Engineering &  
Construction Authority**  
One Uranium Blvd.  
P.O. Box 969  
Shiprock, NM 87420

**Phone** (505) 210-7070  
**Fax** (505) 210-7013

[www.navajo.net](http://www.navajo.net)



## **Brake Safety Awareness Month**

When it comes to vehicle safety, your brake system should be at the top of the list. Brake Safety Awareness Month is the perfect time to have your brakes inspected to make sure they are in safe working condition before school starts and the cold weather hits.

Brakes are a normal wear item that will eventually need to be replaced. For routine maintenance:

1. Check your braking system at least once per year.
2. Inspect brake lining wear, rotor thickness, hoses and brake lines.
3. Check your brake fluid level.
4. Brake and dash warning lights.
5. Take your car for a test drive to detect potential problems.