

SAFETY ZONE NEWS

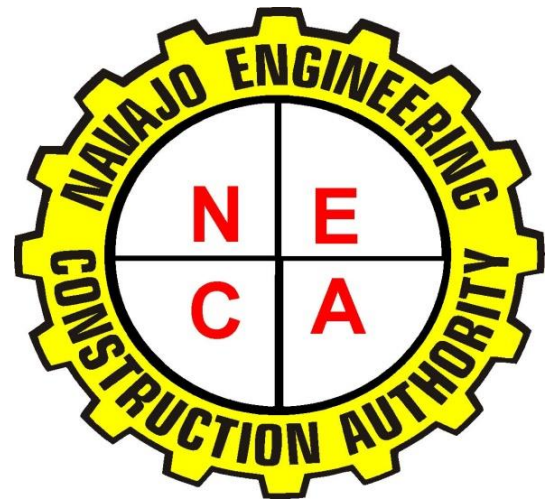
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NOTICE
PPE REQUIRED
BEYOND THIS
POINT



It's Christmas Time



We just celebrated Thanksgiving. We ate a lot of food and then after a long weekend, we made our way back to work.

Now, we are headed to another special time of the year, Christmas. Christmas is a good time for the family and friends. This also means more traveling, more visiting and/or visitors, a day off of work and buying a lot of gifts. Everyone will be busy. So slow down and remember to enjoy your company and your family.

The holiday weather may get worse. It may snow more and the temperature could get colder by the time Christmas arrives. As always in winter, be prepared and take extra precautions when traveling.

In the home, there are many more hazards during the holidays. Additional hazards for the Christmas holiday include Christmas trees, electrical cords, paper wrappings and boxes, many types of food, children running around, small toys and sledding. Just to name a few. We need to keep alert and use our hazards recognition experience to

prevent any unwanted incidents.

Christmas is a fun time. Enjoy the time off and we hope everyone has a safe holiday.

Be Safe
Be Productive

What to Look For

The following events are scheduled for the month of December 2019:

1. December 16-19, 2019 – OSHA 30 in Construction, Base 5, 8am to 5pm.
2. December 23, 2019 – First Aid/CPR/AED,

NECA Base 5, 8am-5pm.

3. December 25, 2019 Christmas Day, NECA is closed. Employee times and cards will be charged to your project. Your supervisor must approve your training.

HAVE A VERY MERRY CHRISTMAS





- ✓ **Install & Test Alarms** – Carbon monoxide alarms should be tested once a month
- ✓ **Plug space heaters directly into outlets** – Never use extension cords or power strips.
- ✓ **Heat your home safely** – Keep anything that can burn at least 3ft away from your fireplace, wood stove & space heater.
- ✓ **Keep chimney & vents clean** – Hire a qualified professional to clean & inspect your chimney & vents.
- ✓ **Avoid using candles for emergency lighting** – Always use flash lights or lanterns, and stock up on batteries.
- ✓ **Use fireplace safely** – Use metal or heat tempered glass screens.

OSHA QUICK CARD – Protecting Workers from Cold Stress

Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g., workers in freezers, outdoor agriculture and construction.

Common Types of Cold Stress

Hypothermia

- Normal body temperature (98.6°F) drops to 95°F or less.
- Mild Symptoms: alert but shivering.
- Moderate to Severe Symptoms: shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

Frostbite

- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- Symptoms: numbness, reddened skin develops gray/ white patches, feels firm/hard, and may blister.

Trench Foot (also known as Immersion Foot)

- Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- Symptoms: redness, swelling, numbness, and blisters.

Risk Factors

Dressing improperly, wet clothing/skin, and exhaustion.

For Prevention, Your Employer Should:

- Train you on cold stress hazards and prevention.
- Provide engineering controls, e.g., radiant heaters.
- Gradually introduce workers to the cold; monitor workers; schedule breaks in warm areas.

How to Protect Yourself and Others

- Know the symptoms; monitor yourself and co-workers.
- Drink warm, sweetened fluids (no alcohol).
- Dress properly: – Layers of loose-fitting, insulating clothes – Insulated jacket, gloves, and a hat (waterproof, if necessary) – Insulated and waterproof boots

What to Do When a Worker Suffers from Cold Stress

For Hypothermia:

- Call 911 immediately in an emergency.
- To prevent further heat loss: Move the worker to a warm place. Change to dry clothes. Cover the body (including the head and neck) with blankets, and with something to block the cold (e.g., tarp, garbage bag). Do not cover the face.
- If medical help is more than 30 minutes away: Give warm, sweetened drinks if alert (no alcohol). Apply heat packs to the armpits, sides of chest, neck, and groin. Call 911 for additional rewarming instructions.

For Frostbite:

- Follow the recommendations "For Hypothermia".
- Do not rub the frostbitten area.
- Avoid walking on frostbitten feet.
- Do not apply snow/water. Do not break blisters.
- Loosely cover and protect the area from contact.
- Do not try to rewarm the area unless directed by medical personnel.

For Trench (Immersion) Foot:

- Remove wet shoes/socks; air dry (in warm area); keep affected feet elevated and avoid walking. Get medical attention.

For more information, go to www.osha.gov

Motor Vehicles Safe Driving Practices for Employees

You are your employer's most valuable asset! The way that you drive says everything about you and your company. Make a positive statement by following these work-related safe driving practices.

Stay Safe

- Use a seat belt at all times – driver and passenger(s).
- Be well-rested before driving.
- Avoid taking medications that make you drowsy.
- Set a realistic goal for the number of miles that you can drive safely each day.
- If you are impaired by alcohol or any drug, do not drive.

Stay Focused

- Driving requires your full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and talking on the phone.
- Continually search the roadway to be alert to situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.

Avoid Aggressive Driving

- Keep your cool in traffic!
- Be patient and courteous to other drivers.
- Do not take other drivers' actions personally.
- Reduce your stress by planning your route ahead of time (bring the maps and directions), allowing plenty of travel time, and avoiding crowded roadways and busy driving times.



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 November.

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.

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Home Winter Survival Food Checklist

- ✓ Canned fruits & vegetables (may require a manual can opener)
- ✓ Crackers, nuts, fruit bars, chips (High energy foods)
- ✓ Cookies and hard candy
- ✓ Bread and condiments (keep bread frozen to last longer)
- ✓ Soups (some soups require water or heating)
- ✓ Cereal and toaster pastries
- ✓ Meals ready to eat (MREs)
- ✓ Bottled water (1 gallon per person, per day for at least 3 days)

Winter Home and Workplace Safety Tips

Working during winter can feel more like a survival of the fittest. The risks and hazards we face increases tenfold during the winter weather months and holiday seasons. Here are 9 winter safety tips to help keep you safe during the trying winter season.

1. Bring out those hands!

Hold it! Don't remove those gloves yet. Think twice before walking outside with your hands in your pocket. You ask why? Keeping your hands in your pocket increases the risk of you falling or losing your balance in case you slip on ice or snow.

2. Mittens vs Gloves

Gloves sure look fashionable but donning mittens can actually save your life. With your fingers touching each other inside mittens, they generate more body heat than when they're inside gloves.

3. Warm up before shoveling

Before you get rid of all the snow and ice at your home or workplace, do some stretching exercises first. You can also march in place or walk for a couple of minutes. With your muscles warmed up, not only will you work more efficiently, but you also reduce the risk of injuring yourself.

4. Forget coffee and cigarettes

Before shoveling or doing any strenuous work, avoid caffeine and nicotine. They increase your heart rate and may cause your blood vessels to constrict.

5. Rock salt + Kitty litter = Safer walkways & Driveways

Have some rock salt and kitty litter on hand. Rock salt helps melt the ice on slippery surfaces. Kitty litter can give temporary traction.

6. Tin Can + Matches + Candle + Paper Cup + Snow = Drinking Water

Yes, you read the equation right. Before going on the road, you better prepare a tin can, candle, paper cup, and some matches. Should you get stuck in the middle of the road and run short on water, you can always melt some snow with the supplies above as part of your emergency kit.

7. Warm up before driving off

While it pays to do some stretching exercises before delivering goods or driving to work, you should warm up your vehicle, too. This helps reduce the moisture condensation on the inside of your car windows. Remember, though, not to warm up your vehicle in a closed garage.

8. Six inches equals DANGER

Be wary of floods. Be extra cautious of running water that is 6 inches deep or more. You could run the risk of getting swept off your feet.

9. Report those damaged lines

And finally, after a winter storm, immediately report any downed power lines or broken gas lines in your area or workplace. Know your local utility company's emergency