

SAFETY ZONE NEWS

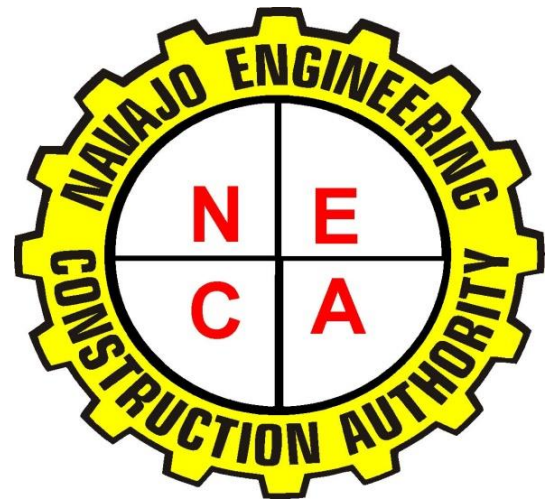
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Happy 4th of July

As we celebrate the Fourth of July, please take the time to be safe. Some of us may be enjoying the fireworks, a barbecue, a trip to the lake or local fairgrounds. Whatever you have planned, NECA wants you to enjoy your holiday and time with your family. The Navajo Nation has laws prohibiting the sale, manufacturing, possession and use of fireworks. There may be fire restrictions in our local forests. Check with the Navajo Nation Forestry Department at (928) 729-4007. Be mindful that others like you, are on the road. When long distances mix with alcohol-impaired and/or sleep deprived drivers, danger is unavoidable. Beware of these drivers and don't be one of them. Plan your trips and plan alternate routes in case



the primary route closes. If you plan on attending a fireworks show or special event, anticipate traffic. Leave a little early to avoid the rush. Get plenty of rest if you plan on driving far. Make sure your vehicle is in good running condition and you have snacks and water. Watch for other drivers who may be impaired. If you suspect someone is drinking and driving, call

the local authorities. If you plan on consuming alcohol, please get a designated driver. Have a safe and enjoyable 4th of July holiday. Don't forget to thank a Veteran for our freedoms.

What to Look For

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

1. Foremen/
Superintendent
Meeting.
July 31, 2019
Farmington Civic
Center
8:00 A.M.



Health benefits of Water

- **Gets rid of wastes and toxins through urination**
- **Maintains and regulates your body's temperature**
- **Lubricates and cushions joints**
- **Protects sensitive tissues**
- **Dissolve minerals and nutrients for absorption**
- **Maximizes physical performance**

Diesel Exhaust/Diesel Particulate Matter

Diesel engines provide power to a wide variety of vehicles, heavy equipment, and other machinery used in a large number of industries including mining, transportation, construction, agriculture, maritime, and many types of manufacturing operations. The exhaust from diesel engines contains a mixture of gases and very small particles that can create a health hazard when not properly controlled.

What is Diesel Particulate Matter (DPM)?

- DPM is a component of diesel exhaust (DE) that includes soot particles made up primarily of carbon, ash, metallic abrasion particles, sulfates and silicates.
- Diesel soot particles have a solid core consisting of elemental carbon, with other substances attached to the surface, including organic carbon compounds known as aromatic hydrocarbons.

Who can be exposed to DE/DPM?

Occupations with potential exposure to DE/DPM include miners, construction workers, heavy equipment operators, bridge and tunnel workers, railroad workers, oil and gas workers, loading dock workers, truck drivers, material handling operators, farmworkers, long-shoring workers, and auto, truck and bus maintenance garage workers.

Most heavy-and medium-duty trucks are equipped with diesel engines, as well as equipment used in mines; buses, locomotives and ships; heavy equipment such as bulldozers and tractors; and other types of equipment such as bucket lifts and generators. Miners and other workers in the vicinity of diesel powered equipment may be exposed to DE/DPM.

What are the health effects of DE/DPM?

- Short term exposure to high concentrations of DE/DPM can cause headache, dizziness, and irritation of the eye, nose and throat severe enough to distract or disable miners and other workers.
- Prolonged DE/DPM exposure can increase the risk of cardiovascular, cardiopulmonary and respiratory disease.

How can exposures to DE/DPM be controlled?

Engineering controls are the most effective strategy for minimizing worker exposure to DE/DPM. A combination of controls is often required. Examples include:

- Performing routine preventive maintenance of diesel engines to minimize emissions,
- Installing engine exhaust filters
- Installing cleaner burning engines
- Installing diesel oxidation catalysts

Truck Safety Rules

- Wear seatbelts during all truck operations.
- Maintain three-point contact while entering and exiting cabs.
- Adjust all cab fixtures: seat height, mirrors and steering wheels
- Pay attention to posted speed limits and all road sign information.
- Keep cab clean
- Always chock unit on the passenger side for safety walk around
- Listen for unusual noise or change in performance
- Shut down park on level ground, set parking break, idle engine for 7-10 minutes. Block the wheels.



Firework Safety Tips for Families

- Leave fireworks to the professionals. The best way to protect your family is to not use any...
- Be extra careful with sparklers. Little arms are too short to hold sparklers
- Take Necessary Precautions. Do not wear loose clothing while using fireworks
- Be Prepared for an Accident or Injury. Stand several feet away



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 June.

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.

300	Larrison Tom
301	Joe Clah
302	Fred Hardy
303	Randy Begay
604	Nancy Kee
610	Lenora Charley
617	Ernest Dan
Survey	Lemont Yazzie

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NECA's Annual Picnic

NECA's annual picnic was held Saturday, June 22nd at Sycamore Park in Farmington, New Mexico. Those employees who attended the annual picnic had enjoyed a fun-filled day of games and the delicious food. Our former council delegate Tom Chee II, and council delegate Charlaine Tso representing the Mexican Water, To'likan, Teec Nos Pos, Aneth, and Red Mesa chapters attended the picnic as well. During the event, we ran into some weather that was not going to slow us down. The rain was pouring down and the strong wind tried to blow our canopies away. We survived and enjoyed the cooler temperature afterwards. Families were working together in the scavenger hunt, we had a 3-on-3 basketball Tournament, and a Horseshoe Tournament. Half of the employees won a raffle prize! Windy Devore won a red Igloo cooler filled with goodies and picnic items. Lenora Charley won an Ugly Stik fishing pole with a tackle box. Ernest Tabaha won a Craftsman tool set. Wilfred Tso and Norman Singer each won a YETI cooler. Maybe next year you could win a grand prize!

A total of 40 employees out of 350 attended the picnic. It would be great to see more employee participation, and to meet your families. There are games and prizes for everyone. It is a good opportunity to meet and get to know each other outside our busy work schedule. You are more than welcome to join the picnic committee to coordinate games, be an MC speaker, be a DJ, or help your co-workers with the picnic activities. It is about working together to be *SAFE* and to have fun during this summer season!

