

# SAFETY ZONE NEWS

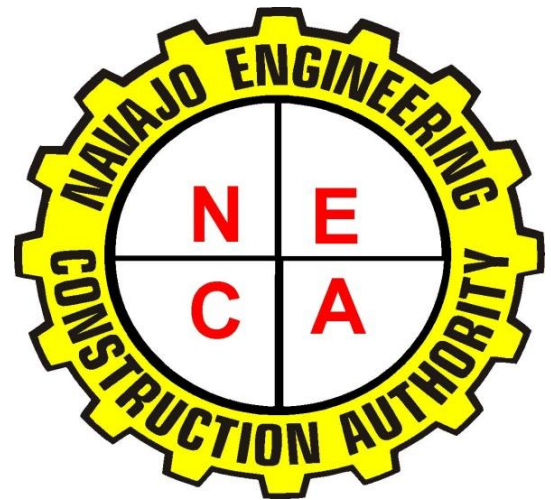
## INSIDE THIS ISSUE:

Turkey Time Colder Weather	
What to Look for	1
OSHA ACT 1970	2
Energy Drinks	3
Safe Man-hour Awards	3
Recovery After Long Day	4



## Turkey Time and Colder Weather

The Holidays are here and Thanksgiving is just around the corner. This means Turkey and colder weather. During this time there will be a lot of traveling, visiting and eating with our relatives. This is a busy time of the year for families. Making travel plans and then getting out on the roads. So much to do. Before you hit the roads, make sure your vehicles are in good condition. This is not the time of year to be sitting on the side of the road. But you still need to be prepared to sit on the side of the road, in the cold weather. Pack as if you were going to sleep in your vehicle overnight. This means blankets, water, food and warm clothes. Also a shovel and jumper cables are good to carry. Keep your vehicles full of fuel. You don't know if gas stations will be closed or closing



early. Bring your phones, chargers and keep your phone batteries charged. The roads will be busy too. Give yourself plenty of travel time. You might hit some bad weather, icy roads or traffic. Look out for those bad drivers. The people in a hurry and the ones driving too fast. Stay out of their way, let them go by. We prepare for the cold weather at work, keep the

same thinking for home and travel. Look out for your family members who just want to jump in the vehicle and go.

Be prepared.

Enjoy the holidays.

Be Safe  
Be Productive

## What to Look For

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

1. November 11, 2019 – First Aid/CPR/AED, Base 5, 8am.
2. November 12-13, 2019 – OSHA 10 in Construction, Inscription

- House Chapter 8am to 5pm.
3. November 14, 2019 – New Employee Orientation, Inscription House Chapter, 9am to 5pm.
4. November 15, 2019 – First Aid/CPR/AED, Inscription House

Chapter, 8am. Class is full.

5. November 18-19, OSHA 10 in Construction, Base 5, 8am to 5pm.
  6. November 28-29, Thanksgiving Holiday, NECA is closed.
- Employee times and cards will be charged to your project. Your supervisor must approve your training.



## An Overview of the OSH Act of 1970

OSHA standards are rules that describe the methods that employers must use to protect their employees from hazards. There are OSHA standards for Construction work, Agriculture, Maritime operations, and General Industry, which are the standards that apply to most worksites. These standards limit the amount of hazardous chemicals workers can be exposed to, require the use of certain safe practices and equipment, and require employers to monitor hazards and keep records of workplace injuries and illnesses

### OSHA standards mandate that employers must:

- ❖ Provide a workplace free from recognized hazards and comply with OSHA standards
- ❖ Provide training required by OSHA standards
- ❖ Keep records of injuries and illnesses o Set up a reporting system; Provide copies of logs (i.e., OSHA 300), upon request; Post the annual summary; Report within 8 hours any work-related fatalities and within 24 hours, all work-related: inpatient hospitalizations, amputations, and losses of an eye.
- ❖ Provide medical exams when required by OSHA standards and provide workers access to their exposure and medical records
- ❖ Not discriminate against workers who exercise their rights under the Act
- ❖ Post OSHA citations and abatement verification notices
- ❖ Provide and pay for most Personal Protective Equipment (PPE)

### Worker's Rights:

Most importantly, the creation of OSHA provided workers the right to a safe and healthful workplace. Section 5(a)(1) of the OSH Act states: "Each employer shall furnish to each of his employee's employment and a place of employment which are free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees." A safe and healthful workplace means that hazards are removed, and workers are trained. If a hazard cannot be removed completely, protection (for example, respirators or earplugs) must be provided.

### Workers have the Right to:

- ❖ A safe and healthful workplace
- ❖ Know about hazardous conditions
- ❖ Information about injuries and illnesses in your workplace
- ❖ Complain or request hazard correction from employer
- ❖ Training as provided in the OSHA standards
- ❖ Hazard exposure and medical records
- ❖ File a complaint with OSHA
- ❖ Participate in an OSHA inspection
- ❖ Be free from retaliation for exercising safety and health rights

### Worker's Responsibility

Section 5(b) of the OSH Act states that each employee shall comply with occupational safety and health standards and all applicable rules, regulations and orders. Therefore, workers are encouraged to follow all appropriate safety and health rules and wear personal protective equipment while working.

The OSH Act protects workers who complain to their employer, OSHA or other government agencies about unsafe or unhealthful working conditions in the workplace or environmental problems. Workers cannot be transferred, denied a raise, have their hours reduced, be fired, or punished in any other way because they exercised any right given to them under the OSHA Act. Help is available from OSHA for whistleblowers.

**For more information, go to [www.osha.gov](http://www.osha.gov)**

## HEALTH EFFECTS OF ENERGY DRINKS

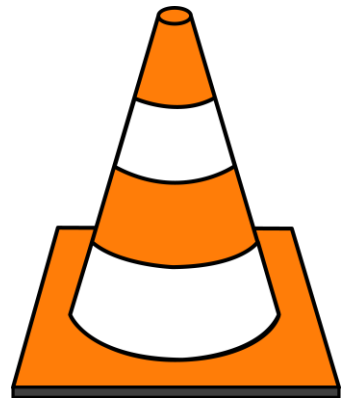
on Children, Adolescents and Young Adults

Overconsumption of energy drinks may lead to the following outcomes:

- Increased sweat excretion
- Affected blood pressure
- Psychotic conditions
- Liver damage
- Respiratory disorders
- Seizures
- Rhabdomyolysis
- Heart palpitations
- Myocardial infarction
- Tachycardia
- Hypertension
- Nausea
- Vomiting
- Abdominal pain
- Increase urine flow
- Kidney failure
- Agitation
- Coronary vasoconstriction
- Cerebral vasoconstriction
- Altered electrolyte levels
- Interferes with calcium absorption



source:source: American Academy of Pediatrics



## 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 October.

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.

603 Ned Johnson  
616 Ray Begay  
Main Office Cary Patterson

*"Work safe, be safe"*

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)



## 5 Tips for Recovering After a Long Day at Work

More often than none, we have a long day at work. Whether it's the amount of work we need to do, time constraints, production, safety, conflicting priorities, or the simple fact that many things just go wrong. A long day at work can be challenging and hard to recover from. Here are a few tips for recovering after a long day at work.

1. **Lie down and do nothing** – One of the best ways to recover after work is to just lie down. This helps you feel relaxed and gives both your mind and your body much needed rest from your day. Close your eyes and do nothing. Don't read, play games or use your phone. You don't need to do this for a very long time. Ten to 15 minutes can be enough. If you have to take a nap, make it a short one.
2. **Get some exercise** – Another way to feel good after work is to get some exercise like taking a walk or going for an easy run. Exercising is a great way to reduce stress at work. If you don't like to walk or run, try riding a bike, going to the gym, playing a sport, doing some yoga or pilates. Any kind of exercise will help you feel better.
3. **Take a bath or shower** – Another great way to feel refreshed is to take a bath or shower. Taking 20 a minute bath is very relaxing. Showers are quicker, but they too help make you feel better when you are feeling run down or sore from a long stressful day.
4. **Change into comfortable clothes** – Don't stay in your work attire when you get home. If you're feeling tired or drained, change into something that makes you feel comfortable and relaxed, like track pants or a jumper. It may not be fashionable, but comfort should be the goal. Every little thing you can do to feel better will help.
5. **Do something you enjoy** – After a long day at the office, working hard, or getting things down for your team and your employer, you should take some time to do something that you want to do. Doing something you enjoy will make you feel better and make you more mentally relaxed. Listen to music, watch a movie or TV, paint, play chess, cook dinner, or play guitar. Work on something you enjoy that isn't too draining and you'll see your mood increase.