

SAFETY ZONE NEWS

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New Year New Beginnings

Happy New Fiscal Year to NECA. Fiscal Year 2020 is here. Woohoo! We are starting the year with a clean slate so let's continue to work safe and stay incident free.

Working safe is a good practice. Production benefits from working safe as well as the employees. Short cuts will end up costing a crew production time and down time. We see how incidents get in the way and how working safe actually saves time. This realization was a big step in our safety culture. Embracing safe work practices is a big leap towards working our way to zero incidents. This is the only way to zero incidents and it takes an effort by every single person at NECA. This means that all seasoned employees and all new employees need



to work towards having zero incidents. The more we talk about safety, the more we see how works for us.

Again, Safety benefits the employees and also the projects. Incidents slows down production greatly. It takes quite some time for a project to make up for the lost production time and costs.

99% of all incidents are preventable.

Let's keep "Zero" in mind, for the good of the employees and NECA.

Have a good year.

Be Safe
Be Productive

What to Look For

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

1. October 3, 2019 – Free BBQ. Shiprock City Market Parking Lot. 4:00 P.M. NECA Cosponsor.
2. October 4, 2019 – NECA Closed.
3. October 21-23, 2019 – High Angle Rescue training for Welding Crew only. Base 5, 8am-5pm.
4. October 24 – First Aid/CPR/AED NECA Base 5
5. October 29 – First Aid/CPR/AED Chinle

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

From OSHA – Backing Safety Solutions (www.osha.gov)

Spotter

Spotters are a proven method of protecting employees on foot behind vehicles with an obstructed view, but spotters themselves can be at risk for injury or even death. Employers can implement the following actions to help keep spotters safe:

- Ensure that spotters and drivers agree on hand signals before backing up.
- Instruct spotters to always maintain visual contact with the driver while the vehicle is backing.
- Instruct drivers to stop backing immediately if they lose sight of the spotter.
- Do not give spotters additional duties while they are acting as spotters.
- Instruct spotters not to use personal mobile phones, personal headphones, or other items which could pose a distraction during spotting activities.
- Provide spotters with high-visibility clothing, especially during night operations.

Suggested Spotting Signals



Back up



Back, turn left



Back, turn right



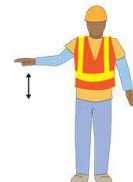
Move forward



Distance left to back



Slow down



Stop



SEVERE WEATHER DRIVING – FOG

Fog can be one of the most dangerous weather conditions for both new and experienced drivers. Fog has the potential to reduce visibility significantly, so it is very important that drivers stay focused on the road in order to stay safe. Severe weather demands your full attention, so be sure to reduce any possible distractions by turning the radio down or turning off that phone to keep your attention fully on the road. Keep in mind that sometimes the best driving decision you can make is to stay off the road completely until the weather clears.



3 Tips for Driving in Fog

1. Slow down. Driving at normal speeds in fog can be very dangerous. Be sure to slow down so you have more time to react if traffic stops or other hazards appear. When visibility is severely limited, find a safe place to park, away from travel lanes, and wait for conditions to improve.

2. Always headlights, never brights. Avoid using high-beam headlights in fog as fog consists of tiny water droplets that spread and reflect light. While your high beams are not useful in the fog, remember to turn on your low-beam headlights to help other drivers see you.

3. Stay focused on the road. Driving in fog is not a time for multi-tasking. Turn down the radio, stop conversations with other passengers and keep your attention on the road. Roll down your window to help you hear other traffic on the road.



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 September.

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.

619 Kantor Tso

“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



Dressing Properly for the Cold

Dressing properly is extremely important to preventing cold stress. When cold environments or temperatures cannot be avoided, the following would help protect workers from cold stress:

- Wear at least three layers of loose fitting clothing. Layering provides better insulation.
 - An inner layer of wool, silk or synthetic (polypropylene) to keep moisture away from the body. Thermal wear, wool, silk or polypropylene, inner layers of clothing that will hold more body heat than cotton.
 - A middle layer of wool or synthetic to provide insulation even when wet.
 - An outer wind and rain protection layer that allows some ventilation to prevent overheating.
- Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities. Insulated coat/jacket (water resistant if necessary)
- Knit mask to cover face and mouth (if needed)
- Hat that will cover your ears as well. A hat will help keep your whole body warmer. Hats reduce the amount of body heat that escapes from your head.
- Insulated gloves (water resistant if necessary), to protect the hands
- Insulated and waterproof boots to protect the feet

Safety Tips for Workers

- Your employer should ensure that you know the symptoms of cold stress
- Monitor your physical condition and that of your coworkers
- Dress appropriately for the cold
- Stay dry in the cold because moisture or dampness, e.g. from sweating, can increase the rate of heat loss from the body
- Keep extra clothing (including underwear) handy in case you get wet and need to change
- Drink warm sweetened fluids (no alcohol)
- Use proper engineering controls, safe work practices, and personal protective equipment (PPE) provided by your employer