

SAFETY ZONE NEWS

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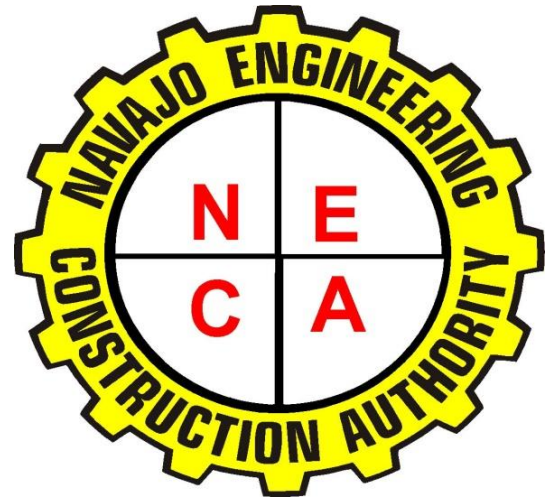


Happy New Year!

NECA would like to take this time to wish all NECA employees and their families a HAPPY NEW YEAR!

We hope that many blessings are coming in this new year, to NECA and to our families.

We spend most of our time at work, working and trying to make a living for ourselves and our families. We all have family and relatives at our homes and in our communities. We also have our adopted family, our coworkers. We spend so much time with our coworkers, we learn a lot about them. We build trust working with them, which is important because we work in a hazardous environment, construction. With trust, comes an appreciation for our coworkers. We look out for each other.



Making sure everyone is being safe as they can.

NECA appreciates everyone working safe and looking out for each other but also, everyone's families appreciate each of us looking out for their loved ones while they are at work.

NECA would like to extend our gratitude to the families of our employees for sharing

their family members with NECA.

Thank you and have a good year.

Be Safe
Be Productive

What to Look For

The following events are scheduled for the month of January 2020:

1. January 13, 2020 – First Aid/CPR/AED, Base 5, 8am to 4pm.
2. January 20, 2020 - First Aid/CPR/AED, Base 5, 8am to 4pm.

3. January 27-28, 2020 - OSHA 10 in Construction, Base 5, 8am to 5pm. Employees must attend both days to receive OSHA card. Employee times and cards will be charged to your project. Your supervisor

must approve your training.

HAVE A HAPPY NEW YEAR



POLICY REVIEW

NECA's Employee Handbook

Substance Abuse

- It is the policy of the Authority to prohibit the use, transfer, possession, sale, purchase or being under the influence of alcoholic beverages, illegal drugs or other intoxicants at any time on Authority premises or while on duty. The presence of illegal drugs or alcohol in a person's possession will be considered "use" or "being under the influence".
 - As a condition of employment, all employees are subject to reasonable suspicion testing in accordance with NECA's substance abuse policy. Any employee testing positive for illegal drugs or alcohol while on duty or on Authority premises will be terminated.
- Refusal to submit

FROM OSHA – Protecting Workers from the Cold

Outdoor work requires proper preparation, especially in severe winter weather conditions. Although OSHA does not have a specific standard that covers working in cold environments, employers have a responsibility to provide workers with employment and a place of employment which are free from recognized hazards, including winter weather related hazards, which are causing or are likely to cause death or serious physical harm to them (Section 5(a)(1) of the Occupational Safety and Health Act of 1970). Employers should, therefore, train workers on the hazards of the job and safety measures to use and safe work practices, that will protect workers' safety and health.

Employers should train workers, at a minimum on:

- Cold Stress:
 - How to recognize the symptoms of cold stress, prevent cold stress injuries and illnesses.
 - The importance of self-monitoring and monitoring coworkers for symptoms
 - First aid and how to call for additional medical assistance in an emergency
 - How to select proper clothing for cold, wet, and windy conditions
- Other winter weather related hazards that workers may be exposed to, for example, slippery roads and surfaces, windy conditions, and downed power lines
 - How to recognize these hazards.
 - How workers will be protected: engineering controls, safe work practices and proper selection of equipment, including personal protective equipment

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.
- 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

Personal Protective Equipment

OSHA's Sanitation standard, 29 CFR 1926.51 requires employers to provide accessible sanitary facilities for ALL personnel and to ensure that these facilities are maintained in an appropriately, clean and sanitary condition.

Access to sanitary facilities can be challenging on some construction sites. Temporary facilities are usually unisex, and often not very well maintained or over used. As a result, women report that they avoid drinking water on the job, risking heat stress and other health problems because of the lack of appropriate facilities available to them.

Scientific literature indicates that holding urine in the bladder for more than one hour, after experiencing the urge to urinate, leads to a higher incidence of urinary tract infections. Thus, due to the lack of available sanitary facilities, female workers experience a higher incidence of bladder and kidney infections. Inadequate facilities can result not only in urinary tract infections, but may also result in other diseases from unavoidable contact with a contaminated toilet seat. If you find yourself in this predicament, inform your supervisor or employer. Some possible solutions include: requesting additional toilet facilities, sex designated facilities, and facilities with internal and external locking systems. Do not feel embarrassed by this issue. Many men complain about this problem as well. Your action will benefit both genders.

Best Practice: In addition to compliance with OSHA regulations, employers should provide separate bathrooms for male and female workers and also, a container of hand sanitizer and if the work is at night, maintain bathroom facilities in an open area that is well illuminated.



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 December.

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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POLICY REVIEW

Vehicle Operator's Policy Manual

Vehicle Use Restrictions

- Transporting alcoholic beverage or illegal drugs in NECA owned vehicles.
- Driving to day care centers, schools, or to other business establishments on personal business.
- Transporting family members or non-employees, except official business visitors or clients.
- Picking up hitchhikers along the roadways.
- Violation of any federal, state or local laws in areas of travel.
- Cellular phone use is prohibited while driving.
- Parking a NECA vehicle at an establishment that would create a negative image for NECA.

Happy New Year! Have A Safe & Healthy Holiday!



New Year's season is one of the most fun and joyous holidays of the year. However, did you know that it is also one of the most dangerous holidays of the year? People are much more likely to drink and drive around Jan. 1 than during any other major holiday of the year. Almost half of all car accidents on New Year's Eve and New Year's Day are due to drinking and driving.

Please make sure you take the proper precautions to ensure your own safety as well as the safety of those around you. Here's what you should know to avoid some of the biggest dangers during the New Year's season:

- **Please Don't drink and drive.** Jan. 1 is the No. 1 day of the year with the highest percent of deaths related to alcohol.
- **If you will be drinking,** pace yourself. What many people don't realize when drinking is that our bodies absorb alcohol faster than we can metabolize it.
- **Alternate alcoholic drinks with water.** Alcohol is a diuretic. This means that the more you drink, the more you have to urinate. More frequent urination leads to dehydration. Dehydration causes hangover symptoms such as headaches and dizziness.
- **Eat before you drink, and snack while you drink.** Never drink on an empty stomach. Make sure to eat a full meal before drinking, and continue snacking while drinking. Eating while drinking will slow down the absorption of alcohol in the digestive track.
- **Myth: Coffee sobers you up.** Many people believe that coffee sobers you up in that the caffeine will speed up alcohol's metabolism. As a result, many think it is helpful to drink a quick cup of coffee before hitting the road. However, this is a MYTH!
- **The only cure for being drunk is "Time."** But if you need to get home and don't have time to wait, get a ride from a sober driver or call a cab. You don't want to risk getting into an accident and hurting yourself, or someone else.

NECA will be open for business on Jan 2, 2020. Please celebrate accordingly and remember our company policies on drug and alcohol abuse, as well as our vehicle use restrictions.