

SAFETY ZONE NEWS

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STAY FOCUSED

For us to do our work, it takes know how and focus. We need to focus on our work to do it right and to do a good job. Having a good focus on what we are doing is very important in construction. The more focused we are, the safer our worksite becomes. In order to focus, we need to have a healthy body and healthy mind. This means we need to be physically fit for our duties and mentally strong to focus on our task at hand.

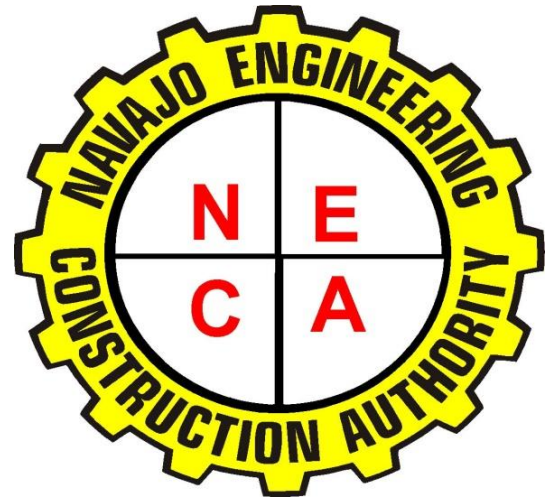
Everyone knows what type of physical fitness they need to be in to in order for them to do their work. They know what they can do, can't do and they know when to ask for help.

Being able to stay focused means we need a strong mind. We need to get plenty of rest, eat

healthy and drink plenty of water. Some of things we don't need is coming to work sick, a lack of sleep, being hungover or being under the influence of alcohol or drugs. These things will interfere with your ability to focus and your ability to do your work safely. Lack of focus will put yourself at risk and your coworkers.

This is why it is important to come to work in a good state of mind. Healthy, rested and ready to work. Being under the influence of alcohol or drugs is not tolerated and it should not be tolerated by your coworkers. Don't put yourself and coworkers at risk. Come to work ready to be productive.

Be Safe
Be Productive



What to Look For

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

1. February 11, 2020 – Respiratory Protection, Base 5, 8am to 12pm.
2. February 11, 2020 – Confined Space 12pm to 5pm.
3. February 19, 2020 - Excavation, Base 5, 8am to 5pm.
4. February 24-25, 2020 – OSHA 10, Kaibeto Chapter. Employees must attend both days to receive OSHA card.
5. February 27, 2020 – New Employee.

Orientation, Kaibeto Chapter, 8am to 4pm.

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

NECA has worked 6 days without a Lost Time Injury



"Adding regular safety meetings to your company's safety and health program is guaranteed to improve workplace safety, boost team morale, lower insurance premiums, strengthen safety compliance and lower the risk of safety violations."



OSHA Safety Meeting Requirements

OSHA requires that every employer make safety and health a top priority and ensure a safe working environment. OSHA's job is to provide leadership and encouragement to employers to take that responsibility seriously and provide educational or awareness opportunities to employees so they know of their right to a safe workplace.

Employers have a duty to protect workers from injury and illness on the job by developing and implementing a safety and health program. According to OSHA, here are three components that every effective safety program should have.

1. Management Leadership and Employee Participation
2. Workplace Analysis
3. Hazard Prevention and Control

Holding regular safety meetings, like on-site toolbox talks or tailgate meetings or longer pre-shift all hands safety meetings, will satisfy many requirements for most of these components.

Management Leadership and Employee Participation

Employer and employee involvement and communication on workplace safety is essential. To foster this positive communication, OSHA recommends that employers show their commitment by investing time, effort and money in the safety program and hold safety meetings that focus on employee safety and health.

Workplace Analysis

Employers and employees must participate to identify and eliminate existing or potential hazards in the workplace. In addition to having an adequate system for reporting hazards, by implementing regular safety meetings, this will provide a casual forum for employees to speak up regarding potential workplace hazards. During safety meetings employees should be free to add to the dialogue of the meeting, report current hazards, and discuss potential solutions as a team.

Hazard Prevention and Control

After hazards are identified, it is important that employees follow safe working procedures. Regular safety meetings should be held on topics such as:

1. How to regularly and thoroughly maintain equipment
2. Review of the Hazard Reporting Procedure
3. Reminders of the hazard correction procedures
4. PPE requirements and proper PPE wear, use and maintenance
5. Safe work procedures for the current work performed
6. Health safety like cold stress, heat stress, asbestos, lead, etc.

Holding regular safety meetings with your crews, teams and staff is the best way to ensure that your company is off to a great start meeting and exceeding OSHA's compliance standards.

FROM OSHA – Permit-Required Confined Space

A confined space:

- Has limited openings for entry or exit,
- Is large enough for entering and working, and
- Is not designed for continuous worker occupancy.

Confined spaces include underground vaults, tanks, storage bins, manholes, pits, silos, underground utility vaults and pipelines. See 29 CFR 1910.146.

Permit-required confined spaces are confined spaces that:

- May contain a hazardous or potentially hazardous atmosphere.
- May contain a material which can engulf an entrant.
- May contain walls that converge inward or floors that slope downward and taper into a smaller area which could trap or asphyxiate an entrant.
- May contain other serious physical hazards such as unguarded machines or exposed live wires.
- Must be identified by the employer who must inform exposed employees of the existence and location of such spaces and their hazards.

What to Do

- Do not enter permit-required confined spaces without being trained and without having a permit to enter.
- Review, understand and follow employer's procedures before entering permit-required confined spaces and know how and when to exit.
- Before entry, identify any physical hazards.
- Before and during entry, test and monitor for oxygen content, flammability, toxicity or explosive hazards as necessary.
- Use employer's fall protection, rescue, air-monitoring, ventilation, lighting and communication equipment according to entry procedures.
- Maintain contact at all times with a trained attendant either visually, via phone, or by two-way radio. This monitoring system enables the attendant and entry supervisor to order you to evacuate and to alert appropriately trained rescue personnel to rescue entrants when needed.

You have a right to a safe workplace. If you have questions about workplace safety and health, call OSHA. It's confidential. We can help! For more information, go to www.osha.gov



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 January.

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
600	Kendall Mitchell
617	Ernest Dan
	Carpenter Shop
	Henry Murphy
	Warehouse
	Tom Chee



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Valentine's Day Safety Tips



Valentine's Day is, without a doubt, one of the most dangerous holidays of the year. Common risks include chocolate-allergy related complications, emotional trauma, and broken hearts. By following these common sense safety tips, you can ensure your Valentine's Day goes smoothly. Like the saying goes, "Sticks and stones can break my bones, but being stood up on Valentine's Day and having to watch *He's Not That Into You* by yourself and" — wait, what was I talking about?

Don't forget Valentine's Day. Remember, Valentine's Day is always on the fourth Thursday of the month. Oh wait, maybe I'm thinking of Thanksgiving...

Be careful of rose stems. Yes, roses are the traditional flower of love, but their thorny stems present a major safety hazard that can prick your fingers, which can cause lacerations, bleeding, and in some cases death. Instead, consider buying fake roses. Most people can't tell the difference.

Avoid cliché Valentine's Day gifts. Getting your loved one or date a heart-shaped box of chocolates is just about the blandest thing you can do. That might be cute for a fifth grader, but you're a full-grown adult. And nothing says "full-grown adult" like a fifth of vodka.

Don't eat Sweethearts. Every holiday has their crummy traditional candy — Sweethearts are Valentine's Day's answer to Halloween candy corn or Easter Peeps. Do not be tempted, even if telling your date "I wuv you" or "Love me" through heart-shaped candies is the best way to passively express your feelings toward him/her. And you don't need those calories. Necco has been using their classic but unhealthy recipe for the past century: chalk, sugar, and asbestos.