

SAFETY ZONE NEWS

INSIDE THIS ISSUE:

Spring	1
What to Look for	1
Spring Forward Tips	2
Fork Lifts	3
Safe Man-hour Awards	3
Chemical Free Cleaning	4



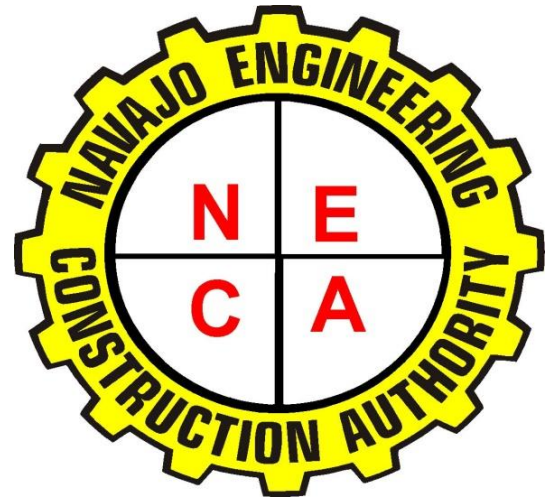
March 8
2:00 A.M.



Spring will be here shortly.

Springtime will be here shortly. With spring comes the warmer weather, longer days and more work.

This is a good time. We are glad to get back to work and back to working on our projects. Our projects are starting to get busy and crowded. Let's have everyone start off on the right foot and let's work together. Everyone is eager to work and to get their work done. This is good as long as we don't get ahead of ourselves. Remember to plan ahead and follow the plan. Making changes, last minute decisions leaves more room for mistakes, miscalculations and the want to take shortcuts in an attempt to not fall behind. Take time to think, discuss and get other



opinions. The more heads involved the better.

Planning and discussing helps us come up with the best way of doing the work and also helps us recognize the hazards that are associated with the plan.

Lowering the risks maximizes production and increases employee confidence.

Moving forward with a plan keeps a project on point and gets it done, efficiently and safely.

Enjoy the weather and all the work that is coming our way.

Be Safe
Be Productive

What to Look For

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

1. March 11, 2020 – First Aid/CPR/AED, Base 5, 8am.
2. March 12, 2020 – Forklift Operations, Base 5, 8am.

3. March 23-27, 2020 – HAZWOPER 40-Hour, Base 5, 8am to 5pm each day. Class is full.

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

NECA has worked 34 days without a Lost Time Injury



Daylight Saving

Begins: March 8, 2020

- ❖ Set your clock 1 Hour Ahead
- ❖ Time: 0200

Simple Tips to Help You Spring Forward Smoothly

When we spring forward to daylight saving time, we lose an hour of sleep. Most of us feel the effect for a few days afterward.

Use these sleep tips to help you spring forward easily and sleep better all year long.

1. Gradually Transition into the Time Change

To minimize the impact of the switch to daylight saving time, make gradual adjustments. Go to bed and put your children to bed 15 minutes early, starting several days before the change. Make an extra effort to be well-rested the week before the time change.

2. Give Yourself a Sleep Break After the Time Change

If you feel sleepy after the change to daylight saving time, take a short nap in the afternoon -- not too close to bedtime. Avoid sleeping in an hour longer in the mornings. Your internal clock will adjust on its own in several days.

3. Know How Much Sleep You Need

Not everyone needs the same amount of sleep to be well-rested, and sleep requirements can change with age. To find your ideal number of hours, sleep without an alarm on weekends and see when you wake up naturally.

4. Keep Regular Sleep Hours

Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep. If possible, wake up at the same time on the weekends, too, which makes Monday mornings easier to bear. You can also see how a nap affects your sleep quality. For some, napping can make nighttime sleeping harder; but for others, a short nap (20 minutes) can be revitalizing, without ruining their night's sleep.

5. Get Some Exercise During the Day

Even moderate exercise, such as walking, can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more. If you often don't sleep well, try not to exercise too close to bedtime.

6. Avoid Stimulating Substances

Alcohol and caffeine (found in coffee, tea, chocolate, and some pain relievers) can interfere with sleep. If you have trouble sleeping, avoid alcohol and caffeine for 4 to 6 hours before bedtime. Smokers should also avoid tobacco, another stimulant, too close to bedtime.

FROM OSHA: Powered Industrial Trucks (Forklifts)

Powered industrial trucks, commonly called forklifts or lift trucks, are used in many industries, primarily to move materials. They can also be used to raise, lower, or remove large objects or a number of smaller objects on pallets or in boxes, crates, or other containers. Powered industrial trucks can either be ridden by the operator or controlled by a walking operator. Over-the-road haulage trucks and earth-moving equipment that has been modified to accept forks are not considered powered industrial trucks.

Operators must receive training and be certified prior to operating a forklift.

Safe Forklift Operation Forklift operators and employees working around these operations are at risk of hazards such as collisions, falls, tip-overs, and struck-by conditions. Ways to prevent these hazards include:

Forklift Operations

- Always operate the vehicle according to the manufacturer's instructions.
- Always wear a seatbelt when the forklift has one.
- Never exceed the rated load and ensure it is stable and balanced.
- Do not raise or lower the load while traveling.
- Keep a safe distance from platform and ramp edges.
- Be aware of other vehicles in the work area.
- Have clear visibility of the work area and ensure you have enough clearance when raising, loading, and operating a forklift.
- Use proper footing and the handhold, if available, when entering the lift.
- Use horns at cross aisles and obstructed areas.
- Watch for pedestrians and observe the speed limit.
- Do not give rides or use the forks to lift people.

Safety Training

- Only trained and certified workers may operate a forklift.
- Ensure operators are trained on types of trucks in use.

Forklift Maintenance

- Remove from service any forklift found to be in unsafe operating condition.
- Keep forklifts in clean condition; free of excess oil and grease.
- Repair and maintain according to the manufacturer's recommendations.

It is a violation of Federal law for anyone UNDER 18 years of age to operate a forklift or for anyone OVER 18 years of age who is not properly trained and certified to do so.



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 February.

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.

610	Lenora Charley
612	Kenneth Walthall
615	Thomas Tso
616	Ray Begay
619	Kantor Tso
	Mechanic Shop
	Jermaine Paul



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

***“Non-toxic
homemade cleaning
products aren’t just
better for us; they can
also help save us
money and protect
Mother Earth.”***

Most common non-toxic cleaning products

Olive Oil

Cleaner & Polisher

Castile Soap

Cuts through grease
(Dr. Bronner’s line of products)

Baking Soda

Deodorizes, brightens
and cuts through
grease & grime

Essential Oil

Aromatherapy

Lemon Juice

Annihilates mildew &
mold, cuts through
grease, shines hard
surfaces

Vinegar

Eliminates grease,
soap scum & grime

Chemical-Free Recipes for Spring Cleaning

Spring is finally near, and while it might be tempting to spray your Hogan’s, living quarters & bunk vans with toxic chemicals, just remember there are a lot of alternative & natural household cleaning products to keep things fresh & sanitary.

The Need-to-Know:

The EPA ranked indoor air pollution among the top environmental dangers, and much of this pollution comes from common cleaning products.

Indoor pollutants can cause headaches, dizziness, fatigue, irritation of the eyes, nose and throat, as well as exacerbated symptoms of asthma and other respiratory illnesses. Long-term effects include respiratory diseases, heart disease and even cancer.

Despite the consequences of exposure to indoor air pollutants, the government doesn’t regulate or assess the safety (or even labeling) of the vast majority of cleaning products on the market.

The EPA only regulates cleaners that contain registered pesticides. This means that consumers are basically on their own when comes to choosing safe cleaning products.

The Good News:

The majority of the most powerful cleaning products may already be on our pantry shelves. And luckily, those Chemical-laden cleaning products under your sinks aren’t the only means to keep your home sparkly. Try these simple recipes:

Toilets:

- ✓ Heavy-duty toilet scrub: Pour ½ cup baking soda & 10 drops of tea tree oil. Add ¼ cup of vinegar to the bowl & scrub away while mixture fizzes.
- ✓ Daily cleaning: Fill a small spray bottle with vinegar (about 1 cup), add a few drops of essential oil (lemon), let set and wipe clean.

Tub and Shower:

- ✓ Heavy-duty scrub: Spray pure white vinegar, let set for 30 min, rinse.
- ✓ Daily cleaning: Mix baking soda w/ a bit of liquid castle soap, scrub & rinse.

Disinfectant:

- ✓ Skip the Bleach: Mix 2 cups of water, 3 tablespoons of liquid soap, and 20-30 drops of tea tree oil.

Countertops:

- ✓ All-purpose counter cleaner: Mix equal parts of vinegar & water in spray bottle.
- ✓ For marble, granite or stone countertops, skip the vinegar, use rubbing alcohol.

Oven:

- ✓ For caked-on food: heat oven to 125° and grab your spray bottle of vinegar (see “countertops” above). Spray until lightly damp then pour salt directly on affected area. Let cool and scrub away with a wet towel.

Sink Drain:

- ✓ To unclog drain: Boil 2 cups of water. Pour ½ cup of baking soda into drain and add hot water.

Tile Floors:

- ✓ Combine 1-part white vinegar with 2-parts warm water in a bucket.

Windows and Mirrors:

- ✓ Combine 1-part white vinegar with 4-parts water, add lemon juice & scrub.