

# SAFETY ZONE NEWS

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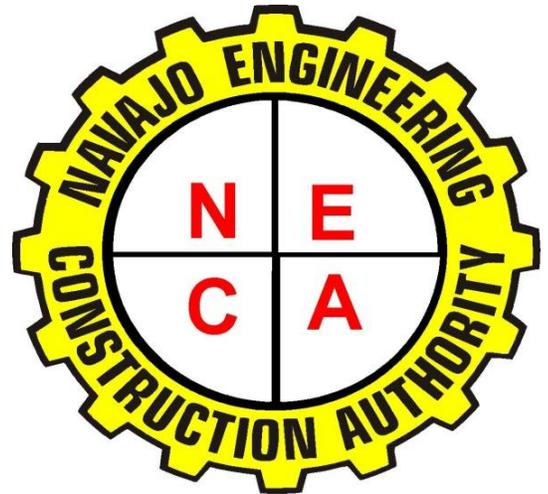


Wash hands for at least 20 seconds.



| APRIL 2020 |     |     |     |     |     |     |
|------------|-----|-----|-----|-----|-----|-----|
| SUN        | MON | TUE | WED | THU | FRI | SAT |
|            |     |     | 1   | 2   | 3   | 4   |
| 5          | 6   | 7   | 8   | 9   | 10  | 11  |
| 12         | 13  | 14  | 15  | 16  | 17  | 18  |
| 19         | 20  | 21  | 22  | 23  | 24  | 25  |
| 26         | 27  | 28  | 29  | 30  |     |     |

## Wash Your Hands



This is a time that we all need to practice safety. Not just here at work but also in our homes. We have always stressed safety in the work place and we have always encouraged our employees to apply their safe practices home. Now, it is a very important time to practice safety at work and at home.

The Coronavirus is out there in some areas. This is why it is important to take precautions. Information on the coronavirus has been shared with our employees. We need to follow these safety precautions in order to lower our risk of coming in contact with the virus. Not just our employees but everyone else in our households need to take precautions too.

Remember to wash your hands good and keep social distancing. Stay away from public places much as possible. Be aware of who you and your family are around, where your family members have been and what they have touched.

At this time, many people out of work. It is good that we are still working but we need to take

precautions to lower our risk. That is what we do every day in construction, practice safety to lower our risks. Practice safety for your protection and the protection of your loved ones.

Be Aware  
 Be Safe  
 Be Productive

## What to Look For

All safety trainings are on hold until further notice. Training will be provided on a case-by-case request. The current Covid-19 guidelines will be utilized when we conduct a class. This includes limiting the number of students to 10, spacing the work stations at least six feet apart,

washing hands and wiping down work stations frequently. No refreshments will be provided. If you are ill, please refrain from attending the class.

- **April Fool's Day:** April 1, 2020
- **Easter:** April 12, 2020
- **Administrative Professionals Day:** April 22, 2020
- **Kiss Your Mate Day:** April 28, 2020

## NECA has worked 62 days without a Lost Time Injury

### #Just Drive

#### It's illegal

43 of America's 50 states have laws prohibiting texting and driving. South Dakota, **New Mexico**, Mississippi, Texas, Oklahoma, and Missouri have laws regulating it. **Arizona** extended their reckless driving laws to cover texting.

#### Did you know?

Texters are six times more likely to wreck their car than drivers over the legal drinking limit.

People who text and drive statistically spend 10% of their time on the road outside their lane

### APRIL: Distracted Driving Awareness Month

The National Highway Traffic Safety Administration (NHTSA) and the U.S. Department of Transportation (USDOT) have deemed April as Distracted Driving Awareness Month. The USDOT and NHTSA are mobilizing law enforcement officers nationwide to look out for drivers texting or using their phone behind the wheel. Law enforcement will be making special efforts to identify and ticket anyone who insists on risking their safety and that of others by driving distracted.

#### U Drive. U Text. U Pay.

Although the COVID-19 epidemic has taken every news media outlet and social media platform by storm, distracted driving is and has become a deadly epidemic on our roads. BLS data still indicates that young drivers and women seem more prone to using their phones while driving. Handheld device use for women was 3.6 percent, compared to 2.4 percent for men. But make no mistake: It isn't just young people and women who are driving distracted, drivers in other age groups don't lag far behind. According to a phone company survey, almost 100% of teens and adults agreed that texting and driving is dangerous, but only half admitted to doing it anyway. It may take only a matter of seconds to glance at your phone, but, according to the USDOT, five seconds is the average time your eyes are off the road while texting. At 55mph, that's enough time to cover the length of a football field.

Everyone has their own excuses why they drive distracted. Some of us tend to think we can multitask. Others believe that they have done it so many times before and nothing has ever happened. Many are certain that the Navajo Nation Police won't enforce it anyways. And the rest of us are just plane addicted to texting and driving.

So, let's just be truthful and lay it out there. We all text or call while driving. But that doesn't mean we can't take steps to change our bad habits. Here are few safety tips for a safe ride every time.

- ✓ Pull over and park in a safe location. Only then is it safe to send or read a text.
- ✓ Designate a passenger as your designated texter or caller. Allow them to access your phone to respond to calls or messages.
- ✓ Do not engage in social media scrolling or messaging while driving. Cell phone use can be habit-forming. If you're struggling to not text and drive, put your phone in the truck, glove box, or the back seat.
- ✓ Set up Auto-Respond Texts when you're driving. This feature is available in any modern smart phone or device. You can also find plenty of third-party apps for managing your incoming texts and dealing with them automatically.
- ✓ Do your multi-tasking outside the car. Calling friends, co-workers, searching for good music and texting can wait. Focus on the road and the drivers around you.

**As a general rule, if you cannot devote your full attention to driving because of some other activity, it's a distraction. Take care of it before or after your trip, not while behind the wheel.**

NECA Team,

Thank you for your tremendous efforts in this difficult time. Know that NECA truly appreciates your professionalism and dedication to our projects and health and safety.

In all of our NECA operations and offices we have done our best to comply with CDC best practices and our NECA COVID guidelines, including social spacing, sanitation, and targeted staff reporting schedules.

As a reminder, our operations have been deemed essential. All projects and offices have instituted work specific schedules, many as intermittent office/project reporting duties. It is our responsibility to continue work according to the home and office reporting schedules that your office or project has delineated.

Thank you,

**Cary Patterson**  
CEO/General Manager  
Navajo Engineering and Construction Authority



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## 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 March.

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.

620 Jones John



**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)



## Why do we have safety rules?

We have safety rules for construction sites, restaurants, on the job, while pumping gas, and in extreme sports, like skydiving and bungee jumping. Have you ever wondered why we have these rules? And where do the rules come from? With the current events in the world, especially the effects of the Covid-19. Many changes had to be made at home, in society, and at work. Rules were implemented to help reduce the spread of the virus.

Workplace safety rules are in place to protect the employees of companies. The rules protect all of us. Many safety regulations were implemented because of a condition that led to someone getting seriously injured or killed. The truth is people paid the price for many of our safety rules with their lives, limbs, or blood.

The Occupational Safety and Health Act (OSHA) was enacted into law in response to a sharp increase in the number and severity of workplace injuries. The law mandates safe working conditions for employees. In the four decades since OSHA became law, workplace deaths and injuries have dropped by more than sixty percent.

When safety rules are violated people get injured or killed. Consider the unsafe conditions created at a construction site. There are any number of structures to fall from, get stuck between, or get struck by. Yes, some safety rules are overbearing, but safety rules and regulations protect us.

It is never okay to violate a safety rule. Even if the rule seems overbearing or unnecessary to you. You cannot know who might be injured because of the safety rule you break. You cannot predict or control the harm that might be caused. It bears repeating: when safety rules are violated people get injured or killed.

If you are involved in an accident, call the Safety Department immediately. People who violate safety rules and endanger others should be held accountable for their actions.