

SAFETY ZONE NEWS

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Wash Your Hands



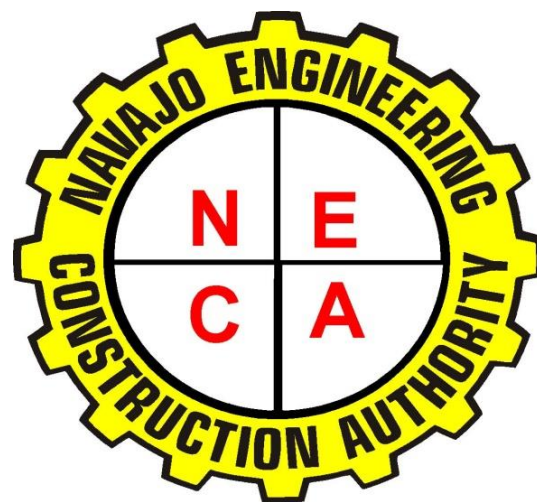
Don't Let Your Guard Down

We, as a company and as a community are still guarding ourselves from the COVID-19 virus.

We either wash our hands or use hand sanitizer after being out in the public, especially before we eat. We wear our masks out in public to protect ourselves and to protect others, keeping our germs to ourselves. We keep our distance from others, especially from those who are not wearing masks.

These are simple tasks that we do in order to lower our risk from catching and spreading the COVID-19 virus. Simple and repetitive tasks.

Since these tasks are so repetitive, we tend to tire from doing them or we forget to do them sometimes.



We should not forget to do them or even skip them. We don't know where the virus is or who is carrying the virus.

We must assume that the virus could be anywhere, like on door handles, packages, phones, chairs, table and the list goes on. Clean your hands after touching these things.

Don't let your guard down.

Wash your hands, wear a mask and keep your distance from others. You need to protect yourself for your well-being and the well-being of your family and community.

Be Aware
Be Safe
Be Productive

What to Look For

GOOD NEWS, the safety Department conducted its first employee training on June 23rd and 24th. We will be sending out training class schedules for July 2020. Special request trainings, i.e., off-site in the field trainings 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 6 or depending on the classroom size. Employees attending trainings will practice 6 feet spacing, wash hands often, and wipe down work stations frequently.

Attendees will be screened prior to the beginning of class. If you are ill, please refrain from attending the class.

REMEMBER to wear your face mask while on duty.

Guidelines have been forwarded to supervisors and should have been shared with all employees.

NECA has worked 153 days without a Lost Time Injury



I would like to recognize Mr. Samson Lee.

When I first arrived at NECA I was given a few monumental tasks by Brett and Zack. One of which, very important, was to keep the survey crews mobile and minimize their office time. When I first approached Mr. Lee about taking on the survey data download and laptop responsibility he was hesitant. Of course because he never had a responsibility like that before and didn't know what it involved. He sounded unsure and had low confidence in himself working with a laptop in general and to operate the Trimble Business Center (TBC) application on top of that. I anticipated it would take Mr. Lee two months to familiarize himself with the use of a laptop and the basic operation of the TBC application.



To explain how TBC is used at NECA the survey crew uses this application to download ALL their raw survey data. Prior to this the Draftsman use to do this procedure and relied completely on the surveyors to walk them through any survey data corrections or adjustments. So there was a lot of potential for mistakes in the raw data files. Now the survey crew does this on their own including any adjustments that are needed such as attribute corrections, or point name corrections, ground scaling, red flags, etc. There are a few necessary items that have to be checked before the data is sent to the draftsmen for drafting. Mr. Lee, although he was unsure of himself, overcame his apprehensiveness and has come to this point and shows he is capable of the new task/duties assigned to him.

It is very important that the survey crew take ownership of their work and this was a major step in their operations. The new survey crew is 100% field operational. They submit their survey jobs, timesheets and other related NECA forms via email or deliver them to me in the field. The only time they come to the office is when their vehicle requires maintenance or they have to be in a meeting or something to that nature. When I first got to NECA I talked to the crew about this and at first they thought I was joking but now they understand that they collected the data so they are responsible for its integrity and accuracy. Since the winter of 2017 they now learned the digital processes but have also eliminated the survey backlog in two years, the end of 2019. Now survey requests can be performed and submitted to drafting in a matter of days instead of months. Thanks to Mr. Lee and his ability to overcome his fears he played a major role in making this possible. This is why I'd like Mr. Lee to be recognized.

Lemont L. Yazzie, Sr.

Surveying and Drafting Department Manager Aug 2017-May 2020.

Employee Recognition – Jedidiah Roanhorse

The entire 1397 Team deserves recognition but this one is for Jed (Jedidiah Roanhorse). Jed and I began employment with Project# 1397 about a week apart back in 2018, although he worked as Engineer with other jobs this is his first “road construction”.

Fast forward two years, Jed deserves recognition for his hard work and dedication. I arrive at work in the morning - he is already in the office with his coffee in hand, then I leave at quitting time while he is still here. He is consumed by his work most times, gets frustrated but is a very patient person, slow to anger, very smart and dedicated, humorous, eats a lot and must have coffee. The only time he was absent from work was when his hand was seriously injured, he was in a lot of pain but, still, he managed to show up and complete his work.

It is with gratitude I acknowledge Jed’s dedication and work in progress. I am sure he is anxious to seeing the completion of the N27 and roundabout road construction for the Chinle Community.

Cynthia Hunter, Timekeeper
Project 1397

The follow is a return to work letter for all Navajo Engineering and Construction Authority employees. For the safety and health of each employee, all the guidelines MUST be adhered to and



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 June.

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.

605	Benson Charley
616	Ray Begay
618	Gene Laughlin
623	Elias Castillo

Survey Department



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FROM OSHA – Protecting Workers from Heat Stress

Several heat-related illnesses can affect workers. Some of the symptoms are non-specific. This means that when a worker is performing physical labor in a warm environment, any unusual symptom can be a sign of overheating.

Heat-related illnesses may include:

Heat stroke is the most severe and is life-threatening. Sign and symptoms of heat stroke are; confusion, confusion, slurred speech, unconsciousness, seizures, heavy sweating or hot, dry skin, very high body temperature, and rapid heart rate

Heat exhaustion is a serious condition that can develop into heat stroke. Sign and symptoms may include; fatigue, Irritability, thirst, nausea or vomiting, dizziness or lightheadedness, heavy sweating, and elevated body temperature or fast heart rate

Heat cramps is an indication that something is wrong and may the first sign of a heat-related illness. Signs and symptoms of heat cramps may include; muscle spasms or pain usually in legs, arms, or trunk

Employers and workers should become familiar with the heat symptoms. When any of these symptoms is present, promptly provide first aid. Do not try to diagnose which illness is occurring. Time is of the essence. These conditions can worsen quickly and result in fatalities.

When in doubt, cool the worker and call 911.

First Aid

First aid for heat-related illness involves the following principles:

- Take the affected worker to a cooler area (e.g., shade or air conditioning).
- Cool the worker immediately. Use active cooling techniques such as:
 - Immerse the worker in cold water or an ice bath. Create the ice bath by placing the available ice into a large container with water, standard practice in sports. **This is the best method to cool workers rapidly in an emergency.**
 - Remove outer layers of clothing, especially heavy protective clothing.
 - Place ice or cold wet towels on the head, neck, trunk, armpits, and groin.
 - Use fans to circulate air around the worker.
- Never leave a worker with heat-related illness alone. The illness can rapidly become worse. Stay with the worker.