

SAFETY ZONE NEWS

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Drink Plenty of Water

Safety training starts early

At work, we are all told to work safe at work because safety is very important to our wellbeing. Safety doesn't stop at the end of the work day. We all know that you need to be safe at home and we need to be safe while doing the activities we do in our spare time. We could be farming, house cleaning, working on vehicles, moving furniture or even going fishing.

When we were young, growing up you always heard your parents and grandparents telling you to watch out for this and watch out for that. Your parents were telling you listen to them because they already knew the hazards that went along with the task that you were about to do. Our parents didn't have any formal safety training or filled out JHAs but they

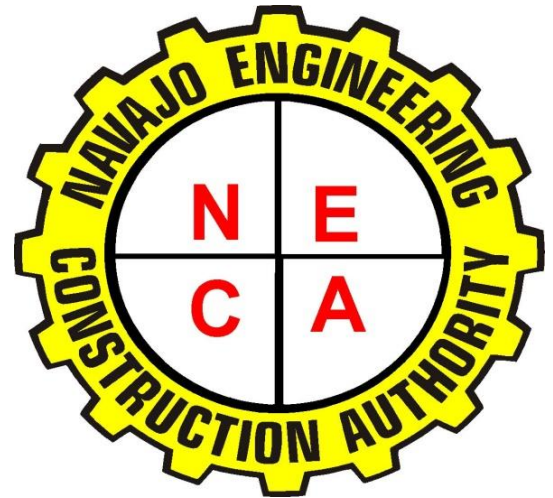
with the hazards. They were told at some point and they were passing on good information to you to keep you safe.

We have been learning safety all our lives and by doing what we were told has protected us.

Safety on the work-site is the same thing. It is for your own good. Safety meetings and safety

meetings and safety trainings are for you and your safety. Just like when you were growing up, remember to listen, learn and apply.

Be Aware
Be Safe
Be Productive



What to Look For

1. First Aid/CPR/AED:

August 13, 2020

❖ Location: Base 5
Shiprock, NM

❖ Time: 0800-1500

2. OSHA 10-Hour:

August 19-20, 2020

❖ Location: Base 5
Shiprock, NM

❖ Time: 0800-1700

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.

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

NECA has worked 182 days without a Lost Time Injury



FROM OSHA – Top Four Construction Hazards

The top four causes of construction fatalities are: Falls, Struck-By, Caught-In/Between and Electrocutions.

Prevent Falls

- Wear and use personal fall arrest equipment.
- Install and maintain perimeter protection.
- Cover and secure floor openings and label floor opening covers.
- Use ladders and scaffolds safely.

Prevent Struck-By

- Never position yourself between moving and fixed objects.
- Wear high-visibility clothes near equipment/vehicles.

Prevent Caught-In/Between

- Never enter an unprotected trench or excavation 5 feet or deeper without an adequate protective system in place; some trenches under 5 feet deep may also need such a system.
- Make sure the trench or excavation is protected either by sloping, shoring, benching or trench shield systems.

Prevent Electrocutions

- Locate and identify utilities before starting work.
- Look for overhead power lines when operating any equipment.
- Maintain a safe distance away from power lines; learn the safe distance requirements.
- Do not operate portable electric tools unless they are grounded or double insulated.
- Use ground-fault circuit interrupters for protection.
- Be alert to electrical hazards when working with ladders, scaffolds or other platforms.

U.S. Department of Labor www.osha.gov (800) 321-OSHA for more complete information:



FALLS



STRUCK-BY



CAUGHT-
IN/BETWEEN

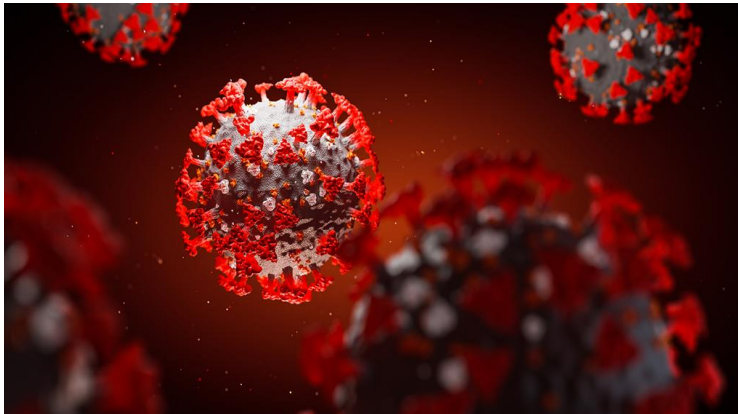


ELECTROCUTIONS

Seven Steps All Workplaces Can Take to Reduce Risk of Exposure to Coronavirus

All workplaces can take the following infection prevention measures to protect workers:

1. Encourage workers to stay home if sick.
2. Encourage respiratory etiquette, including covering coughs and sneezes.
3. Provide a place to wash hands or alcohol-based hand rubs containing at least 60% alcohol.
4. Limit worksite access to only essential workers, if possible.
5. Establish flexible worksites (e.g., telecommuting) and flexible work hours (e.g., staggered shifts), if feasible.
6. Discourage workers from using other workers' phones, desks, or other work tools and equipment.
7. Regularly clean and disinfect surfaces, equipment, and other elements of the work



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 July.

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.

603	Ned Johnson
606	Carvin Harvey
611	Gary Smith



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***Because Ethanol and
Methanol look similar,
refer to the FDA recall
list to learn which
hand sanitizers are
safe to use.***

Hand Sanitizers Can Ignite and Cause Burns

Although alcohol-based hand sanitizers are generally safe to use and can help prevent the spread of Covid-19, many of these solutions contain isopropyl alcohol – which is flammable and can cause burn injuries. Read your hand sanitizer Warning Labels. Germ-X warns their solution is “Flammable, keep away from fire or flame.” They also recommend “do not store above 105°F.”

Workers should exercise caution when using these products. Isopropyl alcohol is highly flammable and can easily ignite. Vapors may form explosive mixtures with air, traveling to a source of ignition and flash back. It’s not really the liquid burning, it’s the vapors that catch fire.

It is best practice to protect yourself from hand sanitizer burns by letting the solution fully absorb into the skin or evaporate prior to returning to your task.

Isopropyl alcohol should be kept away from heat, sparks, flames and other sources of ignition, as well as strong oxidizers, acetaldehyde, chlorine, ethylene oxide, acids and isocyanates.

Isopropyl alcohol should be stored in a tightly closed container in a cool, dry, well-ventilated area. Hand sanitizers in quantities above 5 gallons should be stored in a flammable liquids cabinet or in an area protected by automatic sprinkler systems.

In 2018, the University of Arizona conducted a study and determined that the temperature in a car left in direct sunlight tops out at about 160° after an hour. Alcohol in hand sanitizer would need to reach at least 600° to spontaneously combust. Although the temperature in your vehicle wouldn’t be enough to cause your sanitizer to burst into flame, it is not a good idea to store hand sanitizer in a hot vehicle. The heat can cause the alcohol to evaporate if the cap is loose or through diffusion via thin plastic containers. As mentioned above, Germ-X recommends “do not store above 105°F.” Evaporation of alcohol would make your hand sanitizer less effective at killing germs.

Not All Hand Sanitizers Are Created Equal

Because hand sanitizer is in short supply, many non-traditional manufacturers like distilleries began producing hand sanitizer. Many safely followed FDA guidelines; others did not. The FDA issued a public warning about methanol-contaminated hand sanitizer. Methanol, also known as methyl alcohol or wood alcohol, can be toxic when ingested or absorbed through the skin.

Exposure to methanol can cause nausea, vomiting, headache, blurred vision, permanent blindness, seizures, coma, permanent damage to the nervous system or even death.

Hand sanitizer should be manufactured using alcohol that contains ethyl alcohol or isopropyl alcohol, not Methanol. Read your labels or visit www.FDA.gov

It is also important to make sure your hand sanitizer contains at least 60% alcohol. Although hand sanitizers have their place – in hospitals or when you can’t get to a sink – washing your hands with soap and water is almost always the better choice.