

SAFETY ZONE NEWS

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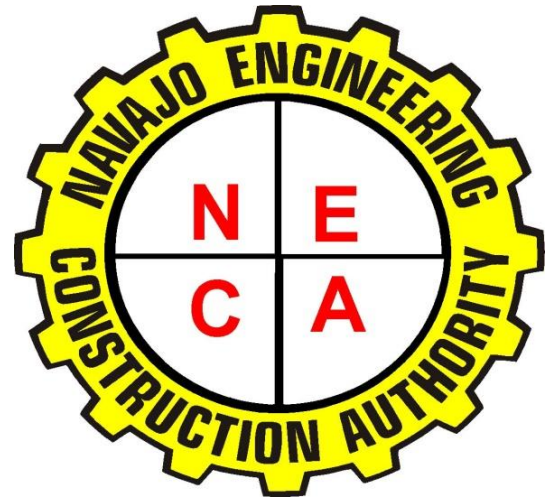
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Do as I say and do as I do.

Remember the saying "do as I say and not as I do"? Well, this is not a good way to lead or supervise. It gives the wrong message.

We need to set a good example for our coworkers. We need to lead by example. "Do as I say and do as I do".

We have safety procedures and we need to follow them. It doesn't matter if you're a laborer or a supervisor, safety applies to everyone. We do our vehicle walk-around, we honk our horns when moving vehicle and we follow our safety procedures on site. It doesn't matter if no one is around, it doesn't matter if no one is watching and it doesn't matter if you don't think anyone will know, you still follow the safety procedures.



You'll find out that someone is always watching, especially your coworkers, they see you, they watch you, they know what you do and they know what you don't do.

Besides that, there is always gravity and the site hazards. You need to take the necessary precautions and be safe.

Supervisors and all employees need to lead by example. Show your fellow coworkers that safety is important and necessary. Set the example for others to follow.

Be Aware
Be Safe
Be Productive



Wear your masks



Drink Plenty of Water

What to Look For

August 31, 2020 Base 5 – First Aid/CPR/AED. 8am to 3pm.

September 16-17, 2020 Base 5 – OSHA 10 in Construction. 8am to 5pm. This is day and a half class. Employee must attend both days.

September 23, 2020 Base 5 – First Aid/CPR/AED. 8am to 3pm.

The current Covid-19 guidelines are 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.

NECA has worked 209 days without a Lost Time Injury

FROM OSHA – COVID-19 Q&A



Does wearing a medical/surgical mask or cloth face covering cause unsafe oxygen levels or harmful carbon dioxide levels to the wearer?



No. Medical masks, including surgical masks, are routinely worn by healthcare workers throughout the day as part of their personal protective equipment ensembles and do not compromise their oxygen levels or cause carbon dioxide buildup. They are designed to be breathed through and can protect against respiratory droplets, which are typically much larger than tiny carbon dioxide particles. Consequently, most carbon dioxide particles will either go through the mask or escape along the mask's loose-fitting perimeter. Some carbon dioxide might collect between the mask and the wearer's face, but not at unsafe levels.

Like medical masks, cloth face coverings are loose-fitting with no seal and are designed to be breathed through. Workers may easily remove their medical masks or cloth face coverings periodically (and when not in close proximity with others) to eliminate any negligible buildup of carbon dioxide that might occur. Cloth face coverings and medical masks can help prevent the spread of potentially infectious respiratory droplets from the wearer to their co-workers, including when the wearer has COVID-19 and does not know it.



COVID-19 Guidance for Rideshare

OSHA is committed to protecting the health and safety of America's workers and workplaces during these unprecedented times. The agency will be issuing a series of industry-specific alerts designed to help keep workers safe. If you are ridesharing, the following tips can help reduce the risk of exposure to the coronavirus.

Encourage drivers to stay home if they are sick.

Ensure vehicle door handles and inside surfaces are routinely cleaned and disinfected with Environmental Protection Agency-approved cleaning chemicals from List N or that have label claims against the coronavirus.

Advise drivers to lower vehicle windows to increase airflow.

Allow drivers to wear masks over their nose and mouth to prevent spread of the virus, and ask customers to do the same.

Provide alcohol-based hand rubs containing at least 60 percent alcohol for both drivers and customers. Provide drivers with disposable towels and Environmental Protection Agency-approved cleaning chemicals from List N or that have label claims against the coronavirus for disinfecting surfaces.

Provide drivers and customers with tissues and trash receptacles.

Limit the number of passenger's drivers can transport at a single time.

Encourage drivers to report any safety and health concerns.

For more information, visit www.osha.gov/coronavirus or call 1-800-321-OSHA (6742).

OSHA issues alerts to draw attention to worker safety and health issues and solutions.



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 August.

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.

600 Kendall Mitchell
610 Lenora Charley
612 Kenneth Walthall
Warehouse
Larensen Henderson



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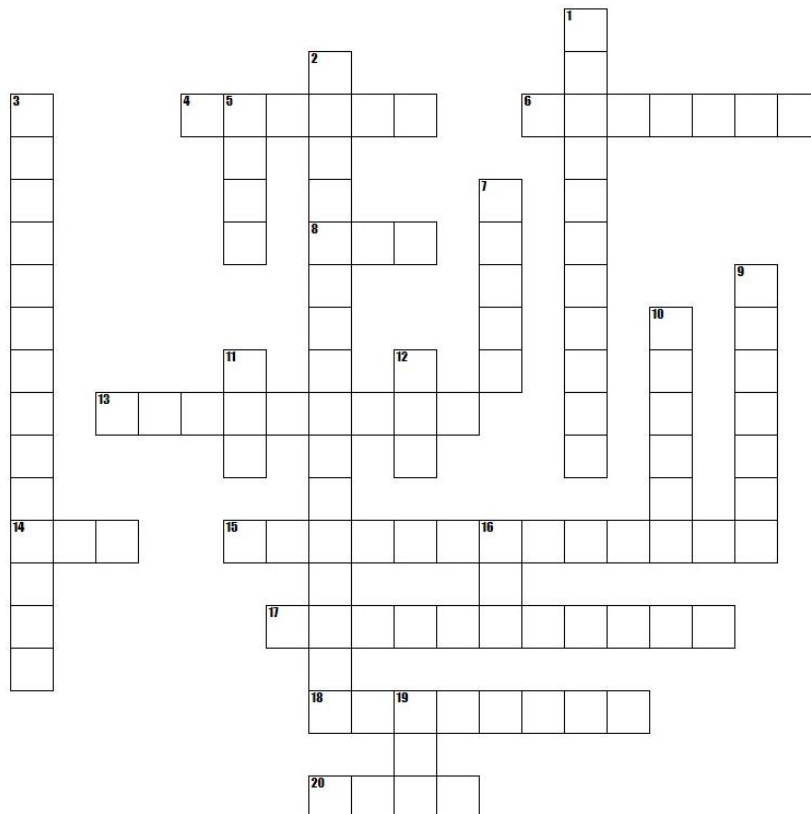
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Fax (505) 210-7013



Www.Navajo.Net



First Aid, CPR, AED Crossword Puzzle



Across

4. How many chest compressions do you give during CPR before your rescue breaths?
6. The _____ Chain of Survival
8. Never attempt more than ____ rescue breaths between sets of compressions
13. In "SAMPLE" what does the "A" stand for?
14. How many rescue breaths do you give?
15. Cardiovascular disease, severe trauma, breathing emergencies, electric shock, and drug overdose can cause _____
17. Perform this after compressions and before breaths if you believe the airway is blocked
18. What is the position you put a person in if they show no signs of injury?
20. Check, Call, _____

Down

1. What occurs when blood flow to part of the heart muscle is blocked?
2. What should you wear to protect yourself during CPR?
3. Early _____ is the third step in the Adult Cardiac Chain of Survival
5. In a head to toe check, what do you check first?
7. Rescue breaths should make the _____ rise
9. Must be given by person or parent/guardian of a child
10. If an injured person is responsive, what acronym do you use?
11. When checking for breathing, check for no more than _____ seconds
12. A machine that analyzes the heart's rhythm and, if necessary, tells you to deliver a shock to a victim in sudden cardiac arrest
16. What is Cardiopulmonary Resuscitation better known as?
19. If an AED says "No Shock Advised" continue _____