

# SAFETY ZONE NEWS

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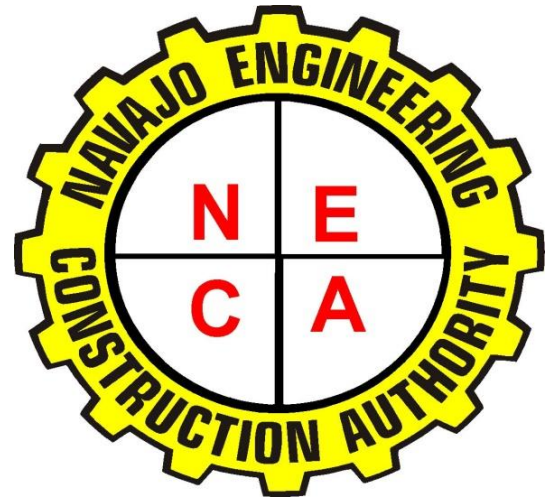
## Remember; It Only Takes a Split Second

Accidents and injuries happen very quickly. This is why we must always follow the safety precautions and always wear our PPE. We never know when something will happen or when something will go wrong. We need to have our safety measures in place and of course, wear the necessary PPE.

Often workers think they can go without their PPE or go without the right equipment for the job. Then something goes wrong and someone gets hurt. We don't have time to react and it only takes a split second.

You hear stories of people saying, it was only going to take a minute or two or we've always done it this way.

The only way is with the proper tools, proper



training and the proper PPE.

Avoid short cuts and using the wrong tools and equipment. If you are not trained on how to do the work, use the tool or use the equipment then find someone who is trained or get trained.

Accidents and injuries happen when we least expect them.

Be prepared. Nearly all accidents and injuries can be avoided.

Be Aware  
Be Safe  
Be Productive

## What to Look For

October 13-14, 2020 Base 5 – OSHA 10 in Construction. 8am to 5pm. This is day and a half class. Employee must attend both days.

October 15, 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.

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## NECA has worked 244 days without a Lost Time Injury

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### FROM OSHA – Reducing Falls in Construction: Safe Use of Stepladders

Workers who use ladders in construction risk permanent injury or death from falls and electrocutions. These hazards can be eliminated or reduced by following good safety practices. OSHA's requirements for ladders are in Subpart X—Stairways and Ladders of OSHA's Construction standards.

#### PLAN Ahead to Get the Job Done Safely.

- Use a ladder that can sustain at least four times the maximum intended load.
- Follow the manufacturer's instructions and labels on the ladder.
- A competent person must visually inspect all ladders before use for any defects.
- Defective ladders must be immediately marked as defective or tagged out.
- Keep the area around the bottom and the top of the ladder clear of equipment, materials and tools.
- Set the ladder at the proper angle.
- Before starting work, survey the area for potential hazards, such as energized overhead power lines.
- Keep all ladders and other tools at least 10 feet away from any power lines.
- Set the base of the ladder so that the bottom sits securely and so both side rails are evenly supported.

**TRAIN Workers to Use Ladders Safely.** Employers must train each worker to recognize and minimize ladder-related hazards.

#### Safe Ladder Use—DO:

- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/ descending a ladder.
- Face the ladder when climbing up or descending.
- Keep the body inside the side rails.
- Use extra care when getting on or off the ladder at the top or bottom. Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- Carry tools in a tool belt or raise tools up using a hand line. Never carry tools in your hands while climbing up/down a ladder.
- Extend the top of the ladder three feet above the landing.
- Keep ladders free of any slippery materials.

#### Safe Ladder Use—DO NOT:

- Place a ladder on boxes, barrels, or unstable bases.
- Use a ladder on soft ground or unstable footing.
- Exceed the ladder's maximum load rating.
- Tie two ladders together to make them longer.
- Ignore nearby overhead power lines.
- Move or shift a ladder with a person or equipment on the ladder.
- Lean out beyond the ladder's side rails.

Use an extension ladder horizontally like a platform

## From the Front Desk

My name is Danielle Williams and for the past month I've been working at NECA as the front desk receptionist. So far, I have been enjoying my job position and would like to continue my job here.

Personally, I feel like safety is a big deal that should be obeyed, taken seriously and followed as constructed by the guidelines. Safety does not only apply to the people out in the field but also the employees in the office. Being at the front I am doing my part by screening the public to protect the employees who are in the building.

A goal for the company and employees, that we could accomplish together as a team is to keep the safety board green throughout the fiscal year of 2021.

I plan on doing my part helping by reminding my fellow employees about some of the guidelines of safety. For example, I will be giving the employees safety reminders when they are leaving the building to travel and will remind the people coming in from the field to wear their personal protective equipment and to be aware of their surroundings.

I am proud to be part of the NECA team so let's all be safe together.



Wear your masks



## 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 September.

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.

300	Norman Morgan
301	Joe Clah
302	Fred Hardy
303	Randy Begay
619	Kantor Tso
	Carpenter Shop
	Henry Murphy



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**PLAN. PROVIDE. TRAIN.**

*Three simple steps to preventing falls.*

## Welcome to OSHA's Fall Prevention Campaign

**FALLS ARE THE LEADING CAUSE OF DEATH IN CONSTRUCTION.** In 2018, there were 320 fatal falls to a lower level out of 1,008 construction fatalities (BLS data). **These deaths are preventable.**

Since 2012, OSHA has partnered with the National Institute for Occupational Safety and Health and National Occupational Research Agenda (NORA) - Construction Sector on the Fall Prevention Campaign to raise awareness among workers and employers about common fall hazards in construction, and how falls from ladders, scaffolds and roofs can be prevented.

### PLAN ahead to get the job done safely

When working from heights, employers must plan projects to ensure that the job is done safely. Begin by deciding how the job will be done, what tasks will be involved, and what safety equipment may be needed to complete each task.

When estimating the cost of a job, employers should include safety equipment, and plan to have all the necessary equipment and tools available at the construction site. For example, in a roofing job, think about all of the different fall hazards, such as holes or skylights and leading edges, then plan and select fall protection suitable to that work, such as personal fall arrest systems (PFAS).

### PROVIDE the right equipment

Workers who are six feet or more above lower levels are at risk for serious injury or death if they should fall. To protect these workers, employers must provide fall protection and the right equipment for the job, including the right kinds of ladders, scaffolds, and safety gear.

Use the right ladder or scaffold to get the job done safely. For roof work, if workers use personal fall arrest systems (PFAS), provide a harness for each worker who needs to tie off to the anchor. Make sure the PFAS fits, and regularly inspect it for safe use.

### TRAIN everyone to use the equipment safely

Every worker should be trained on proper set-up and safe use of equipment they use on the job. Employers must train workers in recognizing hazards on the job