

Spotlight on Safety

Your Monthly Newsletter

Volume 2, edition 2

Message from your District Manager

Greetings from sunny southern California! I know that spring is on the way because our February showers are over and done with and the beaches are filling up. A special thank you to everyone who participated in our annual round-table last quarter. Your input regarding the future of this organization, and even more specifically, our new Health and Safety Standards, continues to guide our planning. We had two excellent breakout sessions, with many of you sharing that this was one of the most relevant and encouraging round-tables you've attended. I know that I personally benefited greatly by attending my two breakouts on Supplier Safety and Risk Management.

As 2010 rolls ever onward, please take a moment to remind your field teams to stop and take the time to think through each task before they begin. Your safety is more valuable to this company than an extra minute saved. Together let's work to reduce IDLA - incidents due to lack of attention. – *Jane Doe, District Manager*

Something to think about . . .

Off-the-job health is directly related to on-the-job

performance, affecting mental outlook, thought processes, decision making abilities, safety, and actual performance of the job. Government and research groups are recommending 8 hours of sleep a night for adults, and slightly more for children and teens, but in our often fast-paced, busy culture, this can seem like a novelty. However, consider this – studies have shown that sleep deprivation not only leads to errors, but decreased motor skills and impairment comparable to and greater than the legal blood alcohol limit. A large number of traffic accidents and even deaths have been attributed to driver drowsiness and fatigue. Additionally, consider these natural responses to sleep deprivation: irritability, fixation on one thing, craving high-caloric foods to compensate for drowsiness, depression, and other medical and health problems. How's your sleep health?

On the Job

Whether hand augering or mowing the lawn, your muscles work best with proper body posture and plenty of oxygen. As we head into the second quarter of 2010, here are a few thoughts.

- Prepare your body by stretching and flexing first.
- During prolonged physical labor, take breaks more frequently, especially after lunch as the muscles fatigue more easily.
- Watch new workers whose muscles aren't conditioned yet and may injure more quickly.
- Be specifically cautious during repetitive motion jobs (stooping, crouching, lifting, augering). Stop work AS SOON as you start to feel pain.
- Whenever possible, use tools to assist with the workload.
- Practice proper posture. Keep your back straight – always!
- STOP WORK any time you question the safety of the position of your body in a proposed task. Get someone to help you.
- Plenty of rest and regular exercise also help you maintain muscular resilience and the ability of your body to provide oxygen support.

For more information, check out the company resource site.



John Doe finishing up well-installation activities at our new site in Los Angeles, California. Well installation, monitoring and decommissioning activities accounted for XX% of our near-miss and injury reports during 2008. Back strain, finger pinches and rolled ankles were the most commonly reported incidents. Please review with your field teams. The corporate HSS team is evaluating several mechanical options for well-lid removal.

Additional Resources

Corporate Bi-weekly communication <http://rmcorporation.com/communication/hsseiweeklycommunication/2008/>
Spotlight Resource Site <http://spotlight.dataaccel.com/> (user ID: xxxxxxx, Password: xxxxxxx)

To comment, inquire, or obtain information on any item in this publication, or to submit an item for publication, please contact John Smith at jsmith@xxxxxx.com, or 123.456.7890.