



Newsletter

January

Slips, Trips, Falls- Pay Attention

- Focus on where you're going, what you're doing, and what lies ahead.
- Expect the unexpected.
- Take responsibility for fixing, removing, or avoiding hazards in your path.
- Wear sturdy shoes with nonskid soles and flat heels.
- Avoid baggy or loose pants you could trip over.
- Walk, don't run.
- Wipe your feet when you come in.
- Report or replace any burned out lights or inadequate lighting.
- Watch out for floors that are uneven, have holes, etc.
- Keep your hands at your sides, not in your pockets, for balance.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces. —Slide your feet and avoid sharp turns.
- Sit in chairs with all four chair legs on the floor.
- Be constantly alert for—and remove or go around—obstructions in your path.

Ensure your safety belt fits properly the shoulder belt webbing should fit over your shoulder, across your collarbone and diagonally across your chest. The lap belt portion should be snug and low across your hip bones.

Dare to Eat More Fruits and Vegetables

Fruits & veggies provide essential nutrients and keep you full longer. 5-13 servings are recommended daily.



Identifying Fatigue

Fatigue is the condition of being physically or mentally tired or exhausted. Extreme fatigue can lead to uncontrolled and involuntary shutdown of the brain. Here are some things to look for in your coworkers to help identify fatigue. Everyone needs your help, because in most cases, people who are under significant fatigue can't identify it themselves. These include:

- Their job performance slows.
- Their job quality is reduced.
- They can't recall their last thought, conversation, or what they did a moment ago.
- They have trouble solving problems.
- They make errors.
- They have a near-miss accident.
- They have trouble focusing.
- The head droops.
- They can't stop yawning.

When you're fatigued **you will make errors in judgment.** Your mind or eyes can be off task and you can make a critical error.



Happy New Year

Take a look around at your co-workers. Some are your friends during work hours, and even after work. You know about their families, what they like and don't like, and what they do for fun. So, be on the lookout for unsafe conditions and correct them.

- I'll help you lift those heavy items, so you don't have to do it by yourself.
- I'll inspect that ladder and make sure it is in good condition before I set it up for you to use.
- I'll make sure that all passageways and walkways are clear so you won't slip, trip or fall.
- When I'm welding, I will always set up the welding shields so the flash won't burn your eyes.

Finally, I want to see you leave work exactly the way you arrived. So, if I see you doing something the wrong way, I'll show you the right way to do it. Of course, I expect you will do the same for me-after all, shouldn't everyone on the crew watch out for each other?

January Birthdays

Dusty Storck 1/3
 Robert Alegria Sr 1/10
 Dale Houck 1/10
 Damian Aguilar 1/15
 Joseph Rodriguez 1/27
 Jonathan Harcrow 1/12
 Jose Herrera Jr 1/19
 Nemecio Noriega 1/11

Happy Birthday to those I did not mention

Remember, you always have a choice, but only you can decide to do it the safe way. The safe way is usually not the shortest or quickest way, but it's your decision, make the right choice.

Safety meetings are a perfect opportunity for you to communicate any safety ideas or concerns that you may have. Participate in your safety meetings. If you don't participate then your ideas will not be heard. Who knows, the idea that you have may very well save your co-worker's life or even your own!

From The Desk Of Jay Hawkins

Once again we find ourselves starting a New Year .As we begin 2014 lets keep the same momentum as we did in 2013. All, I repeat , ALL of the SSE's (Short Service Employee's) not only completed their six months with no recordable injuries but finished the year with no recordable injuries.

Our customers safety demands continue to grow, better trained Employees from the contractors, report near misses and incidents Immediately, turn in any unsafe work locations so they can be corrected .

We had about 95% attendance and participation in our quarterly safety meetings. Let's try and better that number this year . Monika has these meeting posted For Alvin , Conroe , Alice and Carrizo Springs, please make a note , we want you there.

I'm glad I made all the meetings last year and plan to do so in 2014 .

HAVE A SAFE NEW YEAR

Jay Hawkins