

The most important assets of an organization are its employees. Their safety and well-being is of utmost importance. We must always remember that human lives are priceless!

HEARING PROTECTION

THERE ARE TWO TYPES OF HEARING PROTECTION:

EARPLUGS

Earplugs must fit tightly in the ear canal so that no air can get through.

Your hands must be clean before inserting earplugs.

EARMUFFS

Earmuffs must form a proper seal around the ear for them to protect you from hearing loss.

Hair and earrings should be pushed aside or removed so as to insure this proper seal.

Glasses can break the seal of

earmuffs; so use caution and check fit.

MAXIMUM PROTECTION

For maximum protection, wearing both earplugs and earmuffs may be necessary to reduce noise below the critical range of 85 decibels. However, with this combination, the worker must be assured any necessary communication can be heard and directions from co-workers.

Hearing protection is recommended when performing various tasks at home such as working with lawn mowers, chain saws, and even during activities such as motor car events or concerts. Don't think that headsets on radios or iPods lessen the



surrounding noise.

RULE OF THUMB

A good rule of thumb to know whether you need hearing protection is if you have to raise your voice to be heard by someone less than two feet away.

PROTECTING YOUR FEET

You probably don't think about your feet very much. They're just there, to take you wherever you want to go, whenever you want to go. But it's really not as simple as it sounds.

Still, the vast majority of on-the-job foot injuries are easily avoidable. They are not caused so much by unsafe conditions as they are by unsafe acts.

ABCs of Foot Protection

- ◆ **A**lways be thinking ahead.
- ◆ **B**e sure your workplace is as neat and orderly as possible.
- ◆ **C**over your feet with the proper safety shoes or boots.



JUST A REMINDER:

PPE IS STILL A REQUIREMENT;
GLOVES-GLASSES-HARD HAT-
STEEL TOE BOOTS-EAR PLUGS-
FRC'S



There are some changes that are coming to the Safety Pay. It will be now be called " Holiday Safety Bonus Pay ". It is an earned bonus focused on No OSHA Recordables and No At Fault Vehicle Accidents. The final roll out is coming soon. This will be posted where everyone can view it.

I'd like to thank all of you for the your help with our February safety meeting. I'm glad to see everyone there for a great turnout. Keep up the good work. If there are any suggestions on what you feel needs to be addressed or topics that need to be covered, please let me know.

Monika

March Birthdays

ALEGRIA JR, ROBERT - 3/26

GARCIA, JOSE- 3/23

GARCIA, MELQUIADES-3/11

GONZALES, ADAM-3/31

RAMOS, ALAIN P.-3/22

LYNNE BENNETT-3/23

DID YOU KNOW?

According to the National Safety Council, a toothpick is the object most chocked on by Americans.

If a car is moving at 55 miles per hour it will travel 56 feet before the driver can shift his foot from the accelerator to the brake.

Always use safety harnesses when working at heights.

FROM THE DESK OF JAY HAWKINS:

Old Man Winter just keeps holding onYou can't say we didn't have a winter this year .

Yes spring is just around the corner, grasses are starting to grow which will bring about more work , Daylight savings time will start shortly.

Mark ,Thomas, Will, Monty, Dusty and Hector have managed to keep everyone pretty busy

these past few months even with a couple of nice size jobs postponed until a later date .

Please continue to look after our SSE's short service employees and focus on driving Each and every day..

Thanks,
Jay