

SAFETY SNAPSHOT

AUGUST-SEPTEMBER 2018 • VOLUME 3

Safety on the Job...

Lindblad's Multi-Generational Workforce

Lindblad Construction employs at least four different generations of workers, each generation correlates with common personality traits. For example, 'Millennials' are typically understood to be tech-savvy, whereas 'Baby Boomers' are perceived to be workaholics. According to the Society for Human Resource Management, there are seven values that we all share despite the generational gaps we face:

- 1 Feeling respected
- 2 Being listened to
- 3 Having opportunities for mentoring
- 4 Understanding the big picture.
- 5 Receiving effective communication.
- 6 Receiving positive feedback
- 7 Experiencing an exchange of ideas

These values demonstrate that despite age and effects of upbringing, there are similarities that we all share in the workplace; consider these values and how you can improve communication with coworkers, clients and vendors.



New PPE Available: Prevent Cuts, Abrasions, & Punctures

Lindblad has experienced three OSHA recordable injuries this year; two of which were lacerations to the employees' arm, the other a splinter in an employee's finger. As a result, Lindblad is offering cut-resistant sleeves – in addition to cut-resistant gloves. The gloves are in the vending machines,

and the sleeves are available through the Safety Department. We have received FR samples for jobsites that require FR clothing. Please contact the Safety Department with any questions you have, requests for samples, or with feedback of the PPE you are provided.

Adverse Effects of Medications in Summer Heat

It is important to understand the risks associated with taking any prescription or over-the-counter (OTC) medications. Always read labels; use your prescribing doctor or pharmacist as a resource if you have questions. Common medications, such as OTC Benadryl, antidepressants and substances to prevent hypertension and diabetes, can lead to heat intolerance. Heat intolerance may differ depending on the drug; for example, acne medications make users more susceptible to intense sunburn in shorter durations of exposure. Antihistamines may prevent a person from sweating and can result in a heightened risk of heat-related illness. High temperatures can also damage the medication itself; if you need to bring medications to the jobsite, know whether it is safe to store inside of a hot vehicle.



Good Catch: A Life-Saving 360-Walk-Around

A client of Lindblad shared an invaluable Good Catch. On June 3, 2018 a client crew (not a Lindblad crew) was working near an area where children were playing. A member of the crew determined he needed to reposition his truck, and performed his 360° walk-around of his vehicle before moving. During his walk-around, the worker found a child hiding from the other children behind his truck. The worker moved the child to safety, and explained the importance of not hiding behind or between vehicles. The worker completed his walk-around of the vehicle, relocated as needed, and stopped work to discuss the Good Catch with his Crew Leader and peers.

Report a Near Miss, Good Catch, or Incident!

We are thankful for ALL communication of issues in the field – and encourage you to report Good Catches & Near Misses. In 2018, we have seen a tremendous increase in reporting of Near Misses & Good Catches – and that is a very good thing! These reports are often precursors to an almost- or potential- incident or injury, and they need to be shared with your coworkers & peers to prevent future accidents. Good Catches are something to be proud of – a keen eye for hazards in the field! Of course, names and other personal identifiers are left out of company communications.

If you are not comfortable reporting a Near Miss, Good Catch, or safety incident– *text us anonymously*. Send text messages to **779-203-9167**. Your

message is *only* received by members of the Safety Department.

Remember, the text message hot-line is one-way communication. We are unable to respond to you if you do not provide your name or contact information. The more information you provide, the better we can address the issue at hand!



...and off the Job...

Fairs & Festivals

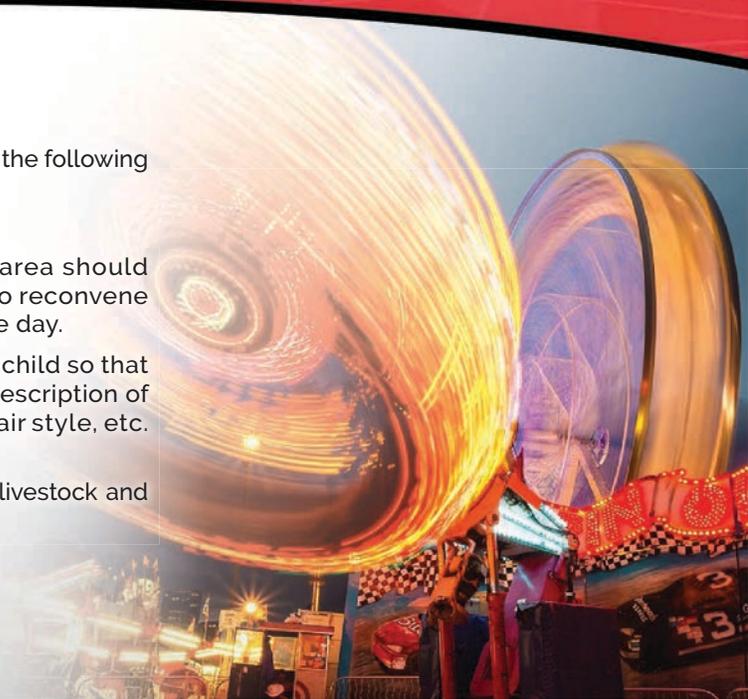
Before sending your children off for funnel-cakes this fair season, consider the following risks associated with fairs, carnivals, and other public events.

Vendors:

- Look for a license to vend and/or serve food to the public; food trucks and stands should have this posted in a conspicuous area.
- Each food truck should be equipped with a three-compartment sink for washing, rinsing, and sanitizing utensils in addition to a hand-washing station for employees.
- Are gloves and utensils being used to handle food directly?
- Are those who are handling cash also assembling your order?

Children Safety:

- Determine a meeting area should you get separated, or to reconvene together throughout the day.
- Take a 'selfie' with your child so that you have an accurate description of your child's clothing, hair style, etc. should you need it.
- Supervise children near livestock and inside of petting zoos.



Back to School: Selecting the Right Bag

According to kidshealth.org, doctors and physical therapists recommend children carry no more than 10% of their body weight in a back-pack. Remind your children to wear their back-packs correctly, with one strap on each shoulder. If possible, purchase back-packs with padding on the back and straps, and that has multiple compartments so that the weight of school supplies can be evenly dispersed throughout the back. Also consider back-packs that have a belt-buckle that straps around the abdomen.



Concussions On The Field

As explained by the Concussion Legacy Foundation, a concussion is a serious injury to the brain resulting from rapid acceleration or deceleration of brain tissue within the skull. Concussions are extremely common, and the CDC estimates that as many as 3.8 million concussions occur during recreational or sport activities each year. If you or your child experiences a concussion or concussion-like symptoms, immediately stop the activity and seek medical evaluation. Look out for others on the team, and do not be afraid to speak up if you think someone else may have experienced a concussion. To avoid this all-too-common injury, consider the following preventative measures:

- Youth athletes should play age & size-appropriate sports with other athletes

close in age and size. Consider flag-football as opposed to tackle-football for young, pre-high school players.

- Enforce, encourage, and follow sport rules and good sportsmanship. Rules and regulations are in place to keep athletes safe. Fouls and penalties are a tool to deter unsafe behaviors during games.
- Wear your personal protective equipment, or PPE; helmets and pads are for your safety.

Crosswalk Safety: Driver vs. Pedestrian

Whether you are driving a car or crossing the street, there is a multitude of hazards to consider near crosswalks.

- Never assume they see you. Just because you see them, does not mean that they see you. Drive or walk with caution, and try to make eye contact before continuing on your route.
- Look both ways. If you are driving, be on the lookout for pedestrians "J-walking" or for fast-moving children. When crossing streets, always be aware of the real possibility that drivers are distracted or hurried.
- Consider weather conditions. Sunlight, fog, rain, and snow can affect a driver's ability to see pedestrians, and make it more difficult to stop. Never run when crossing the street, as the pavement or sidewalk may be slick when wet.
- Take out your headphones. Headphones block out noise and can inhibit your ability to focus on your surroundings.
- If a crossing-guard is present, obey their directions.

See Something? Say Something.

The Department of Homeland Security's 'See something? Say Something' campaign should be applied to all aspects of life. Always remain aware of the situation you are in, and speak up if you see something that seems wrong or unsafe. Never hesitate to alert a teacher, security guard, police officer or other authoritative figure of what you think may be suspicious behavior. Suspicious behavior may include:

- Taking pictures or prolonged watching of others, buildings, entry points, or playgrounds. The person may be loitering in an unusual or concealed location, such as inside of a parked car or behind objects. They may use binoculars, or measure out paces, sketch or take notes.
- Unusual situations or objects such as packages unattended; vehicles parked in strange places; opened (or unlocked) doors or windows that typically are closed/locked.
- Strange social behaviors such as withdrawing from others; odd, disturbing conversations; explicit anger; or social media postings that seem violent or threatening.



Suggestions for content you want to read about in the **October-November 2018** issue?

Contact the Safety Department.