



SAFETY SNAPSHOT

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Safety on the Job... THE NUMBERS ARE IN!

A Review of 2018

231,785 hours worked by Lindblad employees in 2018.

3 OSHA recordable injuries.

5 motor vehicle accidents, and

3 environmental events.

4 responsible vehicle accidents.

A Decline in Workplace Fatalities in the US.

According to a report released by the Department of Labor on December 18, 2018, the fatal injury rate in the workplace declined from 3.6% in 2016 to 3.5% in 2017 per 100,000 workers. Transportation/material movement continues to be the leading contributor to fatalities in the workplace, followed by fatal falls accounting for 17% of worker deaths in 2017. The number of unintentional overdoses due to nonmedical use of drugs or alcohol while at work increased by 25%; 2017 is the fifth consecutive year overdose deaths rose by at least 25%.

OSHA's Top 10 Most Cited Violations for 2018 according to National Safety Council Safety & Health Magazine, December 2018 issue:

- | | | |
|----------------------------------|-------------------------------------|--|
| 1. Fall Protection | 5. LO/TO | 8. Fall Protection (training) |
| 2. Hazard Communication | 6. Ladders | 9. Machine Guarding |
| 3. Scaffolding | 7. Powered Industrial Trucks | 10. PPE – Eye & Face Protection |
| 4. Respiratory Protection | | |

New year, new methods of communication.

SnapComms

Lindblad has partnered with SnapComms, a tool that will allow the office to communicate with the field efficiently. SnapComms will allow messages to be sent directly to employees in the field, and will not require the recipient to log into their email to read important information from the administrative staff. SnapComms will eliminate the need to sign in on writeable PDFs to confirm information was communicated as it will allow for easy confirmation in the app. Note: Crew Leaders are still responsible for the communication of alerts to their crews. SnapComms will be rolled out in early 2019.

VelocityEHS (computer-based training)

Beginning in 2019, computer-based training will be made available to Lindblad employees and subcontractors. Lindblad will have the ability to build training modules specific to Lindblad jobsites and clients.



MSDSOnline

Safety Data Sheets (SDS) for chemicals used on our jobsites will be available to all Lindblad employees via MSDSOnline. All employees will be able to access SDS by downloading the smartphone app, or visiting our company website – www.lindbladconstruction.com. The process of building our SDS inventory will take up to two months, more information will be communicated at the first quarter safety meeting.

...and off the Job...

Complacency can be a killer.

According to the National Safety Council, new data from the Center for Disease Control shows that 169,936 people died in 2017 from non-natural occurring causes. These unintentional deaths include falls, drowning, suffocation, drug overdose, and car accidents.

February is American Heart Month.

According to Heart.org, 17.3 million people die annually from cardiovascular disease, including heart attacks and strokes; this number is anticipated to rise to more than 23.6 million by 2030. Cardiovascular disease, heart attacks, and strokes are a common killer – do not ignore others' symptoms, or your own.

Heart Attacks:

Most heart attacks start slowly, and pain or discomfort gradually worsens. Some heart attacks are sudden, intense, and immediate. Men have a greater risk of heart attacks, and often have them earlier in life. Some risk factors of heart attacks can be controlled or treated. Physical activity, a healthy diet and weight, and not smoking are several obvious. Common signs of heart attacks include shortness of breath; discomfort in the upper body (neck, jaw, arms, back); chest discomfort; cold sweats; nausea; lightheadedness. Do not ignore symptoms of a heart attack!



Strokes:

Strokes are the leading cause of disability, and the 5th leading cause of death in the United States. A stroke occurs when part of the brain cannot get the blood (oxygen) it needs. The common acronym for stroke symptoms is **FAST** – **F**ace drooping; **A**rm weakness; **S**peech difficulty; **T**ime to call 9-1-1. Other symptoms include numbness or weakness in face, arms, legs, or one side of the body; confusion; vision trouble; difficulty walking; and sudden severe headache. High blood pressure, an unhealthy diet, physical inactivity, and smoking can influence the likelihood of a stroke.

Share the road with snowplows.

Before passing a slow-moving snowplow, consider the following:

- Blind spots of the plow driver. Plow drivers sit higher up in the cab, and may need to make wide turns.
- The road is clearer behind them, but remember not to follow too closely.
- Snow tends to build up in between lanes of traffic; passing vehicles and changing lanes increases your risk of losing traction and control of your vehicle.



New laws for the New Year.

More than 250 new laws in Illinois are in effect as of January 1, 2019. For more information on laws in Illinois, visit www.ilga.gov. Below are a few notable laws that may affect you and your family:

- Illinois hunters can now wear 'blaze pink' during firearm deer season & upland game season (HB4231/PA100-0949).
- Nursing mothers may be excused from jury duty if they request an exemption (HB 5745/PA 100-0696).
- The number of dual credit courses high school students may take will no longer be limited (SB 2527/PA 100-0792).
- Illinois law requires active shooter/threat school safety drills to be conducted within 90 days of the start of the school year. Drills are required to be conducted on days and times when students are present in the building, and participation from all school personnel and students present is mandatory. Law enforcement is also required to observe the drill (SB 2350/PA 100-0996).
- Rear-Facing Car Seat (HB 4377/PA 100-0672): Requires children under the age of two to be secured in a rear-facing child-restraint system. Children weighing more than 40 pounds or taller than 40 inches are exempted.

Suggestions for content you want to read about in the **March-April 2019** issue?

Contact the Safety Department.