



SAFETY SNAPSHOT

MARCH-APRIL 2019 • VOLUME 7

Safety on the Job...

Join us for 2019 Safety Day.

Who: All Lindblad employees
When: April 12, 2019; start time to be determined.
Where: Lindblad Office/Shop;
 717 East Cass Street, Joliet, IL



Safety Day will include...

- Annual fire extinguisher inspection and hands-on training;
- Fall protection inspection;
- Safety & production supply vendor booths;
- Proper methods for equipment inspection with Steven Stadalsky;
- Q&A with an Illinois DOT compliance specialist.
- Lunch will be provided.

Change in pay-period moving forward.

As you may have noticed, pay periods have changed from Wednesday through Tuesday of the following week, to Monday through Sunday. This change affects all Lindblad employees – field and office. If you have any questions, or concerns with your pay, please contact the office. Note that your first pay check (week of March 3, 2019) is smaller than your typical check due to this change.

Changes coming to LindbladConstruction.com!

Lindblad Safety Data Sheets will now be made available through the Lindblad website in efforts to always remain compliant with OSHA's Hazard Communication requirements. Other changes will include an external link to Lindblad-specific computer-based training that may be assigned to an employee to complete via computer or iPad.

Discount Work Apparel for Lindblad Employees.

Whitmore Ace Hardware in Wilmington, IL is now offering a 15% discount on Carhartt clothing both FR and non-FR, and Red Wing steel or composite-toe boots. Ace will ship clothing and boots to employees unable to pick up purchases from the store. Employees will be required to pay shipping. To have items shipped or to order special sizes, contact Ace at 815-476-7731. Note: Ace has been provided with a current list of Lindblad employees; this list will be updated as needed to prevent abuse of the Lindblad employee discount program. This program is only valid at the Whitmore Ace Hardware in Wilmington, IL.

Increase in Positive Drug Test Results throughout the US.

According to data from the National Safety Council, positive tests for illicit drugs in the American workforce remained at their highest level in more than a decade in 2017. Substance use on the rise in construction, specifically in the Midwest, is methamphetamines. With that being said, states that have legalized recreational marijuana use, such as Nevada and Massachusetts, have seen large increases in positive test results – 43 percent and 14 percent, respectively.



As Illinois will likely legalize recreational marijuana in the relatively near future, employees need to keep in mind that marijuana is classified federally as a Schedule I drug – meaning that it has no recognized medical use. As a result, marijuana is recognized as an illicit drug by federally mandated drug testing programs – such as DOT. Lindblad drug testing protocols will not allow for the recreational use of marijuana despite possible legalization.

CDL Drivers:

If you have an interstate CDL, you must file your current medical examiner's certificate at an Illinois DMV. If you are going to drive a Lindblad owned, leased, or rented vehicle outside of the state of Illinois, contact Safety to make sure you are compliant with DOT requirements. If you would like copies of any documentation from your DOT physical exam, contact Safety for your records.

The Event Free Clock is moving to SnapComms.

Moving forward, the Event Free Clock count will be communicated at 5:40 AM CST through SnapComms. If you have any issues with SnapComms, please contact Megan V. for help!

...and off the Job...

Lawn mower safety pointers... to keep all your digits in tact!

Keep these tips in mind as we head into Spring.

- Read the owner's manual for your lawn mower, or any equipment that could be hazardous.
- Inspect and maintain your lawn mower.
- Scan the yard prior to cutting the grass to make sure there are no objects that could be run over, causing the mower to jam, or sent flying, such as rocks and toys.
- Wear basic PPE such as hearing protection, safety glasses, proper footwear, pants, and long-sleeves.
- Keep hands, feet, kids, and pets away from the mower while it is in use. Power-down if you are unable to give the mower your full attention, and check surroundings before pulling back a mower, or reversing a tractor.
- NEVER remove safety devices or guards on mowers or any household tools.
- Do not task kids with mowing the lawn if they are not at an age or maturity level to respect the hazards associated with the chore!

Mold at home

Mold at home can cause a lot of problems that include adverse health effects, and destruction of your home and possessions. Mold grows well in damp and/or humid areas; mold may start in areas such as pipes, near windows or leaks in roofs. Mold can grow on many surfaces – such as wood products, insulation, carpeting and upholstery.

You can control and prevent mold growth by:

- Controlling interior humidity levels with air conditioning and de-humidifiers.
- Promptly fixing leaks to plumbing, roofs, and windows.
- Ventilating bathrooms, laundry, and cooking areas where moisture may otherwise be trapped.
- In the event of flooding, quickly and thoroughly dry out your home. Remove any carpeting or upholstered items if they are unable to be dried promptly.

Visit www.cdc.gov/mold/dampness_facts.htm for more information.

Fore! Golf season is in full-swing!

How can you prevent soft tissue injuries on the course?

- ✓ Though golf is low impact, you should still stretch, flex, and get warmed up before stepping up to the first tee.
- ✓ Start off with 9 holes instead of 18. Gradually play longer rounds as the season progresses.
- ✓ Consider the help from a professional, instructor, or a strong player with polished techniques. Unorthodox golf swings can lead to strains and/or soreness.
- ✓ Take a cart. If you prefer to walk the course, wear proper golf footwear and carry clubs on your back, per manufacturer's intentions, or use a push/pull cart. Walk with measured steps near sand bunkers, water traps, rough grass, or other uneven areas.



Daylight Saving Time begins on March 10, 2019.

Remember, you lose an hour of sleep so plan to get more rest. Use Daylight Saving Time as an opportunity to check batteries in smoke & carbon monoxide alarms.

Outsmart cyber scammers.

Americans are constantly connected to the internet, and thus frequently at risk of cyber security hacks and scams. Do not fall prey to these common attempts to access personal information and infiltrate your online activities. According to the US Department of Homeland Security, millennials are frequent victims, despite growing up in the era of the internet. Millennials tend to share passwords and personal identifiers more freely than other generations. To protect yourself, do not engage with presumed telephone scammers, and be conscious of sketchy online links, pop-ups, and strange emails. Do not use generic passwords, such as password123, or one, universal password for all of your log-ins.



Suggestions for content you want to read about in the May-June 2019 issue?

Contact the Safety Department.