July 15, 2016

Note from Tom Baylis

Take Action - Speak Out For Safety

Awards & Recognitions

Quality Investigations - That's How We Improve

Ergo Good Catch - A Simple Solution Makes the Difference

Safety Tip: Working in the Heat

Q2 Recap...

Working in safety, I'm a cautious person. At GES, we recognize and reinforce that caution is a pretty important part of job performance. Pre-planning, thinking about the job at hand, and joining in the conversation about what we all need to do to stay safe and do the job right: that's how we work.

Through the enthusiastic safety leadership of all of our employees, along with our wholehearted adoption (now in our 12th year) of the LPS behavior-based system, we've achieved a significant safety milestone.

On June 17, GES celebrated the completion of three full years – that's 36 months – since our last OSHA recordable injury. Bravo to our entire team - and keep up the great work!

In this issue, we've got some everyday examples of our employees taking the time to think about the job and to accept responsibility for speaking out when we see something wrong - it's the right way to work.

Don't stop being cautious, and don't stop speaking out. That's how we get to Goal Zero.
Recognizing Employees Who Speak Out for Safety

Speak out for safety, whether it’s a coworker, subcontractor, or client personnel. This means looking out for each other, speaking out about our concerns, stopping work if necessary, and taking steps to prevent injuries.

Example #1: Protecting a Site Visitor.

A client representative was visiting a GES-managed project site. When Victor Morales, a field technician in our Exton, PA office, observed the individual using a utility knife to try to open a well vault lid, Victor spoke out. He stopped work, discussed the risks with the individual, reviewed the proper approach, and then assisted in the task execution. No one got hurt!

Example #2: Protecting a Subcontractor

In the steamy hot summer weather, it’s especially important to look out for each other to make sure that everyone is safe - hydrated and fit for duty. On the job site in Louisiana, Jensen Esneault of our Baton Rouge office conducted a fit for duty evaluation, and identified signs of heat stress in a driller’s helper employed by our subcontractor. He communicated his concerns to the driller, who relieved the at-risk employee and provided a suitable replacement. (Note: field staff also were contacted periodically during the day to ensure that the proper work/rest schedule was in place, was being implemented, and that everyone was staying hydrated and doing well - looking out for each other!)

When you see something, say something. Let’s continue to go home safely every day.

Awards & Recognitions

We are proud to participate in the New Jersey Occupational Safety and Health Awards Program, which plays an important role in promoting a safer and healthier workplace.

GES was recently honored to receive a Governor’s Award for Safety. This award is presented to companies without any work-related lost time from injury or illness. This is our third year at the awards ceremony.

Dave Zailik, senior operations manager, and Kara Gioulis, health and safety officer, represented GES at the celebration, shown here alongside the OSHA area director and two New Jersey state dignitaries.

GES was recently recognized by Shell Oil Company for... (drum roll!) 13 years of injury-free work on Shell sites!

This is quite an accomplishment, made possible only by the commitment to safety of our team. Thanks Team Shell for proving that Goal Zero is achievable!

GES recently took part in Shell Safety Day, now in its tenth year. This is a day to gather together for sharing ideas and good practices, for working in teams on plans to deliver continuous improvement in safety performance, and to reflect on our personal and collective commitment to safety.
Recognizing risky behaviors and rethinking our actions is the main goal of using the LPS Tools. "We always did it that way" is not the answer! We use the SPSA ("safe performance self assessment") behavioral tool to ask ourselves: "What could go wrong?" and "What's the worst that could happen?" as a part of assessing and analyzing every job task before we act.

We know that repetitive motion injuries and awkward postures stress the body – it's a low-level harmful condition, but if it continues unchecked, it can cause joint and/or muscle overuse, pain and damage.

Here's a good ergo catch from field staff at a NJ project, who discussed the ergo risk of "shoulders too high" while borehole clearing for soil sampling.

What could have happened? Upper back/should strain caused by the repeatedly lowering shoulders or over-reaching during augering or using a wand for vacuum assisted hand clearance (vactron).

Mitigation/Barriers Implemented: Using shorter versions of the same tools (hand auger rods and vactron wands) at shallower depths, and increasing the size of the tools as the hole is deepened.

Actions Taken: The base job safety analysis (JSA) for this tasks was updated to include a consideration of this issue depending on the depth of the borehole.

Ergonomic solutions don't need to be complicated; in fact, the simpler solution can often be the better!
As summer heats up, heat-related illnesses can occur across a spectrum, starting out mild but worsening if left untreated. Know the symptoms and be alert, for yourself and your coworkers. Look out for everyone on site. Check in on field staff to ensure that they are following heat prevention guidelines. Notify coworkers and manager of any heat-related symptoms.

### Follow These Guidelines

Include weather issues in your JSAs. Make sure that each JSA considers temperature and other ambient conditions for a safe workplace.

Hydrate. Drink lots of water: 16 ounces before work, and about a cup every 15 minutes.

Get up early. Start earlier and complete strenuous tasks during the cooler part of the day.

Get extra help. Add personnel on site to reduce the overall burden.

Schedule breaks. Lots of them. Make sure that you and everyone else take them as scheduled.

Lighten up. Wear lightweight and loose-fitting clothes.

Find a cool place to take a break. Find shade or use a tarp to create shade. Sit in a vehicle with the air conditioner on.

Reschedule work if necessary. Postpone work on extremely hot and humid days.

Ask the doc. Check with your physician if you’re taking any medications (some may predispose the person to dehydration) to see if you need to take extra precautions. If you do, follow the doctor’s recommendations.

And… avoid ingesting food and drink that hinder our bodies’ abilities to withstand the heat; these include caffeine, alcohol, and heavy meals.

### REMEMBER!

- Drink plenty of water
- Work in the shade
- Wear lightweight, light colored, loose-fitting clothing
- Monitor your own physical condition, and that of your coworkers
- Rest, rehydrate, and recover