

# Don't Monkey Around with Safety!



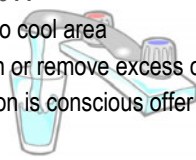



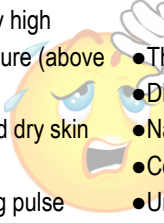
3rd Quarter 2015

## Heat Related Illnesses

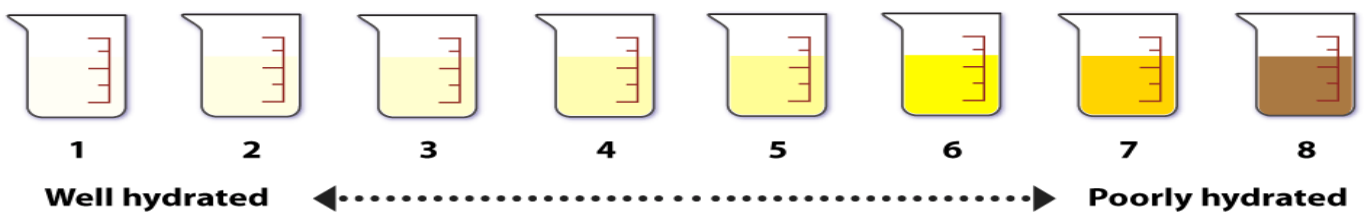
Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.



The chart below lists some of the heat related illness that can occur as well as signs to look for, and what to do in case of an emergency. Ways to prevent heat-related illnesses before they occur are drinking fluids regularly (non-alcoholic, low sugar beverages.), wearing light weight and light colors of clothing, and avoiding hot foods and heavy meals because they add heat to your body. This chart should only be used as an informational guide. (edited from, Centers for Disease Control, <http://www.cdc.gov/>)

	CAUSES	WARNING SIGNS	WHAT TO DO
<b>Heat Syncope</b> 	Temporary loss of blood supply to the brain. Often occurs to people who are not used to the hot weather, or who have been standing for prolonged periods	<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Paleness</li> <li>• Muscle cramps</li> <li>• Tiredness</li> <li>• Weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Nausea or vomiting</li> <li>• Fainting</li> </ul> 	<ul style="list-style-type: none"> <li>• CALL 911</li> <li>• Move to cool area</li> <li>• Loosen or remove excess clothing</li> <li>• If person is conscious offer sips of cool water</li> </ul> 
<b>Heat Exhaustion</b> 	Excessive loss of water and electrolytes as a result of profuse sweating. The body's cooling system starts to break down.	<ul style="list-style-type: none"> <li>• Dizziness or fainting after at least two hours of work.</li> <li>• Cool moist skin</li> <li>• Weak pulse</li> </ul> 	<ul style="list-style-type: none"> <li>• Cool, nonalcoholic beverages</li> <li>• Rest</li> <li>• An air-conditioned environment</li> <li>• Loosen or remove excess clothing</li> <li>• Seek medical treatment if signs or symptoms worsen or do not improve within 60 minutes.</li> </ul>
<b>Heat Stroke</b> 	The body has used up all its water and salt and stops sweating. The body is unable to regulate its temperature	<ul style="list-style-type: none"> <li>• An extremely high body temperature (above 103°F)</li> <li>• Red, hot, and dry skin (no sweating)</li> <li>• Rapid, strong pulse</li> <li>• Throbbing headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Confusion</li> <li>• Unconsciousness</li> </ul> 	<ul style="list-style-type: none"> <li>• CALL 911</li> <li>• Get the victim to a shady area.</li> <li>• Cool the victim rapidly using whatever methods you can (cool rags, fanning).</li> <li>• Do not give the victim fluids to drink.</li> </ul>

One of the first things you should do is take a look at your urine color. The color of your urine can be an early indicator of dehydration. If your urine is a dark yellow color it may be a sign that you are dehydrated. How much water have you drunk today? In general, you should be drinking eight glasses of water a day. If you're physically active, and sweating, you'll want to drink additional water. If you do not drink enough water, then your urine becomes over-concentrated with waste, which is why it is a darker yellow urine color. This chart should only be used as an informational guide.

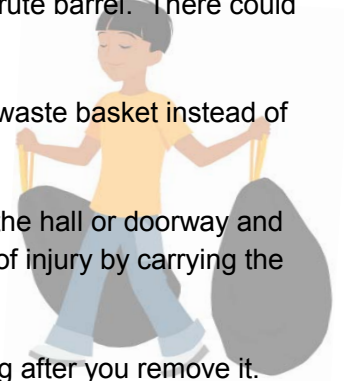


# Trash Removal



Collecting trash can present hazards if you are not careful. Please keep the following tips in mind as you go through your building or area collecting trash.

1. NEVER put your hands inside a trash container. This includes a waste basket or your Brute barrel. There could be broken glass or other sharp objects in with the rest of the trash.
2. If you need to tamp down the trash in your Brute barrel as it fills up, use the bottom of a waste basket instead of your hands.
3. Always keep the Brute barrel right with you when collecting trash. Leaving the barrel in the hall or doorway and carrying each trash can to the barrel and back is inefficient, but also increases your risk of injury by carrying the trash more than you have to.
4. Avoid filling your barrel so full that you have trouble removing the liner or carrying the bag after you remove it. Don't attempt to lift more than you can handle.
5. Follow the safe lifting procedure when lifting a heavy load of trash. Stand with your feet slightly apart, assume a squatting position with your knees bent, and tuck your chin in. Grasp the load with both hands. Stand up slowly, not abruptly, keeping your back straight. Lift with your legs, not your back.
6. If you are unable to lift a heavy load of trash or run into a lot of extra trash, get help from a co-worker or call your manager rather than risk injury by trying to do it yourself.
7. When carrying a full trash bag to the dumpster, always hold it away from your person to avoid contact with any sharp objects than may be in with the trash.



8. Opening the dumpster lid completely will help to lower the risk of injury when throwing trash into a dumpster.

9. Be sure to keep your arms slightly bent when throwing trash into a dumpster to ease strain on shoulders.

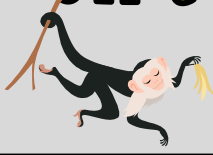


10. ESS's policy on trash removal is to only throw away trash that is already in a waste can or that is marked as trash. (It can be marked "Trash" or "Please Discard" or something similar.) If a box or other items are near a trash can (or even on top of a trash can) and are not labeled as trash, do not throw the box or items away.

Remember: "When in doubt, don't throw out".

11. Because every job site is different, after reviewing the trash removal tips take the time to review your methods for putting trash in the dumpster and any other concerns you may have with your Area Manager.

# Don't Monkey Around with Safety!



## 2015 Safety Program Info



### CONGRATULATIONS TO OUR 2ND QUARTER \$50 WALMART GIFT CARD SAFETY WINNERS!

Kristi Petard Renee Johnson Chase Anderson Kelly Audi Danile Haifley

### Safety Idea of the Year Contest



- ◆ Must relate to working at ESS
- ◆ Can be a site specific individual or companywide idea
- ◆ Should create a safer working environment
- ◆ Should relate to equipment, cleaning processes, tasks, etc.
- ◆ Deadline to submit an idea is 10/31/2015

#### Safety Ideas MUST be...

**Innovative**

**Brand new & original idea**

**Cost effective**



#### Ideas will be judged on

**Innovation**

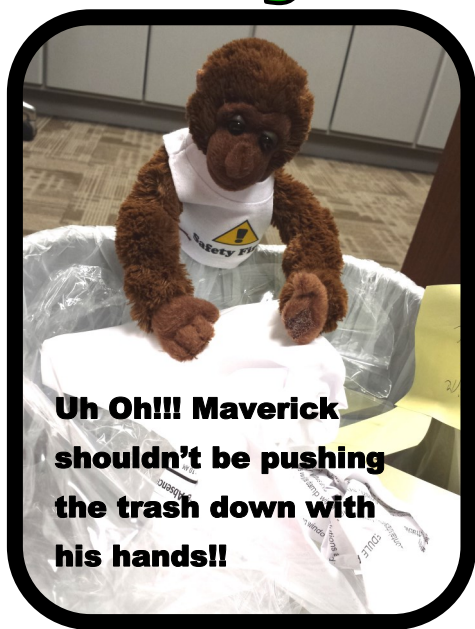
**Effectiveness**

**Practicality**

**Ideas can be submitted on-line on the website  
[www.essclean.com/safety-program/safety-incentive-programs](http://www.essclean.com/safety-program/safety-incentive-programs)**

**\$1000 Grand Prize!!!!**

# Safety Reminders/Violations



ESS would like to introduce Maverick the Monkey! He is a mischievous little monkey! He is always forgetting safety reminders and to wear his personal protective equipment when doing tasks that require it. Be on the look out for Maverick the Monkey at your jobsite. He is a reminder of the safety rules and ESS hopes that you will learn from his forgetfulness. We've caught him in action and you'll find photos of the evidence on our ESS Clean Facebook page. Be sure to **LIKE** the page while you are there!

## 2nd Quarter Safety Reminders/Violations

- Exposed wire on vacuum cord (2 violations)
- Not using gloves while cleaning restrooms
- RTD left hooked up after being used (2 violations)
- Chemical bottle not properly labeled
- Extension cord missing 3rd prong
- Mop handle left leaning across doorway
- Twisted extension cords
- Talking on cell while working
- Not using wet floor signs



**\* Complete and return the Safety Quiz by the deadline and you could win 1 of 5 \$50.00 Walmart gift cards \***

**\* Deadline for Quiz 7/31/2015 \***

### OPTION 1

Complete online by following this link:  
<http://essclean.com/page/safety-incentive>.

### OPTION 2

Bring it into the office or put in our  
outside drop box.

### OPTION 3 - Mail it in.

ESS Clean, Inc.  
P.O. Box 17067 Urbana, IL 61803

Name: \_\_\_\_\_

Employee #: \_\_\_\_\_

1. Heat related deaths and illnesses are \_\_\_\_\_.

2. True or False: An extremely high body temperature will not damage the brain or other vital organs. (circle one)

3. What are steps that you can take to try and prevent heat related illnesses?

- a) Drink plenty of fluids
- b) Avoid hot foods and heavy meals
- c) Wear light weight clothing
- d) All of the above

4. When the humidity is \_\_\_\_\_, sweat will not evaporate as quickly, \_\_\_\_\_ the body from releasing heat quickly.

5. True or False: When a person is suffering from heat stroke you should give them fluids to drink. (circle one)

6. Which one is not a sign of heat stroke?

- a) Extremely high body temperature
- b) Cool, moist skin
- c) Rapid, strong pulse
- d) Red, hot, and dry skin

7. As your Brute barrel fills up with trash, you can compact it by

- a) Putting on leather palm gloves and pushing it down.
- b) Use the bottom of your backpack vacuum to push it down.
- c) Use the bottom of a waste basket to push it down.

8. When you pull a full bag of trash from your Brute barrel and take it to the dumpster, always \_\_\_\_\_.

9. When lifting something heavy, the proper procedure is let your arms do all the work. True or False. (circle one)

10. You find several boxes marked "Trash" but each one is too heavy for you to lift.

- a) You open all the boxes and empty them by hand into your Brute barrel.
- b) Call your manager for help.
- c) Leave them with a note to the customer that you can't lift them.