



Captain Safety

# BECOME A SAFETY SUPERHERO!



Stanley Steel

## Winter Weather Safety - November 2014

The winter season is upon us! During this time of year, the weather can pose many safety risks, both at home & in the workplace.



**Be Prepared:** Stay informed by watching the local weather. Know what type of environmental conditions to expect like “freezing rain, sleet, snow, ice or below freezing temps”!



**Ice & Snow on Walkways:** Ice and snow on sidewalks & walkways is common during the winter months. To avoid slipping on ice, sprinkle ice melt/salt (provided at every account) on sidewalks &/or any path you commonly take to & from your car and near the dumpsters. **\*If your account does not have ice melt – let your manager know asap!**



**Watch Out for Wet Floors:** Unfortunately, the outdoors does not always stay outside. Pay extra attention to entrances & high traffic areas in your building during the winter months. Patrons will bring snow, ice and even the salt in on their shoes which creates puddles, and wet, slick floors. This can be dangerous!

If you often walk on ice to the dumpster, request a pair of ice cleats from your manager.



**Winter Driving Safety:** Whether you drive a company vehicle or not, please keep in mind that winter weather causes many unsafe driving conditions. Allow extra time to get to and from work. Icy or snow covered roads & impaired visibility from blowing snow will affect the speed you can go. Drive defensively so you can avoid an accident when another driver loses control.



**Avoiding Illness:** Cold weather is also a time for common illnesses such as the common cold and influenza. To safeguard against these airborne pathogens, there are a few simple rules to follow:

- Wash your hands frequently
- Avoid touching your face
- Disinfect surfaces regularly
- Boost your immune system with a healthy diet and regular exercise.

**COVER YOUR COUGH**

IT'S NICE TO SHARE YOUR TOYS. BUT DON'T SHARE YOUR GERMS. COVER YOUR COUGHS AND SNEEZES WITH TISSUES. AND THROW AWAY YOUR DIRTY TISSUE. OR COUGH INTO YOUR ELBOW.

### \* Prevent the spread of cold & flu germs \*



#### \* Wash your hands regularly



1. Wet hands



2. Use liquid soap



3. Lather, rub and count to 15



4. Rinse



5. Towel or air dry hands



6. Turn off taps with towel or your sleeve

## Monthly Hero Awards

Linda Sigler

Clark Mueller

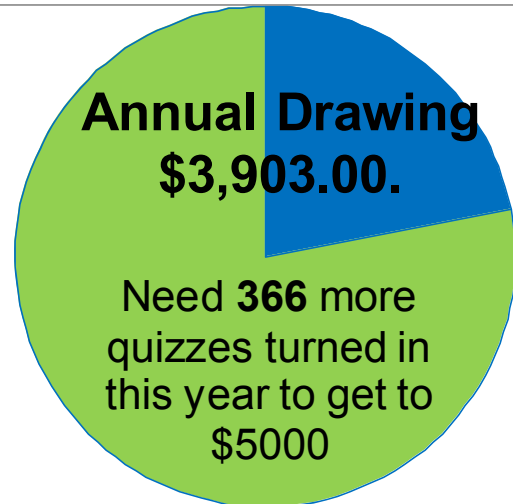
Debra Ellis

Anthony Sanders

Trawick Coleman



How close are we to **\$5,000?**



## SAFETY QUIZ

### HOW TO SUBMIT SAFETY QUIZZES:

#### 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.

Attention: Stephanie

P.O. Box 17067

Urbana, IL 61803

**\*\*DEADLINE\*\***

**11/30/14**

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

1. Pay extra attention to \_\_\_\_\_ & \_\_\_\_\_ areas in your building during the winter months.
2. True or False: (circle one): To avoid slipping on ice, sprinkle ice melt/salt on sidewalks &/or any path you commonly take.
3. Winter safety tips include:
  - a) Stay informed of weather conditions
  - b) Make snow angels
  - c) Feed snowmen
  - d) Run as fast as you can to avoid ice
4. Allow \_\_\_\_\_ time to get \_\_\_\_\_ and \_\_\_\_\_ work.
5. True or False: (circle one): ESS Clean hopes that your Holidays are filled with love and joy.
6. One way to avoid illness is to
  - a) Stay inside until all the germs are gone
  - b) Boost your immune system with a healthy diet and regular exercise.
  - c) Wash your hands frequently
  - d) Both B and C

