



DON'T BE A SAFETY MAVERICK!



WINNING ENTRY: KURT JEFFRIES



Kurt Jeffries



Jessica Youhas

Safety Contest Winners

This year's safety program and contest started with a bang. We had a fantastic level of participation with over 50 employees participating and nearly 70 photos of Maverick getting into trouble submitted.

Kurt Jeffries Is a Safety Maverick!

Congratulations to Kurt Jeffries, winner of the Manager's Choice photo contest, 1st quarter. His prize? A \$50 Walmart gift card! Kurt also submitted two of the runner up photos. Perhaps Kurt is a little too familiar with safety violations? You be the judge. Jessica Youhas was second runner up.

Maverick Smiles Down on These Lucky Raffle Winners

Anna Burk • Kayli Granger •
Yvonne Starr • Cory Stocking

You Too Could Be a Winner

1. Submit a photo of Maverick engaged in an unsafe activity;
2. Submit three examples in writing of what not to do; or
3. Submit both 1 & 2 to double your chances!

Details and contest rules on page 4.

August Is Safety Week!

2016 Safety Week is in August. Safety Week participants will be entered into **GRAND PRIZE DRAWINGS of \$1500, \$750 and \$250!** The Safety Week Grand Prize drawing will be held during the Annual Company BBQ in September.

STOP HEAT RELATED ILLNESSES

PREVENTION

Heat-related deaths and illness are preventable, yet many people succumb annually. Heat-related illness occurs when your body is unable to cool itself properly. The body normally cools itself by sweating, but under some conditions, sweating isn't enough. In such cases, a person's body temperature rises rapidly.

When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other risk factors include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

- Drink fluids regularly (e.g., non-alcoholic, low sugar)
- Wear light-weight, light-colored clothing
- Avoid hot foods and heavy meals

HEAT SYNCOPE or fainting is the temporary loss of blood supply to the brain.

Warning Signs

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

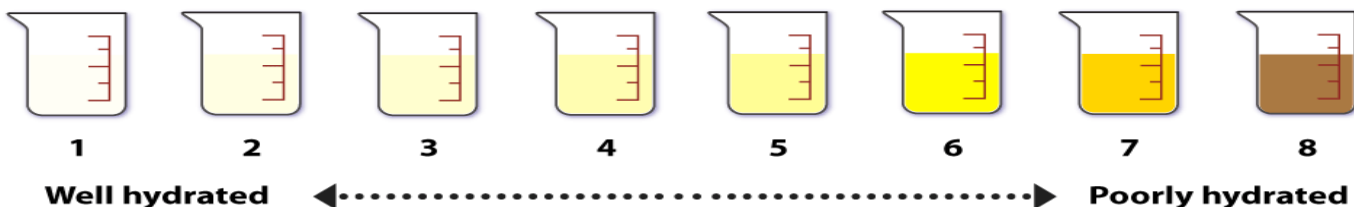
What to Do

- **CALL 9-1-1**
- Move to cool area
- Loosen or remove excess clothing
- If person is conscious offer sips of cool water

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103° Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 			<h1>CALL 9-1-1</h1> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives 	

WHAT COLOR IS YOUR PEE? (GROSS, WE KNOW, BUT IT'S HELPFUL)

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 more. If you don't drink enough water, your urine becomes over concentrated with waste, which is why it is a darker yellow urine color.



BE PREPARED

TORNADOES AND SEVERE THUNDERSTORMS



A “**WATCH**” means severe weather is possible. A “**WARNING**” means severe weather has been sighted. It is important that you know where to seek shelter in your building. When the sirens sound, seek shelter immediately in one of these designated areas. Wait until the sirens have stopped sounding and the storm has passed before coming out. Take a look around and inspect for damage to the building or property after a strong storm. Check in with your supervisor following any weather event that requires you to take shelter.

EARTHQUAKES



If you are inside, stay inside. Do not run outside or to other rooms during shaking. In most situations, you’ll reduce your chance of injury from falling objects if you immediately drop down onto your hands and knees, cover your head and neck (or your whole body if possible), and hold on to your shelter (or your head/neck) until the shaking stops.

If there is no shelter nearby, get down near an interior wall or next to low-lying furniture that won’t fall on you, and cover your head and neck with your arms and hands.

If you are outside, stay outside, and stay away from building utility wires, sinkholes, and fuel and gas lines. Check in with your supervisor following an earthquake.

Natural disasters, severe storms, fire, blood-borne pathogens, and a variety of other dangers are present in our everyday world, including the workplace.

FIRES IN THE WORKPLACE



As an employee of ESS, you should be familiar with our safety rules and know what steps you can take to prevent fires (i.e., good housekeeping, routine maintenance, etc.). You should also be familiar with your building and know all of the evacuation routes to exit the building safely.

If you see a fire or if a fire alarm sounds while you are at work, call 9-1-1 and evacuate the building immediately. **DO NOT** attempt to put the fire out yourself.

Wait until the fire department has cleared the building before re-entering.

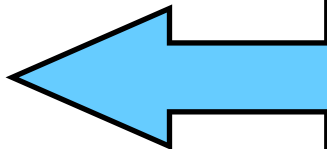
OTHER HAZARDS



Other situations that may pose a potential hazard are human blood or bodily fluids and spilled chemicals. To clean up human blood or bodily fluids, contact your supervisor for a blood-borne pathogens spill kit. Do not attempt to clean up these materials without appropriate personal protective equipment. For chemical spills, consult the Material Safety Data Sheet in the job site handbook. Hazardous chemicals should be cleaned up with a spill containment kit. Nonhazardous chemicals can generally be disposed of by flushing them down a sanitary drain. Contact your supervisor with any questions.



Kurt Jeffries



Have you thought about what you would do if one of these emergencies occurred while you were at work? Don’t make the same mistake as Maverick in this photo!

What NOT to do Safety Contest

At ESS Clean, we try to lead by setting a good example. But sometimes, we learn better from examples of what NOT to do. So we've invited Maverick the Monkey to assist us in promoting workplace

safety. Maverick is up to his usual hijinks, causing mayhem everywhere he goes. Maverick always forgets or ignores safety rules and reminders, which gets him into trouble.



HAVE YOU MET MAVERICK?

'mav-(ə-)rik: a person (or monkey) pursuing rebellious, even potentially disruptive, policies or ideas

Safety Contest Prizes

Each ESS Clean employee should have their own Maverick the Monkey. Enter the "What NOT To Do Safety Contest" by submitting creative and original photos of Maverick ignoring the safety rules and reminders that are discussed in this newsletter. Alternately, use the form below to submit three written examples of what not to do.

Participants are eligible for the following:

- * **Quarterly raffle drawing** for \$50 Walmart gift cards. Four will be awarded each quarter.
- * **Manager's Choice Award:** Each quarter a \$50 Walmart gift card will be awarded to the best photo submitted.
- * All entries are entered in a year-end (December) **GRAND PRIZE DRAWING** with prizes of \$1500, \$750 and \$250.

SAFETY CONTEST RULES

All entries must address safety topics described in this newsletter:

Heat-related Illness or Emergency Preparedness

Option 1—Submit a photo of Maverick engaging in an unsafe activity. Be sure to indicate what Maverick is doing wrong. Submit photos by email only.

Option 2—Submit three examples of what not to do using the form provided here.

Option 3—Submit both options 1 & 2 and get entered twice!!

E-mail: Safety@essclean.com

Post: ESS Clean, Inc. • Attn: Safety •
PO Box 17067 • Urbana, IL 61803

Drop: ESS Clean, Inc. • 2406 E.
University Ave. • Urbana, IL 61803

Must be received by July 15, 2016.

What NOT To Do Safety Contest 2nd Quarter Entry Form

Name: _____ **Employee #:** _____

Submit three written examples of WHAT NOT TO DO as related to Heat-related Illnesses or Emergency Preparedness.

1. _____

2. _____

3. _____

Must be received by July 15, 2016.