



DON'T *Gamble*

WITH YOUR SAFETY!!

2018 Safety Program

SAFETY CONTEST WINNERS

Congratulations

\$50 Raffle Winners!

All participants in the Safety Program get a chance to win a \$50 Walmart card

1st Quarter Winners:

Bloomington: Paul Couillard

Effingham: Victoria Molzen

Urbana: Marty Whalin

Wild/Decatur: Frank Maddox

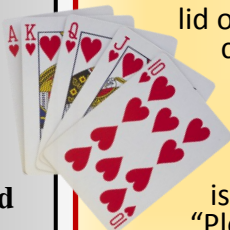


1st Quarter

Safety Share Winner:

Mindy Carrington– Urbana

"I was pushing my trash barrel to the dumpster and hit a rock with the wheel, I fell on top of the barrel and bruised my leg and spilled trash that I had to take time to clean up. From then on, I always push my barrel and cart walking beside it instead of behind it."



Safe Trash Removal



Never put your hands inside a trash container. This includes a waste basket or Brute barrel. If you need to push down the trash as it fills up, use the bottom of a waste basket. **Never**, use your hands or vacuum.

Always keep your Brute barrel 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.

Avoid filling your barrel so full that you have trouble removing the liner or carrying the bag after you remove it. Tie off bags when half full, when you know they are heavy and put a second bag on top of the first. Test weight of each load before lifting and don't attempt more than you can handle. Get help if it's too heavy or awkward.

Follow the safe lifting procedures when lifting a load of trash. Stand with feet slightly apart, assume 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 when lifting or lowering garbage cans and bags. Lift with your legs not your back. **Always AVOID TWISTING.**

When carrying a full trash bag to the dumpster, **always** hold it away from your person to avoid contact with any sharp objects that may be in with the trash.

NEVER try to toss the trash in the bin while holding the lid open. **ALWAYS** 1) place the bag on the ground close to the bin; 2) open the bin; 3) pick up the bag with both hands.

ESS's policy on trash removal is to only throw away trash that is already in the waste can or that is marked as trash. (It can be marked "Trash" or "Please Discard"). 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.

"If in Doubt don't throw out!"

Emergency Preparedness

Tornadoes & Severe Thunderstorms

According to the National Weather Service, Illinois is ranked 6th in the U.S. for the most tornadoes and has more than 850 reports of wind damage and large hail, on average, every year from severe thunderstorms.

A “WATCH” means severe weather is possible. A “WARNING” will be accompanied by sirens in case of a tornado. This means severe weather has been sighted, and you should take shelter immediately.

Find an underground area, such as a basement or storm cellar. If not available, find a small interior room or hallway on the lowest floor possible. Stay in the center of the room, and avoid corners because they attract debris.

AVOID auditoriums, cafeterias and gymnasiums that have flat, wide-span roofs.

AFTER, take a look around and inspect for damage to the building or property. Check in with your supervisor following any weather event that requires you to take shelter.

Fires in the Workplace

There is always a risk of fire in the workplace, no matter what the time of year. As an ESS employee you should be familiar with the general safety rules, helping us prevent fires.

Good housekeeping, and routine equipment maintenance are important preventative measures. Additionally, you should be careful to keep flammable liquids in their proper closed containers, and away from ignition sources.

In case of a fire, you should familiarize yourself with all the evacuation routes from your building. If you are ever at work and see a fire or the alarm sounds, call 9-1-1 and evacuate immediately.

DO NOT attempt to put the fire out yourself. You need to wait until the fire department has cleared the building before re-entering.

Other Hazards

Human Blood, bodily fluids and spilled chemicals are all potential threats to your safety. Blood can contain blood borne pathogens: disease causing infectious microorganisms including hepatitis and HIV. Do not attempt to clean up these materials without appropriate personal protective equipment.



To clean up human blood or bodily fluids, contact your supervisor for a blood borne pathogens spill kit. For chemical spills, consult the Safety Data Sheet. Hazardous chemicals should be cleaned up with a spill containment kit (contact your supervisor). Non-hazardous chemicals can generally be disposed of by flushing them down a sanitary drain. Contact your supervisor with any questions



Parking Lot Safety

ALWAYS

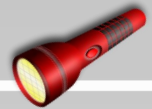
- ◆ Always park in well-lit areas and avoid parking in dark, secluded spots or in corners of structures that may provide natural hiding places.
- ◆ Always scan the parking lot for anything or anyone suspicious both as you park your car and when you return. If you see suspicious activity, return immediately to your office and call the police.



- ◆ Always trust your instincts when you feel something isn't right (have your cell phone ready to dial 911)

- ◆ Always walk with confidence, keeping your head up and look around.

- ◆ Always visually scan your vehicle before entering it to make sure no one is hiding inside or underneath. Consider carrying a flashlight on your keychain to help you see.



- ◆ Lock the doors and start your engine and leave the parking lot immediately.

NEVER

- ◆ Never dig in your purse or bag
- ◆ Never leave valuables in plain sight inside your vehicle
- ◆ Never wear headphones or be distracted by phone conversation
- ◆ Never carry heavy briefcases or bags that may get in your way
- ◆ Never park next to large vans, trucks or other vehicles, as they could block your sight



HAVE READY

- ◆ Your keys to unlock your vehicle
- ◆ Your keys or cardkey to unlock your building doors
- ◆ A whistle or other personal alarm.



Immediately report to your manager any parking lot lights that are not working properly!

Remember your Safety ABC's: Always Be Careful



When you *Gamble* with Safety You Bet your Life *Safety* - It's in Your Hands



Four ways to submit: **1.** Go to the www.essclean.com and go to Safety Program then at the bottom of the left column of Safety Newsletters is a button for the 2018 Spring Safety Quiz that can be completed online. **2.** Email the answers or take a photo of the completed form below and email to Safety@essclean.com. Please include your name, employee number and Area Manager's name in the email. **3.** Bring it to the office or put it in the outside drop box. **4.** Mail it to ESS Clean, Inc. • Attn: Safety • PO Box 17067 • Urbana, IL 61803.

Send submissions no later than Friday, July 6th, 2018.

SAFETY QUIZ

Complete and submit the Safety Quiz below by the deadline to win one of four \$50 Walmart gift cards.

Name: _____

Employee #: _____ Area Manager: _____

1. True or False. Always keep your Brute barrel with you when collecting trash.
2. What should you NEVER do for Parking Lot Safety?
 - A. Have your keys ready to unlock your vehicle
 - B. Park in well lit areas.
 - C. Avoid secluded spots or corners of structures
 - D. Carry whistle or other personal alarm
 - E. Lock your doors and start your engine and leave parking lot immediately
 - F. All of the Above
 - G. None of the Above
3. In case of fire at the workplace you should ALWAYS?
 - A. Familiarize yourself with the evacuation routes
 - B. Keep flammable liquids near ignition sources
 - C. Exit building and call 9-1-1
 - D. Attempt to put the fire out yourself
 - E. Both A and C
4. True or False. ESS's policy on trash removal is to only throw away trash that is already in the waste can or that is marked trash.
5. How do you handle Tornadoes & Severe Thunderstorms?
 - A. In a "WARNING" take cover
 - B. Keep working, we always get the job done.
 - C. Inform your supervisor you are okay.
 - D. Both A and C

SAFETY SHARE

Submit a SAFETY SHARE by the deadline for the chance to win the Manager's Choice Award, a \$50 Walmart gift card.

- New information you learned in this newsletter and how you implemented it on the job;
- A potentially unsafe act you witnessed or experienced and how you corrected it; or
- Suggest a way ESS might improve procedures or training on safety issues.

Name: _____

Employee #: _____

Area Manager: _____