



# 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

#### 2nd Quarter Winners:

**Bloomington: Dennis Hartung**

**Effingham: Robert Spencer**

**Urbana: Bruce Prothe**

**Wild/Bloomington: Paul Couillard**



#### 2nd Quarter

#### Safety Share Winner:

**Brandi Rosenberger-Decatur**

"I recently received a message from my manager that asked us to think what we would do and where we would go in case of severe weather while on the job. This was something that I had not thought about before and I have since determined where the safest places to go would be while I am on the job."



### No Bluffing...You could win

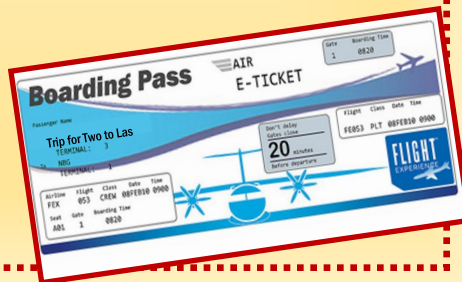
How can you get involved in winning?? You can earn an entry by completing your quarterly safety quiz and if you want to "Up the Ante" you can get an additional entry by submitting a qualifying safety share each quarter. You can earn a total of eight entries if you participate each quarter. The Annual Grand Prize will be drawn at the Annual Company Party in December. (Plus each quarter four \$50 Walmart gift cards draw for completing the quiz and one \$50 Walmart gift card for Manager's Choice of winning Safety Share submitted that quarter!



#### **This Years Grand Prize**



You and a lucky guest will be leaving on a jet plane and land in the famed resort city, Las Vegas. It's known for its vibrant nightlife centered on 24-hour casinos. It's Main Street and focal point is the Strip, just over 4 miles long. This boulevard is home to themed hotels with elaborate displays such as fountains synchronized to music as well as replicas of an Egyptian pyramid, the Venetian Grand Canal and the Eiffel Tower. It is also home to the beautiful Red Rock Canyon National Conservation Area only a few miles to your west. It encompasses 195,819 acres within the Mojave Desert where you can hike, rock climb, horseback ride, or if you opt to you can follow the 13-mile scenic car route through the desert.



**SAFETY DAYS ALL WAYS!**

# 2018 Safety Week Winner



**Please congratulate**

**Sherri Alsmeyer**

**\$1,000 cash prize winner!**

## ADJUSTING THE FIT OF A BACKPACK VACUUM

Backpack vacuums are designed to distribute the weight of the vacuum on the users hips. This means that you should not feel pressure on your back or shoulders.

1. Loosen the shoulder straps and the waist belt. Lift the vacuum and slide your arms through the straps.
2. Connect the waist strap.
3. Tighten the waist belt until it is comfortable and you feel the weight of the vacuum on your hips.
4. Adjust the shoulder straps until the vacuum is in a vertical position, parallel to your back.
5. Connect the chest strap, making sure that it fits



## GENERAL SAFETY INFORMATION

- ⇒ **Read the Label on the side of the vacuum.** Includes important safety information about operating the equipment.
- ⇒ **Do not use a vacuum with a frayed, worn or damaged cord.** Inspect daily for defects to rubber coating, exposed wires, and missing ground faults.
- ⇒ **Do not vacuum liquids, or wet surfaces. Do not expose to rain or water.** Do not use the vacuum outdoors or on wet surfaces (such as floor mats) indoors.

## EXTENSION CORD SAFETY

The extension cord is used to deliver electrical energy to the vacuum. To reduce the possibility of electric shock, employees should treat the vacuum and extension cord with extreme caution. Please use only the extension cords provided by ESS. Also, please remember to turn off the power to the vacuum before unplugging the extension cord.



## THE IMPORTANCE OF ROUTINE MAINTENANCE

*In order to keep the vacuum working properly and safely, the equipment should be maintained on a regular schedule.*

- ⇒ **Inspect Daily.** Before using your backpack vacuum, carefully check the condition of the vacuum, filters, extension cords, and straps. Do not use a vacuum that needs repair. Instead, contact your manager for a replacement.
- ⇒ **Replace Disposable Filter Bag.** ESS recommends that disposable filter bags are replaced before they become full. This will prevent the build-up of pressure that could cause a short in the vacuum.
- ⇒ **Clean Reusable Filters with Plain Water.** The frequency of cleaning filters will depend on the facility that you clean. As a general rule, plan on cleaning your filters at least once per month.
- ⇒ **Replace Extension Cords.** Extension cords should be free from defects. Do not use an extension cord that has exposed wires. Do not attempt to repair your own extension cords. Always use the extension cord provided by ESS in order to ensure that the voltage



# Safe Lifting

## EIGHT COMMANDMENTS OF LIFTING



1. Plan your lift and test load



2. Ask for help



3. Get a firm footing



4. Bend your knees



5. Tighten your stomach muscles



6. Lift with your legs



7. Keep the load close



8. Keep your back upright

### Lifting Do's and Don'ts

#### DO...

- ♦ Know or test the objects weight.
- ♦ Use ergonomic lift assists when possible.
- ♦ Plan the lift and clear your path.
- ♦ Get help for heavy or awkward loads.
- ♦ Keep the object in the power zone.
- ♦ Use a wide stance for balance.
- ♦ Use your legs to lift.
- ♦ Pivot your feet to avoid twisting.



### Lifting Trash Bags

#### Before pulling the bag:

- ♣ **Look for any sharp or protruding objects.**
- ♣ **Check the load and get help if it is too heavy.**

#### After pulling the bag:

- ♣ **Tie the bag**
- ♣ **Remember to bend your knees, keep the load close to your body and keep your back straight and do not twist.**

### DON'T...

- ♥ Don't hold your breath.
- ♥ Don't bend or twist at the waist.
- ♥ Don't use a partial grip (1-2 fingers).
- ♥ Don't obstruct your vision when carrying.
- ♥ Don't jerk or lift quickly.
- ♥ Don't pinch your fingers or toes.
- ♥ Don't pull a load if you can push it.
- ♥ Don't forget to wear proper PPE.



“If you don't want to bet your life, don't *Gamble* with safety.”





# 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](http://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 Fall 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](mailto: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, October 5th, 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. You should ALWAYS bend your knees when lifting?
2. What should you NEVER do for Safe Lifting?
  - A. Plan the lift and clear your path.
  - B. Pull a load if you can push it.
  - C. Get help for heavy or awkward loads.
  - D. Bend or twist at your waist.
  - E. All of the Above
  - F. Only B and D
  - G. Only A and C
3. When adjusting the fit of backpack vac you should ALWAYS?
  - A. First, loosen shoulder straps & waist belt—lift the vac and slide arms through straps.
  - B. Tighten the waist belt until comfortable with weight on your hips.
  - C. Adjust shoulder straps until vac is vertical/parallel to your back.
  - D. Connect chest straps, make sure it fits comfortable, and at least 2 in. from your neck.
  - E. All of the Above
  - F. Only A and C
  - G. Only B and D
4. True or False. Always use the extension cord provided by ESS in order to ensure that the voltage is correct for equipment.
5. When lifting trash bags ALWAYS?
  - A. Inspect bag for any sharp or protruding objects.
  - B. Tie the bag.
  - C. Check load and get help if its to heavy.
  - D. Only A and C
  - E. All of the Above.



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