



# Don't Shipwreck Yer Safety!



2019 Safety Program

## SAFETY CONTEST WINNERS

### Congratulations

### \$50 Raffle Winners!

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

### 4th Quarter Winners:

Bloomington: Peggy Fitzwater

Effingham: Misty Morgan

Urbana: Charles Auth

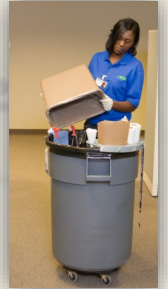
Wild/INDY: Mary Ann Corbit



**1st Quarter  
Safety Share Winner:  
Roni Beasley—Decatur**

*A good safety rule that was brought to my attention is to make sure you watch out for sharp objects! I wish we could tell our business' to make sure they wrap up the sharp objects or let us know that sharp objects are in the garbage. Where I work, they always have sharp objects in the garbage bags and you have to be very careful in handling their garbage.*

## Keep brute barrel & carts in "Ship Shape"



- ◆ Stock your brute barrel with only materials you will need
- ◆ Stock your barrel the same way every day, this will make you more efficient and can help others using your cart when your away.
- ◆ Make sure that the weight is evenly distributed in your caddy so it is less likely to tip over
- ◆ Place the most frequently used products/tools closer to you
- ◆ Pay attention to uneven surfaces and slow down when rolling over thresholds.
- ◆ If the barrel ever tips—let go of it—don't try to stop it as you can strain yourself.
- ◆ Please keep your brute barrel or cart clean and tidy as this is a representation of ESS Clean



**Remember:** The more supplies and tools loaded on the barrel or cart, the greater the force needed to push it, particularly on carpet. Materials unevenly distributed around the barrel or cart also contribute to instability. Running the barrel over uneven surfaces, such as elevator gaps or over thresholds, can cause the barrel to tip over.



## 2019 Safety Week

This year's Safety week is in

**August.** Safety week participants will be entered into The Safety Week **Grand Prize** drawing of \$1,000.00.

## Avast Ye, and listen well....Hot Weather **DANGER!**



1. **Stay hydrated.** Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
2. **Avoid dehydrating liquids.** Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
4. **Pace yourself.** Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. **Schedule frequent breaks.** Take time for rest periods and water breaks in a shaded or air conditioned area.
6. **Use a damp rag.** Wipe your face or put it around your neck.
7. **Avoid getting sunburn.** Use sunscreen and wear a hat if working outside.
8. **Be alert to signs of heat-related illness.** Know what to look for and check on other workers that might be at high risk.
9. **Avoid direct sun.** Find shade or block out the sun if possible.
10. **Eat smaller meals.** Eat fruits high in fiber and natural juice. Avoid high protein foods.

**HOT WEATHER TIP: Don't wait until you're thirsty. your body is sweating out fluid, and you have to keep replacing it, 16-32 ounces (2-4 cups on an average) every hour.**



Illness	Symptoms	First Aid*
Heat Stroke	<ul style="list-style-type: none"> <li>◆ Confusion</li> <li>◆ Fainting</li> <li>◆ Seizures</li> <li>◆ Excessive sweating or red, hot, dry skin</li> <li>◆ Very high body temp</li> </ul>	<ul style="list-style-type: none"> <li>◆ Call 911 While waiting for help</li> <li>◆ Place worker in shady, cool area</li> <li>◆ Loosen clothing, remove outer clothing</li> <li>◆ Fan air on worker; cold packs to armpits</li> <li>◆ Wet with cool water, apply ice packs</li> <li>◆ Provide fluids (water) ASAP</li> <li>◆ Stay with worker until help arrives</li> </ul>
Heat Exhaustion	<ul style="list-style-type: none"> <li>◆ Cool, moist skin</li> <li>◆ Heavy sweating</li> <li>◆ Headache</li> <li>◆ Nausea or vomiting</li> <li>◆ Dizziness or Light-headed</li> <li>◆ Weakness</li> <li>◆ Thirst</li> <li>◆ Irritability</li> <li>◆ Fast heart beat</li> </ul>	<ul style="list-style-type: none"> <li>◆ Have worker sit/lie down in a cool, shady area</li> <li>◆ Give worker plenty of water or other cool beverages to drink Cool worker with cold compresses/ice packs</li> <li>◆ Take to Prompt Care/ER for medical evaluation/ treatment if symptoms worsen or do not improve for 60 minutes.</li> <li>◆ Do not return to work that day</li> </ul>
Heat Cramps	<ul style="list-style-type: none"> <li>◆ Muscle spasms/ cramps</li> <li>◆ Pain</li> <li>◆ Usually in abdomen, arms, or legs</li> </ul>	<ul style="list-style-type: none"> <li>◆ Have worker rest in shady, cool area</li> <li>◆ Worker should drink water or other cool beverages</li> <li>◆ Wait a few hours before allowing worker to return to strenuous work</li> <li>◆ Have worker see medical attention if cramps don't go away</li> </ul>
Heat Rash	<ul style="list-style-type: none"> <li>◆ clusters/red bumps on skin</li> <li>◆ Often appears on neck, upper chest, and folds of skin.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Try to work in a cooler, less humid environment when possible</li> <li>◆ Keep the affected area dry</li> </ul>



# Batten Down the Hatches...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.

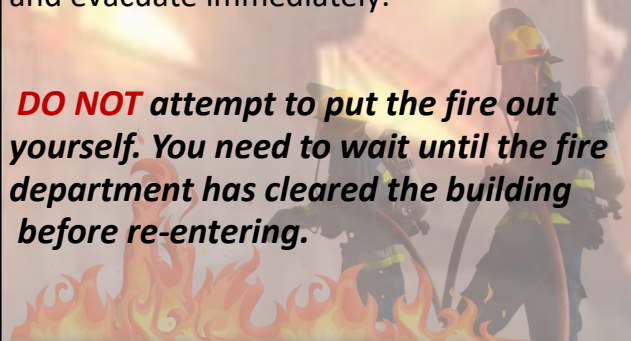
## Fires in the Workplace

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.

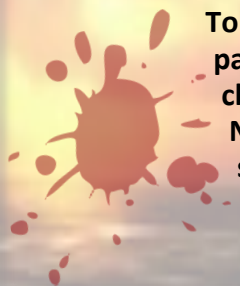
In case of a fire, you should familiarize yourself with all the evacuation routes from your building. If you are ever at work and see a fire or the alarm sounds, call 9-1-1 and evacuate immediately.

***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.



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 2019 1st Quarter 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, April 19th**

#### **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. The more supplies and tools loaded on your brute barrel or cart, the greater the force needed to push it.
2. When working in Hot Weather you should ALWAYS:
  - A. Be alert to signs of heat-related illness.
  - B. Wear lightweight, light-colored and loose clothing.
  - C. Avoid alcohol, coffee, tea, and caffeinated soft drinks.
  - D. Stay hydrated
  - D. All of the above.
  - E. None of the above.
3. Which of these can be signs of heat exhaustion:
  - A. Slow heart beat.
  - B. Headache.
  - C. Nausea or vomiting.
  - D. Hot, dry skin.
  - E. A and D.
  - F. B and C.
4. True or False. A "Warning" will be accompanied by sirens in case of a tornado, which means severe weather has been sighted, and you should take shelter immediately.
5. How do you handle Tornadoes & Severe Thunderstorms?
  - A. Keep working, we always get the job done.
  - B. In a "WARNING" take cover.
  - C. Avoid auditoriums, cafeterias & gymnasiums.
  - D. All of the Above.
  - E. B 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.

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

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

Area Manager: \_\_\_\_\_