



Don't Shipwreck Yer Safety!



2019 Safety Program

2019 Safety Week August 26th-30th

Participate in the Safety Week Quiz and you will be entered into the **Safety Week** drawing for **\$1,000!!** The quiz will be available online at www.essclean.com between August 26th and August 30th. Learn more about safety and how to avoid scurvy!!



2nd Quarter Safety Share Winner:

Tab Kraft—Bloomington

I clean at a medical clinic and about every 10 days they get several shipments of refrigerated insulin. The insulin is insulated with frozen plastic square bottles of water. When carrying these empty insulin containers that contain these melted water bottles I find these containers can be very heavy. So to make the weight a lot



lighter I pour out the melted water in the bottles and then recycle these bottles. So now the weight carrying these containers are 75% lighter, the plastic bottles are recycled, resulting in less garbage to the land fill.

SAFETY CONTEST WINNERS

Congratulations \$50 Raffle Winners!

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

2nd Quarter Winners:

Bloomington: Tomeka Spencer
Effingham: Lucinda Herboth
Urbana: Mary Ann Gibson
Decatur: Frank Maddox



Best Practices to Prevent Workplace Accidents

1. **Don't take short cuts.** Stick to the instructions and work with diligence and awareness of your surroundings.
2. **Be diligent about maintenance.** Make sure that your work closets aren't cluttered and unkempt. Make sure you are checking electrical cords and doing your regular cleaning on your backpack vacuums.
3. **Be Ready for any Weather.** With warmer temperatures coming make sure you are drinking plenty of fluids and wearing loose fitting comfortable clothing.
4. **Wear the correct PPE** (personal protective equipment) when required.
5. **Do not lift by bending forward.** Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift. Avoid turning or twisting your body while lifting and raising trash into the dumpster.
6. **Always test weight of trash before lifting it.** NEVER try to toss the trash in the dumpster while holding the lid open. 1) Always place the bag on the ground near the bin; 2) Open the lid 3) Pick up the bag with both hands. Never throw or toss objects into the dumpsters. Remember NEVER compact trash with hand use smaller trash can.

Remember your safety ABC's: Always Be Careful

PPE

PERSONAL PROTECTIVE EQUIPMENT

Personal protective equipment (PPE) refers to any type of clothing or equipment designed to increase personal safety by protecting you from workplace injuries or illnesses, e.g., goggles, gloves, and earplugs. To greatly reduce your exposure to a potentially harmful chemical or activity, use the PPE provided by ESS Clean.

Disposable Gloves:

Disposable vinyl or nitrile gloves are provided to all employees. Again, employees are not required to wear gloves for the entirety of their shift but there are a few tasks that require them.

- ◆ You are required to wear gloves when cleaning restrooms.
- ◆ You are also required to change your gloves when you come out of the restroom to prevent cross-contamination.
- ◆ At medical facilities, you are required to wear them when handling biohazard wastes and when cleaning in treatment and exam rooms. In addition to these situations, some employees (especially those with sensitive skin) may wish to wear gloves when using our stronger cleaning chemicals like disinfectant.



Safety Glasses:

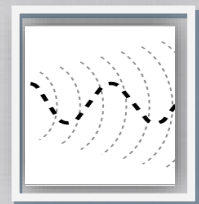


Safety glasses are available at all job sites. Employees are not required to wear safety glasses during their entire shift, but there are a few tasks that require them so they should be readily available at all job sites. If you are using the acid toilet bowl cleaner, you are required to wear safety glasses. This chemical causes blindness within eight seconds if it is accidentally splashed into your eyes, so preventing the possibility is key. Also wear safety glasses when

- ◆ Changing light bulbs.
- ◆ Dusting ceiling vents
- ◆ Manually diluting any chemical with water

Anti-Vibration Gloves:

Employees who operate heavy floor equipment such as buffers, scrubbers or carpet machines are required to wear anti-vibration gloves while operating this equipment. Anti-vibration gloves are designed to dampen the vibration of the machine and reduce the risk of carpal tunnel.



Snow Cleats:

Employees whose trash container is a long distance away from the building may need to wear snow cleats to help increase traction allowing them to walk safely in snow and ice keeping them safe from slips and falls.

Contact your supervisor to request PPE or to replace any worn or damaged PPE

Read the SDS Safety Data Sheets

WHAT IS AN SDS?

Safety Data Sheets (SDSs) are summary documents, usually written by the manufacturer, that provide information about the hazards of a product and advice about safety precautions. SDSs provide more detailed hazard information about the product than the label. Use this information to identify the hazards of the products you use and to protect yourself from those hazards, including safe handling and emergency measures formerly known as Material Safety Data Sheets (or MSDS), SDSs use a consistent, user-friendly format.



- **Sections 1 through 8** contain general information that should be helpful to those that need to get the information quickly.
- **Sections 9 through 11 and 16** contain other technical and scientific information.
- **Sections 12 through 15** are provided to be consistent with the UN Globally Harmonized System of Classification and Labeling of Chemicals

WHEN TO USE AN SDS

Always be familiar with the hazards of a product before you start using it. You should look at an SDS, match the name of the product on the container to the one on the SDS, know the hazards, understand safe handling and storage instructions, as well as understand what to do in an emergency.



SDSs for products used by
ESS Clean are located in the
Job Site Handbook.

4 MAIN PURPOSES

Think of the SDS as having four main purposes.

- **IDENTIFICATION:** For the product and supplier
- **HAZARDS:** Physical (fire and reactivity) and health
- **PREVENTION:** Steps you can take to work safely, reduce or prevent exposure, or in an emergency
- **RESPONSE:** Appropriate responses in various situations (e.g., first-aid, fire, accidental release)

If an emergency occurs and you need to seek medical attention, take the job site handbook with you.

16 SDS SECTIONS

- Section 1:** Identification
- Section 2:** Hazard(s) Identification
- Section 3:** Composition/Information on Ingredients
- Section 4:** First-aid Measures
- Section 5:** Fire-fighting Measures
- Section 6:** Accidental Release Measures
- Section 7:** Handling and Storage
- Section 8:** Exposure Controls/Personal Protection
- Section 9:** Physical and Chemical Properties
- Section 10:** Stability and Reactivity
- Section 11:** Toxicological Information
- Section 12:** Ecological Information
- Section 13:** Disposal Considerations
- Section 14:** Transport Information
- Section 15:** Regulatory Information
- Section 16:** Other Information

AT A MINIMUM

Read the name of the chemical (**Section 1**)

- Know the hazards (**Section 2**)
- Understand safe handling and storage instructions (**Section 7**)
- Understand what to do in an emergency (**Sections 4, 5 and 6**).

Health Hazard 	Flammables 	Oxidizers
Irritant 	Gases Under Pressure 	Explosives
Corrosives 	Environmental Toxicity 	Acute Toxicity



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 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. 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, August 9th before midnight

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 are required to wear gloves when cleaning a restroom?
2. What are the four main purposes of the SDS?
 - A. Know how to respond to various situations.
 - B. Identification of product and supplier.
 - C. Prevention of accidents.
 - D. Hazards: Physical (fire and reactivity) and health
 - D. All of the above.
 - E. None of the above.
3. What are some of the best practices to prevent accidents?
 - A. Do not lift by bending forward.
 - B. Do take short cuts.
 - C. Do let others take care of regular cleaning of vacuums.
 - D. Do wear the correct PPE.
 - E. A and D.
 - F. B and C.
4. True or False. You are required to wear safety glasses while using toilet bowl cleaner, dusting high vents, and changing light bulbs?
5. If an emergency occurs and you need to seek medical attention what are some steps you should take?
 - A. Keep working, we always get the job done.
 - B. Call your supervisor before leaving
 - C. Take your job site handbook with you.
 - 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.

Name: _____

Employee #: _____

Area Manager: _____

www.essclean.com/safety-program/safety-incentive-programs