



2020 Safety Program


TO AVOID A "SCENE"
KEEP YOUR WORKPLACE CLEAN!

Starring

The dedicated and talented
ESS Clean Cast Members!
Directed by: ESS Area Managers

3rd Quarter 2020






2nd Quarter 2020 Safety Raffle Winners!

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


Bloomington: Christopher Couillard
Effingham: Karen Miller
Urbana: Jan Hamblon
DEC/INDY: Christina Greene



2nd Quarter 2020 Director's Choice Award goes to....

Betina Bryant—BLM

Clean your account like you are expecting your loved ones to come there. At this time we all need to be diligent in our cleaning procedures to ensure everyone's health and safety including your own.



Safety Week August 10-14

Participate in the Safety Week Quiz and you will be entered into the **Safety Week** drawing where **Two \$250 Winners** will be drawn from the quiz participants. The quiz will be available online at <https://essclean.com/safety-program/> between August 10-August 28th!

DON'T FORGET TO WASH



- 1 WET YOUR HANDS
- 2 APPLY SOAP
- 3 WASH YOUR HANDS for 20 seconds
- 4 RINSE WELL
- 5 DRY YOUR HANDS
- 6 TURN OFF WATER with paper towel

Scrub between fingers and on the top of your hands

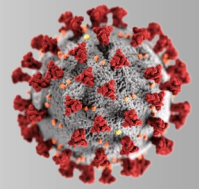
Safe Use of Masks

- ◆ Always wash hands Before and After using a mask
 - ◆ Always wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin.
 - ◆ Always press the metal band so it conforms to the bridge of your nose.
 - ◆ Always tighten the loops or ties so it's snug around your face, no gaps.
 - ◆ Always use the ties or ear loops to take the mask off. Do not touch the front of the mask when you take it off.
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- ◆ Never wear the mask below your nose.
 - ◆ Never leave your chin exposed.
 - ◆ Never wear your mask loosely with gaps on the sides.
 - ◆ Never wear your mask so it covers just the tip of your nose.
 - ◆ Never push your mask under your chin to rest on your neck.
 - ◆ Never store your mask in your pocket.





MISSION: POSSIBLE



Your **MISSION**, should you choose to accept it, is **Essential**:

Rid clients work place of dust, dirt, and germs & provide a Safe and Healthy Work Environment

As a **MISSION POSSIBLE** company, we always avail ourselves with the latest technology. We have been re-searching and testing many new methods for cleaning and disinfecting to combat **COVID-19**. It turns out that the old methods, for the most part, work extremely well, but we have come up with a couple of **Secret weapons** to insure that we can efficiently carry out our mission. The hand-held pump up sprayer is our most effective new tool.

ESS has a **top secret** "COVID Crusher" team with select members from Effingham, Urbana and Indianapolis. This team has been trained on the use of sprayers, respirators and special protective equipment in order to respond quickly to a dangerous **COVID-19** threat rearing it's ugly head in one of our customer facilities.

Do whatever is necessary to protect your work site but with the proper use of personal protective equipment, our team is well protected from the threat of **COVID-19** out on the job. Here is the list of things to remember.

Be prepared:

- ♦ Social Distancing—maintain 6 feet of distance from others
- ♦ Wearing Masks—required if social distancing can't be maintained
- ♦ Hand Washing
- ♦ Correctly Donning/Doffing Gloves
- ♦ Avoid Touching Face
- ♦ Knowledge of proper products and procedures to utilize after cleaning surfaces.
- ♦ Spray and stay—Disinfectant dwell times range anywhere from 1-10 minutes. Dwell time or contact time, is the amount of time disinfectants need to remain wet on surfaces to properly disinfect.
- ♦ Don't come to work sick

Video Training: <https://www.youtube.com/watch?v=Gg6S0I9mMyc&t=30s>

(4 1/2 minute training video by Paul and Lorianne demonstrating proper COVID protocol)

Focused: The **MISSION POSSIBLE** team **NEVER** goes off mission.

*If you choose to pursue this **MISSION** Do whatever is necessary to protect yourself and your work site.*

Good luck, ESS Team!

ESS Operations have changed significantly in the past two months. While we continue to serve our customers with dedication and perseverance, we are taking additional precautions. We often meet now on a super-secret platform called "Zoom" It is hidden deep within the worldwide web. We wear masks at all times when not protected by our imaginary 6' barrier. Now, more than ever before, we understand the importance of protecting our team and our customers.



Jacob would like to point out that Tracie McNeal is always a *SMILING* face with or without her mask!



Keeping cool in the heat!

The dog days of summer aren't just hard on our furry friends. Anyone who spends significant time out in the heat, including your employees, needs to stay vigilant for signs of heat-related illness (HRI). **Here are the big four, and what you need to be on the lookout for.**

HEAT RASH

THE MOST COMMON AND LEAST SERIOUS HRI, BUT STILL SERIOUSLY UNCOMFORT-

1

SIGNS:

Prickly, Itchy bumps that look like small red blisters or pimples. Usually clustered in damp, warm areas where sweat tends to collect.

RESPONSE:

Keep the affected area dry, using a powder to get rid of moisture if necessary. Avoid any kind of cream or ointment.

HEAT CRAMPS

THE SECOND LEAST SEVERE HRI, BUT NO LESS UNPLEASANT. MANIFESTS AS MUSCLE PAINS CAUSED

2

SIGNS:

Pain or spasms, typically in the legs or the stomach area, and excessive sweating.

RESPONSE:

Drink water or an electrolyte-heavy sports drink every 15-20 minutes, along with a snack. If cramps do not pass in one hour, see medical help.

HEAT EXHAUSTION

A SERIOUS HRI THAT CAN HAVE A SIGNIFICANT IMPACT ON HEALTH AND WELL-

3

SIGNS:

Headache, dizziness, nausea, weakness, thirst, excessive sweating, decrease in urine output, rising temperature.

RESPONSE:

Frequent sips of cool water, move to a shaded or color area, remove any unnecessary clothing, place

4

HEAT STROKE

THE MOST SERIOUS HRI, WHICH CAN HAVE DIRE CONSEQUENCES, INCLUDING

SIGNS:

Spiking body temperature, extreme sweating or very dry skin, seizures, confusion, loss of consciousness.

RESPONSE:

Call 911 immediately. While waiting for help, move the person to a cooler location and remove outer clothing, cool the person either by wetting them with cold water or placing ice or ice packs on their body.

WHAT YOUR BODY NEEDS TO BEAT THE HEAT



FLUIDS:

In order to avoid dehydration, your body needs about a cup of water every 15-20 minutes in moderate heat.



ELECTROLYTES:

Frequent snacks should provide enough salt to replenish electrolytes, but if you can't eat regularly, sports drinks can help.



REST:

In high temperatures, your body needs time to recover in a shaded or air-conditioned area. Take as many breaks in a cool location as possible.

If your urine matches the colors 1,2, or 3, you are properly hydrated. Continue to consume fluids at the recommended amounts. If your urine matches the colors past the **RED** line, you are **DEHYDRATED** and at risk for cramping and/or a heat illness!

1	2	3	4	5	6	7	8

Are You Properly Hydrated?





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 2020 3rd 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 Sunday, June 28th 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. Dwell time or contact time is the amount of time disinfectants need to remain WET on surfaces to properly disinfect.
2. To Safely use a mask NEVER:
 - A. Push your mask so it covers just the tip of your nose.
 - B. Wear the mask below your nose
 - C. Wear your mask loosely with gaps
 - D. Store your mask in your pocket
 - E. A only
 - F. All of the Above
3. Which is the most serious of the heat-related illnesses (HRI):
 - A. Heat Exhaustion
 - B. Heat Rash
 - C. Heat Stroke
 - D. Heat Cramps
4. True or False. Scrubbing for 20 seconds allows soap to penetrate into cell walls and destroy bacteria and viruses.
5. What does your body need to beat the heat and help protect you against illness?
 - A. Rest
 - B. Proper Hydration
 - C. Eating Right
 - D. Exercise
 - E. B and C only
 - F. 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: _____