



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



4th Quarter 2020



3rd 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: John Shafer
Urbana: Greg Seaman
Wildcard: Diane Kaiser

3rd Quarter 2020 Director's Choice Award goes to....

Christopher Couillard—BLM

I picked up the method of applying disinfectant to my rag before starting cleaning and consistently adding more as my job goes on from one of Paul's video. Especially in these times making sure I can get that dwell time ready is important and it allows me to continue my work in a good manner while making sure things are being properly disinfected and safe.



Safety Week Winners




Help us congratulate our two \$250 winners!!



Stephanie Kelly BLM



Carla Valdes URB





Last Chance to earn entries for Year End Safety Grand Prize!

Complete your "4th Quarter Safety Quiz" and a qualifying "Safety Share" by the deadline and earn entries into the drawing for:

"Dinner and a Movie" Gift Package

A Big Screen TV with 4K technology with Roku and restaurant gift card. Snack basket with popcorn, candy and more! (or cash out for \$1000)

Let's Have No "Drama" by Preparing for Winter Weather!



The winter season is an important time to keep safety on your mind. During this time of year, the weather can pose many safety risks, both at home and in the work place.

1 Be Prepared:

Stay informed by watching the local weather forecast. Know what type of environmental conditions to expect, such as: freezing rain, sleet, snow, ice or below freezing temperatures. Having this information in advance will help you determine how to dress so that you will be comfortable and if you need to make special arrangements for transportation.

Safety Tip:



Sign up to receive weather alerts on your cell phone.

2 Dressing for Cold Weather:

It is especially important to dress for weather conditions during the winter months. For maximum protection and comfortability, both indoors and out; dress in layers. For outerwear, select a high quality coat that has a nylon outer layer to break the wind and a wool or synthetic inner layer to provide insulation. In addition to a coat, invest in hat, gloves, and boots.



If you often walk on ice to and from the dumpster or your car, you can request a pair of ice cleats by contacting the office, 217-337-6701.

Ice & Snow on Sidewalks:

3 The accumulation of ice and snow on sidewalks and walkways is common during the winter months, presenting a new hazard of slips and falls. To avoid slipping on ice, sprinkle salt (provided at every account) on sidewalks, to and from your car, and near the dumpster area. If your account does not have any salt available, contact your manager.

Winter Driving Safety:

4 Whether you drive a company vehicle or not, please keep in mind that winter weather causes many unsafe driving conditions. Always allow yourself extra time to get to and from work. Icy or snow covered roads and impaired visibility from blowing snow will affect the speed at which you can safely drive. And remember that it is not just about you – drive defensively and be aware of other drivers at all times. This may help you avoid an accident when another driver loses control.



Watch Out for Wet Floors:

5 Unfortunately, the outdoors does not always stay outside. Pay extra attention to entrances and high traffic areas in your building during the winter months. Patrons will bring snow and ice in on their shoes creating puddles and wet floors. Consider placing a wet floor sign in the entryway as a caution to patrons and employees.



Avoiding Illness:

6 Cold weather is also a time for common illnesses such as the common cold and influenza. To safeguard against these airborne pathogens, there are a few simple rules to follow:

- * Wash your hands frequently
- * Avoid touching your face
- * Disinfect surfaces regularly
- * Wear face mask
- * Social Distance—6 feet apart
- * Boost your immune system with a healthy diet and regular exercise.



ICE SAFETY: Do the Penguin Walk

Position center of gravity as directly over feet as possible

Move slowly to react to changes in grip and keep momentum at a minimum

Extend arms outward to maintain balance

Bend legs slightly and walk flat-footed

Point feet slightly outward



AVOIDING SLIPS, TRIPS, AND FALLS

SLIPS....Are a loss of balance caused by too little friction between your feet and the surface you walk or work on. Loss of traction is the leading cause of workplace slips. Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking. **You can help avoid slips by following these safety precautions:**

- ◇ **Practice safe walking skills.** Take short steps on slippery surfaces to keep your center of balance under you and point your feet slightly outward.
- ◇ **Clean up or report spills right away.** Even minor spills can be very dangerous.
- ◇ **Be extra cautious on smooth surfaces such as newly waxed floors.** Also be careful walking on loose rugs or carpeting.

SLIPS

TRIPS....Occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when you are in a hurry and don't pay attention to where you're going. **To prevent trip hazards:**

- ◇ **Make sure you can see where you are walking.** Don't carry loads that you cannot see over.
- ◇ **Keeping walking and working areas well lit, especially at night.**
- ◇ **Keep the work place clean and tidy.** Store materials and supplies in the appropriate storage area.
- ◇ **Properly maintain walking areas, and alert appropriate authorities regarding potential maintenance related hazards.**



FALLS....Occur whenever you move too far off your center of center of balance. Falls account for more workplace fatalities than any other reason. **To avoid falls consider the following measures:**

- ◇ **Don't jump off landings, use the stairs.**
- ◇ **Report any loose or broken stairs or handrails.**
- ◇ **Keep hallways and stairs clear of clutter and well lit.**
- ◇ **Wear shoes with appropriate non-slip soles.**





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 4th 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, November 8th 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. Wearing sensible footwear with non-slip soles can help to prevent slips, trips, and falls.
2. Which of these factors can cause a slip?
 - A. Ice.
 - B. Water.
 - C. Cleaning Fluids.
 - D. Loose rugs or carpeting.
 - E. None of the Above.
 - F. All of the Above.
3. Which of these should be included on your check-list to prevent slips, trips and falls?
 - A. Keep floors/stairs clear of equipment & materials.
 - B. Secure electrical cords out of traffic areas.
 - C. Always use "wet floor" signs when floors are wet.
 - D. Never stand on a chair, table or surface on wheels.
 - E. All of the Above.
 - F. None of the Above.
4. True or False. When walking on ice move quickly, place your hands in your pocket and lean forward.
5. What are some ways to help avoid illness?
 - A. Wash hands infrequently
 - B. Wear a mask—social distance
 - C. Exercise and eat a healthy diet
 - D. Consume lots of sugar, it's the holidays!
 - 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: _____