



3rd Quarter 2022

Safety Program

Better SAFE
than
SORRY!



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

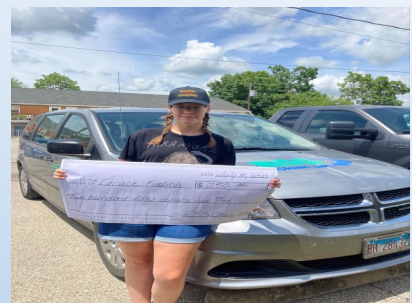
Safety Week 2022 Winners



Our two winners for
\$250 are....

Thomas Bartges –EFF

Grace Kielich –URB



We don't cut corners, we clean them.

"Play it SAFE"

not SORRY!

Please help congratulate our 3rd Quarter Safety Winners!

3rd Quarter 2022 Safety Raffle Winners!

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

Bloomington: Skyler Sparrow

Effingham: Susan Ryherd

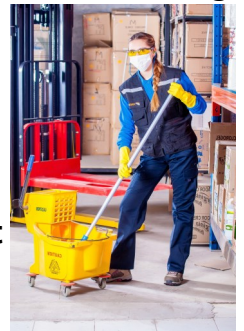
Urbana: James Kulo

DEC/INDY: Madison Schneider

3rd Quarter 2022 Safety Share Award goes to.....

Renee Johnson

~Never push a mop bucket by the mop! I did this and my mop bucket tipped over causing the carpet to get all wet. Always push the mop bucket by using the handles on the mop bucket. The weight is more evenly distributed and you won't have to worry about it tipping over and having a mess to clean up!



Safe (not SORRY) is Key to Accident Free!

Slips, trips and falls

Second only to automobile deaths, slips, trips and falls cause 15% of accidental deaths according to OSHA.



Always use proper caution signs



Avoid obstructions, such as cords, along walkways and entrances



Keep work areas properly lit.

Be a Positive Part of the Safety Team Willingly accept and follow safety rules. Encourage others to do so. Your attitude can play a major role in the prevention of accidents and injuries.



PERSONAL PROTECTIVE EQUIPMENT

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



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 (1) changing light bulbs, (2) dusting ceiling vents or (3) manually diluting any chemical with water.



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. (1) You are required to wear gloves when cleaning restrooms. (2) You are also required to change your gloves when you come out of a restroom to prevent cross-contamination. (3) 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.



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.

EARPLUGS

Employees who work in factories are provided with earplugs. Wearing earplugs can help prevent damage to hearing. Exposure to high noise levels can cause irreversible hearing loss or impairment as well as physical and psychological stress. You should clean earplugs regularly and replace those you cannot clean.

*****Please contact your supervisor to request PPE or to replace any worn or damaged PPE. *****

Why is cleaning important?

- ***Three-quarters of all bathroom handles are considered to be chief transmitters of diseases.***
- ***15% of males and 7% of females **DO NOT** wash their hands after using the toilet (which may explain the above point).***
- ***Sick days in the office could be reduced by almost a third if all touch-points were disinfected properly every day. WHAT YOU DO MAKES A DIFFERENCE IN THE LIVES OF OTHERS!***



2022 Safety Program: Better Safe than Sorry!



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 2022 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, August 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. Your supervisor should be contacted to request PPE or to replace worn or damaged PPE.
2. True or False. Three-quarters of all bathroom handles are considered to be chief transmitters of diseases.
3. Which of the following DO NOT help in avoiding slips, trips and falls?
 - A. Using proper caution signs
 - B. Keeping work areas properly lit
 - C. Avoiding obstructions, such as cords, along walkways and entrances
 - D. Standing on a chair with wheels to reach for high places
4. True or False. What you do at ESS Clean is important because you help to reduce the spread of disease and improve the lives of others.
5. Your body needs which of the following to help beat the heat?
 - A. Fluids
 - B. Electrolytes
 - C. Rest
 - D. All of the Above

We would love to hear your Cleaning Tips and Tricks—Please be sure and share them!

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 or your Cleaning Tips & Tricks.

Name: _____

Employee #: _____

Area Manager: _____