



4th Quarter 2022

Safety Program

Better SAFE
than
SORRY!



PREVENTING CAR ACCIDENTS

Unfortunately, accidents happen. While sometimes they are out of our control, many times there are measures we can take to help prevent car accidents from happening. Whether it is limiting distractions, controlling your speed, or learning the art of defensive driving, the following tips will be sure to help you stay safe and accident free:

- ➔ Drivers should keep a three second interval between their vehicle and the vehicle immediately ahead. During slippery road conditions, the following distance should be increased to at least four seconds.
- ➔ Drivers should honor posted speed limits. In adverse driving conditions, reduce speed to a safe speed that is consistent with the conditions of the road.
Tires can hydroplane on wet pavement at speeds as low as 40mph.
- ➔ Stay Alert! Be aware of your surroundings -- Watch for deer, especially around dawn and between the hours of 6pm and 9pm when they're most active.
- ➔ Limit Distractions – Cell phones, fumbling with the GPS, changing the music – these are all distractions that can result in a car accident. The best practice is to set the GPS and music before taking off, and consider putting your phone in the middle console while you're driving –
Remember: It can wait!
- ➔ Lastly – Remember the Why: It is easy to get in a rush hurrying from place to place - It is important to slow down and take a moment to remember why we want you to be safe: We want you to return home safe and sound to your loved ones!

Accident Reporting Procedures

All accidents, no matter how small, must be promptly reported to ESS management. Some accidents may be very minor and require only a band-aid. Others will be more severe and may require emergency medical treatment.

Your safety is of the highest priority. In the event of a severe injury or medical emergency, call 911 and get the medical treatment that you need. If the injury is not severe and/or you are able, you must complete the accident report form (located in the job book), notify your supervisor, and cooperate with the accident investigation that will be conducted by ESS management.

“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: Kristin Lopez

Effingham: Jenna Huntington

Urbana: Christy Spencer

DEC/INDY: Breanna Payne

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

~It's important to take care of yourself in order to do the best job that you can do. Stay hydrated, rested, and take care of yourself.



Parking Lot Safety

It's getting darker earlier in our shifts, so please always be alert to your surroundings. Trust your instincts and know where you can go for safety and how to call for help!



Be Alert! Do not wear headphones or be distracted by a cell phone conversation.



Have a sturdy flashlight to light your path, it can also be used for self-defense. Carry a whistle or other personal alarm.



Always have your car keys and building keys in your hand, ready to unlock your vehicle or building.

Always, always, always report suspicious behavior in the parking lot— if you are suspicious, walk away. Go to a safe place and call for help.



The Key to Winter Weather is Preparedness!

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.

Be Prepared:

1 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 also if you need to make special arrangements for transportation.

Safety Tip:

Get Severe weather alerts on your cell phone.

Dressing for Cold Weather:

2 It is especially important to dress for cold 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

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.

and boots.

3 Ice & Snow on Sidewalks:

The accumulation of ice and snow on sidewalks and walk ways 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 ice melt – let your manager know asap!*

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's 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
- ◆ 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



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 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 Wednesday, November 30th 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 should not wear headphones or be distracted by a cell phone conversation while walking through parking lots.
2. When walking on icy areas you should do the following:
 - A. Position center of gravity as directly over feet as possible
 - B. Point feet slightly outward
 - C. Extend arms outward to maintain balance
 - D. Move slowly to react to changes in grip and keep momentum at a minimum
 - E. All the Above
3. True or False. Washing your hands regularly can help safeguard from the common cold and influenza.
4. True or False. All accidents, regardless of severity, must be reported immediately to ESS Management.
5. How many seconds should keep between a driver and the driver immediately ahead of them?
 - A. 10 seconds
 - B. 1 second
 - C. 3 seconds
 - D. It doesn't matter

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: _____