



2023

Safety Program

3rd Quarter

DID YOU KNOW?

Coming into contact with objects (running into an object, getting caught on an object, etc) is the 2nd leading cause of injuries resulting in days away from work.

Always be aware of your surroundings
and always scan your area for potential hazards!



2023 SAFETY WEEK RECAP

Thank you to everyone who participated in our 2023 Safety Week activities!
Congratulations to our 5 gift card winners:

Lacy Kennard, James Fullenkamp, Cassandra Booher,
Angie Dennison and Chasity Johnson

We hope everyone is enjoying their new Safety Week t-shirt!

**Don't
Forget!**

The Safety Newsletter! This is distributed quarterly by email and text and contains articles and tips for safety in the workplace. There is a safety quiz along with instructions on how to submit the quiz and entries for the quarterly raffle drawings and compete in the Safety Share contest.

\$50 Raffle prizes! Safety quiz participants will be entered into a raffle to win a \$50 Walmart gift card. Five will be awarded each quarter.

\$50 Manager's Choice Award! Each Quarter a \$50 Walmart gift card will be awarded to the best Safety Share submitted.

Area Manager Safety Success Bonus! Any Area Manager who has 80% or higher participation from their employees in the quarterly safety quiz will receive \$100.

Please help us congratulate our 2nd Quarter 2023 Safety Winners!

2nd Quarter 2023 Safety Raffle Winners!

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

Bloomington: Corey Hosea

Effingham: Sharon Doehring

Urbana: Glenna Bullard

Decatur: Ann Davis

Indianapolis: Theresa Baker

2nd Quarter 2023 Safety Share Award goes to.....

Jessica VanDenBossche

Always place a wet floor sign before beginning, and sometimes I will give clients a heads up before I mop the stairs if i know they are working late and might not notice the sign as they leave.

Ladder Safety

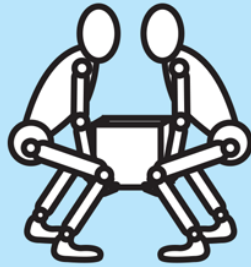
- Wear clean slip-resistant shoes. Shoes with leather soles are not appropriate for ladder use since they are not considered sufficiently slip-resistant.
- Before using a ladder, inspect it to confirm it is in good working condition.
- The ladder you select must be the right size for the job
 - The Duty Rating of the ladder must be greater than the total weight of the climber, tools, supplies, and other objects placed upon the ladder
- The length of the ladder must be sufficient so the climber doesn't have to stand on the top step.
- Only one person at a time is permitted on a ladder unless the ladder is specifically designed for more than one climber such as a Trestle Ladder.
- Ladders must not be placed in front of closed doors that can open toward the ladder. The door must be blocked open, locked, or guarded.
- Never jump or slide down from a ladder or climb more than one step at a time.
- Read the safety information labels on the ladder.



EIGHT COMMANDMENTS OF LIFTING



1. Plan your lift and test load



2. Ask for help



3. Get a firm footing



4. Bend your knees



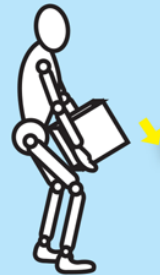
5. Tighten your stomach muscles



6. Lift with your legs



7. Keep the load close



8. Keep your back upright

Lifting Do's and Don'ts

DO...

- ◆ Know or test the objects weight.
- ◆ Use ergonomic lift assists when possible.
- ◆ Plan the lift and clear your path.
- ◆ Get help for heavy or awkward loads.
- ◆ Keep the object in the power zone.
- ◆ Use a wide stance for balance.
- ◆ Use your legs to lift.
- ◆ Pivot your feet to avoid twisting.

Lifting Trash Bags

Before pulling the bag:

- ◆ Look for any sharp or protruding objects.
- ◆ Check the load and get help if it is too heavy.

After pulling the bag:

- ◆ Tie the bag.
- ◆ Remember to bend your knees, keep the load close to your body and keep your back straight and do not twist.



Lifting Do's and Don'ts

DON'T...

- ◆ Don't hold your breath.
- ◆ Don't bend or twist at the waist.
- ◆ Don't use a partial grip (1-2 fingers)
- ◆ Don't obstruct your vision when carrying.
- ◆ Don't jerk or lift quickly.
- ◆ Don't pinch your fingers or toes
- ◆ Don't pull a load if you can push it.
- ◆ Don't forget to wear proper PPE

2023 Safety Program: Accident Prevention Is My #1 Intention



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 2023 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 Tuesday, August 29th 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. Coming into contact with an object is the 2nd leading cause of injuries resulting in days away from work.
2. Which of these statements are true about ladder safety?
 - A. Before using a ladder, inspect it to confirm it's in good working condition.
 - B. Read the safety information labels on ladders.
 - C. The length of the ladder must be sufficient so the climber doesn't have to stand on the top step.
 - D. All of the above
 - E. None of the above
3. True or False. When lifting, always make sure to get a firm footing.
4. When lifting trash bags, which of the following is NOT true?
 - A. Look for any sharp or protruding objects.
 - B. Tie the bag.
 - C. Bend your knees, keep the load close to your body and keep your back straight.
 - D. Wearing proper PPE is optional.

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: _____