



2024

# Safety Program 3rd Quarter

## WORKPLACE INJURIES BY THE NUMBERS

- Every 7 seconds a worker is injured on the job. That's: 510 per hour, 12,600 a day, 88,500 a week, and 4,600,000 a year!
- In 2017 this led to 104,000,000 production days lost due to work-related injuries.

The most common types of injuries that keep workers away from work are sprains, strains or tears, soreness or pain, and cuts, lacerations or punctures.



## 2024 SAFETY WEEK RECAP

Thank you to everyone who participated in our 2024 Safety Week activities!

Congratulations to our 10 gift card winners: Keosha Perkins, Sarah Barker, DaMariae Dandridge, Caryl Yantis, Chris Rardin, Jennifer Hausman, Everett Burton, Rashawn Norris, Christina Vansaghi and Gayla Briggs.

And our Grand Prize Winner: Jeffery Wolverton!

**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 and safety share that will earn you entries for the quarterly raffle drawings.

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

**Grand Prize Winners!** Two grand prize winners will be drawn at the end of the year, winning \$500 each. Each safety share submitted will earn an entry into the drawing.

**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 2024 Safety Winners!

## 2nd Quarter 2024 Safety Raffle Winners!

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

Bloomington: Lyle Dodson

Effingham: Scott Mast

Urbana: Twana Bell

Decatur: James Dalluge

Indianapolis: William Sims

## 2nd Quarter 2024 Safety Share Award goes to.....

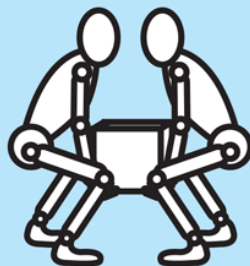
**Mary James**

Align rugs and mats that are in front of a doorway so they are not pushed against the door jamb or wall in such a way that the corner of the rug is raised and creates a tripping hazard. Flatten rugs and mats as much as possible so no raised humps can cause someone to trip.

## 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

# Accident Prevention

## CLEANING PRODUCTS

ALL cleaning products should be treated with safety precautions consistent with hazardous substances, including:

- Use only cleaning products provided or approved by ESS Clean, Inc.
- Use all cleaning products as directed by the manufacturer.
- Do not mix cleaning products for any reason.
- All cleaning products must be properly labeled according to HazCom standards.
- Do not use an unlabeled bottle of any cleaning product. Contact your manager immediately if your cleaning product does not have a label.
- Do not use any cleaning product that you have not been trained on how to use.
- Store all primary and secondary cleaning product containers away from heat sources and electrical equipment.



## Extension Cords

Extension cords are designed to carry electric current and should be treated with all electrical safety precautions, including:

- Use only approved extension cords provided by ESS Clean, Inc.
- Do not use an extension cord that is visibly worn or damaged, or that has exposed wires. Contact your manager immediately if your extension cord or any item is damaged or visibly worn.
- Do not use/wrap electrical tape around damaged extension cords, get them replaced.
- Do not use an extension cord that is missing the ground fault plug.
- Turn off equipment before plugging or unplugging the extension cord.
- Do not pull or jerk the extension cord from across the room.
- Do not allow extension cords to get caught under furniture or cubicle walls.

## **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!**

# 2024 Safety Program: Don't Learn Safety by Accident



Safety Procedures

Work Safety

Four ways to submit: **1.** Go to the [www.essclean.com](http://www.essclean.com) and go to Safety Program then at the bottom of the left column of Safety Newsletters is a button for the 2024 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](mailto: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 27th 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. A worker is injured on the job every 7 seconds.
2. Which of these statements are true about lifting?
  - A. Get a firm footing
  - B. Bend your knees
  - C. Lift with your legs
  - D. Ask for help
  - E. All of the above
3. True or False. You should only use cleaning products provided or approved by ESS Clean, Inc.
4. When using extension cords, which of the following is NOT true?
  - A. Don't use extensions cords that are worn or damaged.
  - B. Only use extension cords provided by ESS Clean.
  - C. Turn off equipment before plugging or unplugging an extension cord.
  - D. Always pull or jerk the extension cord from across the room.

## 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.

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Name: \_\_\_\_\_

Employee #: \_\_\_\_\_

Area Manager: \_\_\_\_\_