



2024  
Safety Program  
4th Quarter

COLD HARD FACTS

Did you know that 1 million Americans are injured each year due to slips and falls?

- 42,480 workplace injuries or illnesses from ice, sleet, or snow
- 6,600 deaths from hypothermia and cold exposure
- 195,000 people in the US visit the ER with snow shoveling injuries

In 2014: **42,480** workplace injuries or illnesses from ice, sleet, or snow that caused at least 1 day of missed work

**34,860 (82%)** of these workplace ice/snow injuries occurred on level ground

COLD HARD FACTS

1 MILLION AMERICANS

Injured due to slips and falls annually

2006-2010: approx **6,600** American deaths from hypothermia and cold exposure

1990-2006: approx **195,000** people in the US visit hospital ERs with snow shoveling injuries

2025 SAFETY PROGRAM

At ESS Clean, your safety is always our #1 priority.

As 2024 begins to come to an end, we are working to finalize our new 2025 Safety Program.

Stay tuned for information on Safety Week 2025, and other prizes and activities to come during the 2025 Safety Program!

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 3rd Quarter 2024 Safety Winners!

## 3rd Quarter 2024 Safety Raffle Winners!

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

Bloomington: Tab Kraft

Effingham: Joseph Wilson

Urbana: Carolyn Taulbee

Decatur: Nicole Blodgett

Indianapolis: Michelle Rakoske

## 3rd Quarter 2024 Safety Share Award goes to.....

**Jasmine Alvarado**

When cleaning toilets with sensors I place a piece of tissue or paper towel (dampened with cleaner) over the sensor so that it does not flush in the middle of me cleaning it. That way germs aren't splashed in my face accidentally and the panel can be easily wiped when I'm done.

## Parking Lot Safety

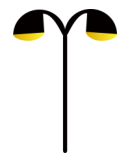
It's getting darker earlier in our shifts, so please always be alert to your surroundings. Trust your instincts and know where you can go for safety and how to call for help!



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



**NEVER** engage with any stranger in the parking lot. Do not talk to them. Go back into the building immediately.



Make sure that all outside lights are working properly.



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



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

***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.***

# PREPARE FOR WINTER WEATHER

## Be Prepared!

Know what conditions to expect by watching the local weather forecast. Also make sure to have severe weather alerts on your cell phone. Having this information in advance will help you determine how to dress comfortably, and also if you need to make special arrangements for transportation.

## Winter Driving Safety

Please keep in mind that winter weather causes many unsafe driving conditions. Allow yourself extra time to travel to and from work. Ice and snow will affect the speed at which you can drive safely. Also be aware of others on the road. This may help you avoid an accident when another driver loses control.

## Dress for the Weather!

It is important to dress for the cold weather. For maximum protection and comfortability, 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. Make sure to wear a hat, gloves, and boots as well.

## Watch for Wet Floors

Ice and snow from outside often are tracked inside, creating puddles and wet floors. Pay attention to high traffic areas in your building during the winter months. Consider putting a wet floor sign in the entryway to caution others as they enter the building.

## Ice & Snow on Sidewalks

Ice and snow on sidewalks and walkways is common in the winter, and it creates a new slipping hazard. To avoid this, sprinkle salt on the sidewalks, to and from your car, and near the dumpster. If your account does not have ice melt, let your manager know!

## Avoid Illness!

Cold weather is also a time for illnesses such as the common cold or influenza. To safeguard against these pathogens, follow these simple rules: wash your hands frequently, avoid touching your face, disinfect surfaces regularly, and use diet and exercise to boost your immune system.

# 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 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](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, November 19th 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. Never engage with a stranger in the parking lot. Do not talk to them. Go back into the building immediately.
2. Which of these statements are true about being prepared for winter weather?
  - A. Watch the local weather forecast to see what conditions to expect.
  - B. Wash your hands frequently to avoid illnesses.
  - C. Watch for wet floors caused by tracking in snow and ice.
  - D. All of the above
3. True or False. 1 million Americans are injured each year due to slips and falls.
4. If you notice suspicious behavior in a parking lot, you should:
  - A. Walk away.
  - B. Go to a safe place.
  - C. Call for help if needed.
  - D. Report it to your supervisor.
  - E. 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.

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

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

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