



2025

## Safety Program 2nd Quarter

### DID YOU KNOW?

Walking surfaces account for 55% of all slips, trips and falls.

This includes uneven surfaces, slippery/wet conditions, obstructions and other tripping hazards.

Always pay attention to where you are walking and check your path or route *before* walking it to make sure there aren't any hazards that could cause a slip, trip or fall.

### Causes of Slips, Trips, and Falls



## ESS SAFETY GUIDELINES

- Follow routine maintenance schedules for vacuum and floor machines.
- Wear disposable gloves in restrooms.
- Wear personal protective equipment.
- Follow good housekeeping practices.
- Do not use damaged extension cords.
- Always use proper lifting procedures.
- Report all accidents, even small ones.
- Report worn and damaged equipment.
- Keep all chemicals properly labeled.
- Wear shoes with good traction.
- Never mix cleaning products.
- Wear safety glasses when using toilet bowl cleaner.
- Use wet floor signs when mopping.

### WARNING



**USE 3  
POINTS  
OF  
CONTACT**

**WHEN  
ENTERING  
OR EXITING  
VEHICLE**



## MAINTAINING 3 POINTS OF CONTACT

The 3 points of contact rule for vehicle drivers refers to the consistent use of two hands and one foot or two feet and one hand while entering and exiting the vehicle. This allows you to have maximum stability and support. It's a rule that's important for getting in and out of any vehicle.

Additionally, it's important to always face your vehicle as you enter. Distribute your weight evenly among all 3 points of contact and avoid jumping or hopping from the vehicle since this can cause an unbalanced landing or a fall. Following these simple tips will lower your risk of a preventable injury.

# Severe Spring Weather

## Tornadoes and Severe Thunderstorms

According to the National Weather Service, Illinois is ranked 6th in the U.S. for the most tornadoes and has more than 850 reports of wind damage and large hail, on average, every year from severe thunderstorms.

A **“WATCH”** means severe weather is possible. A **“WARNING”** will be accompanied by sirens in case of a tornado. This means severe weather has been sighted, and you should take shelter immediately.

Find an underground area, such as a basement or storm cellar. If not available, find a small interior room or hallway on the lowest floor possible. Stay in the center of the room, and avoid corners because they attract debris.

**AVOID** auditoriums, cafeterias and gymnasiums that have flat, wide-span roofs.

**AFTER**, take a look around and inspect for damage to the building or property. Check in with your supervisor following any weather event that requires you to take shelter.

**Severe Weather Preparedness Tips:**  
**Spring Weather**

**Severe Thunderstorm Safety**

When you hear the words "severe thunderstorm" in the forecast, be ready for more than just heavy rain and lightning.

SEVERE THUNDERSTORMS CAN BRING:

- Hail
- Strong Wind Gusts
- Lightning
- Heavy Rain
- Flash Floods
- Tornadoes

## Spring Slips and Falls

Everyone knows how dangerous winter weather can be, but spring weather has just as many risks. Avoid a trip or fall by using these tips:

- **Be vigilant of changing weather.** Spring can be very unpredictable, offering late-season freezes or sudden rains and storms. Keeping rain boots or an umbrella in your car is a good idea.
- **Avoid distracted walking.** If you are looking down at your cell phone, you may not notice an obstruction in your path. Always be aware of your surroundings.
- **Check your path BEFORE walking it.** If you are taking garbage to a dumpster, etc. you should always check the path first. This way you will know if there is uneven pavement, obstructions on the sidewalk, slippery conditions, or even burned out lights that can cause potential slips and falls.

**TO  
AVOID**



**=**

**CLEAN UP**



**SPILLS**

**DON'T TEXT**



**WHILE WALKING**

**USE**



**HANDRAILS**

**WALK**



**MINDFULLY**



# Please help us congratulate our 1st Quarter 2025 Safety Winners!

## 1st Quarter 2025 Safety Raffle Winners!

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

Bloomington: James Taylor

Effingham: Jordan Nebe

Urbana: Angelina Conner

Decatur: Shilow Crowe

Indianapolis: Neyvi Herrera

## 1st Quarter 2025 Safety Share Award goes to.....

Jami Wicker

My safety share is always be familiar with your surroundings. Know where the emergency exits are. Know where to go in case of fire or bad weather. Know where the first aid kits are and your emergency contact numbers.

## 2025 SAFETY WEEK

This year's Safety Week is in July.

This is our annual safety retraining.

There will be games to participate in and gift card winners each day.

Employees who are accident free will receive a safety flashlight!

Stay tuned for more information!

**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!

**Perfect Inspections!** Each month one employee who has earned a perfect inspection by their Area Manager will get a shoutout on Facebook. They will also earn five extra entries for the grand prize drawings. Every employee who has a perfect inspection will earn one extra entry for the grand prize drawings.

**Grand Prize Winners!** Two grand prize winners will be drawn at the end of the year, winning \$250 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.

# 2025 Safety Program: Don't Be Hasty When It Comes To 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 2025 2nd 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 Monday, April 21st 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. Walking surfaces account for 55% or all slips, trips and falls.
2. Which of the following are true about Spring trips, slips and falls?
  - A. Being vigilant of changing weather can help you be prepared.
  - B. Always be aware of your surroundings and avoid distracted walking.
  - C. Check your path BEFORE walking it to look for uneven surfaces or obstructions.
  - D. All of the above
3. True or False. It is important to use 3 points of contact when entering and exiting a vehicle.
4. In the case of a severe storm, which of the following is NOT true?
  - A. Take shelter in an underground area if possible.
  - B. Seek shelter near a window so you can watch the storm.
  - C. Avoid buildings that have flat, wide-span roofs.
  - D. Check in with your supervisor following the weather event.

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

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