

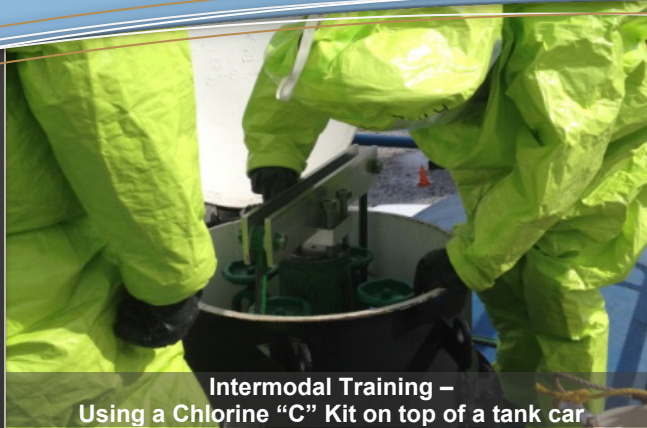
Best-In-Class Thoughts

"Once you replace negative thoughts with positive ones, you'll start having positive results."

— Willie Nelson

"Man must cease attributing his problems to his environment, and learn again to exercise his will - his personal responsibility in the realm of faith and morals."

— Albert Schweitzer



Intermodal Training –
Using a Chlorine "C" Kit on top of a tank car

this issue

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Note from Leanne

Over the next few months, MER employees will be working in facilities that are temporarily shut down for maintenance; these facilities will be operating round-the-clock to meet strict deadlines to return to full service as soon as possible. Tight schedules, specialty safety-sensitive activities, increased labor needs and non-MER contractors make "Outage Season" one of the busiest and arguably most dangerous times of the year for MER.

The stress of this season has the potential to test our employees' commitment to safety. It is critical that our employees stay true to our culture and place safety at the forefront of every conversation held, every decision made and every action taken. Let's ensure that we don't allow the pressures of Outage Season compromise the safety of our employees or the integrity of our program.

Third-Party Confined Space Standby

Typically, when MER employees enter a confined space to perform work, we provide the confined space rescue standby (CSS) for our own employees. However, there are clients who prefer to use a third party rescue service as opposed to a MER standby team. If/when we are faced with this client requirement, we are required by OSHA to vet the client-proposed rescue team prior to space entry. These requirements, found in 29 CFR 1910.146(k), require MER (as the entrants) to ensure the rescue service provider (RSP):

- Has the capability to reach the victim(s) within a time frame that is appropriate for the space hazards identified.
- Is equipped for and proficient in performing the needed rescue services – this includes confined space rescue training with a rescue scenario completed within the last 12 months.
- Has previously accessed the space, knows the hazards of the space and has a documented rescue plan in place for the potential rescue.

It's important that we communicate this requirement to our client well in advance and complete the evaluation prior to starting the job. If during our evaluation we find that the proposed RSP does not meet the requirements, it is critical that we discuss their program gaps with both the service provider and our client. If the RSP can make adjustments that place them in compliance, then it is acceptable to use them; however, if the RSP cannot or will not meet the requirements, then we cannot allow them to provide rescue standby to our employees. It's a situation that requires great care in its management, but our employees' safety and our credibility count on it.

Heading to an Outage?

Heading to an Outage? Make sure your basic training is current. MER employees should be up-to-date in:

- HAZWOPER 40-hr & 8-hr Refresher
- CSE
- CSR
- First Aid/ CPR
- Respirator Fit Test

proper personnel selection, and training needs, are fully addressed in the early phases of outage planning. It's also a great time to review existing safety procedures to make sure outage plans remain compliant; some reminders are below:

Job Hazard Analysis – A comprehensive Job Hazard Analysis (JHA) is an essential part of outage management to ensure resources are allocated properly, hazards are identified, and controls are in place. Priorities should be established based on immediate risk to workers, regulatory requirements, and understanding of the work activity.

Material Hazard Assessment – A Material Hazard Assessment (MHA) should be completed for possible products that employees may be exposed to during the project. The MHA identifies a product's main concerns, as well as the proper PPE for chemical protection. Additionally, the MHA should identify how to monitor for exposure and list possible PPE downgrade criteria.

Confined Space Entry (CSE) and Rescue (CSR) – Proper CSE procedures, including a CSE Permit and atmospheric monitoring must be completed when any part of the body breaks the plane. MER personnel responsible for performing CSR should ensure that a proper CSR plan is documented and appropriate equipment has been set up as necessary.

Plant Specific Safety – Most facilities have a Site Specific Orientation and/ or documents covering site specific rules and regulations applicable to contractors. It's important to pay attention to this site-specific information, and discuss it during MER's daily pre-shift safety meetings. Additionally,

Plant Outage Safety

It is recognized that well-planned and executed outages are far less expensive and much safer than taking a reactive approach and responding to unplanned failures as they occur. Tremendous effort typically goes into planning and coordinating the various aspects of a major outage to maximize repairs and preventive maintenance that can only be conducted in "shut down" mode. It is critical that all issues, such as alternative work methods,

ensure that relevant site-specific information is documented on the Job Hazard Analysis (JHA) Package. Don't be afraid to discuss the same hazards over multiple days; the key to remembering is repetition.

Emergency Procedures and Facility Layout – It's important to be familiar with the facility in which you're working. This includes knowing the plant emergency and evacuation alarms, evacuation assembly areas, approved smoking areas, break areas, etc. You also need to know who to contact in the event of an emergency. For example, does security need to be contacted to escort EMS? If you're uncertain, be sure to ask your supervisor.

Documentation and Permitting – During long-term projects where the scope of work is repeated on a daily basis, it's easy to start relaxing on the documentation. It's extremely important to ensure this doesn't happen! Remember, it's important for all team members to be involved in the safety processes so share the load with the team. For example, have a different member of the team complete the JHA each day and have the supervisor review it. Additionally, different facilities have their own permitting processes (Hotwork, CSE, LOTO, etc.). Ensure you read ALL permits and documents issued by the Client before you sign the documentation; don't be afraid to ask questions.

Physical Hazards – Outages are not exempt from everyday hazards such as slips, trips and falls, ladder hazards, falls from elevations, etc. Keep in mind that if a Client's rule supersedes MER's (or vice versa), you must follow the most stringent rule. For example, some Clients require fall protection to be used to protect against 4' falls, rather than 6' like the OSHA Construction standard requires.

www.totalsafety.com/blog/index.php/tag/power-plant-outages/

There's an App for that!

Sound Meter

Smart Tools co.



Sound Level Meter is in the 4th set of the Smart Tools collection (noise, decibel meter).

SPL(sound pressure level) meter app uses your built-in microphone to measure noise volume in decibels(db), and shows a reference. (App available on Android devices.)

Responding to Emergencies

What would you do if your coworker suddenly collapsed at work? While nobody expects a medical emergency in the workplace, medical situations can strike anybody, anytime. An estimated 450,000 people die each year of cardiac arrest, with 13 percent of these deaths occurring in the workplace, according to the American Heart Association. There were 5,488 work-related fatalities in the U.S. in 2007, with each fatality costing more than a million dollars, according to the National Safety Council.

http://www.safetymax.com/dynamiccontent/resources/News_April09.htm

You can help save a life

Knowing what to do if a co-worker is injured or suddenly becomes seriously ill can make the difference between life and death. This is especially important in rural areas or in other remote locations where professional medical help may be some distance away. When responding to an emergency, it's critical that you:

- Do not panic
- Take control of the situation
- Reassure the person if conscious
- Know where to call for immediate medical assistance
- Act quickly to help the person until emergency medical personnel arrives

Assessing an Accident Situation

1. Immediately determine whether you or the injured person are in any additional danger.
2. Determine whether more than one person has been injured. Be sure any additional people are out of immediate danger.
3. Determine whether the victim is conscious. Loudly call his or her name and ask for a response. Also, look at the movement of the chest, and put your ear next to the mouth and nose to see if the person is breathing.
4. Don't move an injured person unless he or she is in immediate additional danger.

Emergency Response DOs and DON'Ts

DO:

- Know where first aid kits are located.
- Know where to call for emergency medical help.
- Act quickly in an emergency, but remain calm and keep the victim still.

DON'T:

- Move an injured person unless in immediate danger.
- Hang up on an emergency dispatcher until you are told.
- Touch a person who has been electrocuted until you are certain the power is off.

Moving an injured person can result in further broken bones, paralysis or even death.

Calling for Emergency Help

If anyone is nearby, have that person call for emergency medical help while you stay with the victim. If you are alone with the person and he or she is breathing, quickly seek medical help, and then return to the scene. Let the person know that medical help is coming, and instruct him not to move. If the person isn't breathing and you have been trained in cardiopulmonary resuscitation (CPR), immediately seek professional medical help and administer CPR. When calling for emergency medical help, give the dispatcher:

- Your name, telephone number, and location of the victim
- Information on the nature of the emergency
- Instructions on how to get to the victim

Then ask what else you can do to help.

What to do Until Help Arrives

- Keep the person as still and comfortable as possible.
- Administer first aid to stop bleeding if you have been trained.
- Reassure the person and try to keep him or her calm.

www.gemplers.com/docs/tailgate-training-tip-sheets/33-emergency-situation-en.pdf

Fitness Challenge

Hold a Plank for more than 3 minutes

A chiseled core makes you stronger in everything you do, from carrying groceries to mastering the deadlift.

The Test: Assume a pushup position but with your weight on your forearms instead of your hands. This is plank position. Your body should form a straight line from shoulders to ankles. Brace your core by contracting your abs as if you were about to be punched, and hold the position for as long as you can. When your hips sag or your knees touch the floor, it's over.



The Scorecard:

Men's Health Fit: > 3 min.

Above average: 2 - 3 min.

Ordinary: 1 min. or less

www.menshealth.com/fitness/strngth-fitness-standards



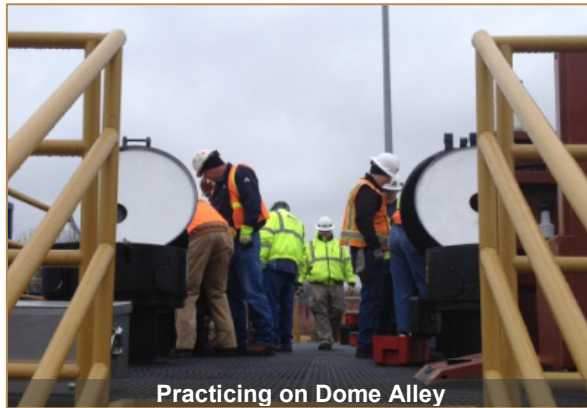
Values

Professionalism

Integrity

Mutual Respect

Discipline



Practicing on Dome Alley

One of the most notable interactive training aids at the REDI Center is Dome Alley, which consists of eight different tank car domes (picture above). The training aids

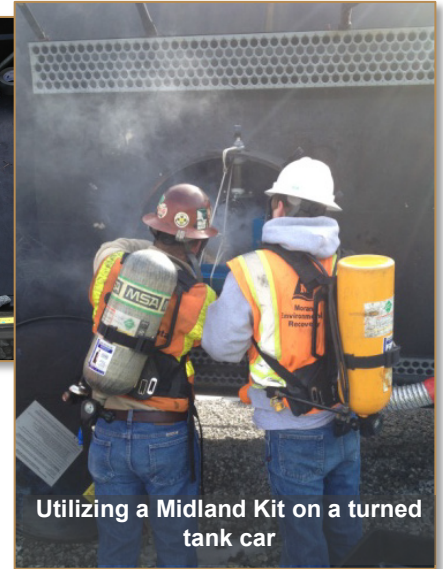
combined with the mixed experiences and backgrounds of employees from different Resource Centers allowed for an exciting beneficial experience for all involved.



Midland Kit

Intermodal Training

MER employees from across the organization came together in February to complete Tank Car Specialist training at the CSX Railroad Education and Development Institute (REDI Center) in Atlanta, GA. The comprehensive six-day course provided employees a unique opportunity to complete several different types of tank car derailment response simulations.



Utilizing a Midland Kit on a turned tank car

Employee Development Corner

Tax Season is here and it's a good time to start thinking about financial planning. There are several free online resources available; a few are listed below. In addition to these resources, check with your local bank or credit union for what they have available.

John Hancock Pensions – If you contribute to your MER 401(k), check out John Hancock's website to find resources to help with financial planning, such as personal goal setting, information on how much you should contribute, and where to allocate your funds. If you would like to start contributing or make changes to your current contributions, contact Cheryl Macdonald. Log in at <https://www.jhancockpensions.com>.

Khan Academy - Retirement Accounts: IRAs and 401(k)s – This free video lesson presents information and an explanation for Traditional and Roth IRAs as well as 401(k)s. View it directly at <http://tinyurl.com/m4cuysb> or visit <https://www.khanacademy.org> for this and other free lessons.

CNN Money - Money 101 – Money 101 provides 23 lessons as a step-by-step guide to gaining control of your financial life. These lessons range from making a budget and controlling debt to estate planning and life insurance. Each lesson includes the top things to know and a glossary, in addition to other important information. Check it out at <http://money.cnn.com/pf/> or <http://tinyurl.com/67yqpfv>.

Morningstar – Morningstar (<http://www.morningstar.com/>) is a resource tool for investing. The site provides articles for real-life finances such as family finance, how to begin investing, and retirement as well as information on stocks and mutual funds.

American Association of Retired Persons (AARP) – AARP is a nonprofit, nonpartisan organization for people age 50 and over. They have free webinars and articles on social security, work and retirement. Check them out at <http://www.aarp.org>.

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