

## Best-In-Class Thoughts

*"Do more than belong:  
participate. Do more than care:  
help. Do more than believe:  
practice. Do more than be fair:  
be kind. Do more than forgive:  
forget. Do more than dream:  
work."*

— William Arthur Ward

*"The purpose of life is to  
contribute in some way to  
making things better."*

— Robert F. Kennedy

*"Go into the world and do well.  
But more importantly, go into  
the world and do good."*

— Minor Myers



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## Note from Stephen E. Dovell

### Everyone Can Make a Difference

A new year is upon us and it's a great time to do a little reflecting; not to focus on what we might have done, or left undone, but rather take time to review what we do out there and how we can do it better and safer. How do we manage our safety and other employees' safety? How can we improve our company's safety awareness and performance? The answers lie in establishing mutual respect and trust. This is easy to say, but not easy to accomplish. Here are some suggestions:

- Focus on behaviors, not the person
- Actively listen
- Whenever possible, focus on the positive things you see and give constructive feedback
- Give your commitment and pledge
- Reinforce the positives you see
- Tie behaviors to personal safety
- Always remember people deserve good leadership

It takes courage to do what is right and character to accept responsibility and ownership regarding what happens to us and around us. But you know what? Our company and our employees are worth it.

## CSR Modular Hits the Road

In 2013, MER introduced the CSR Modular to our Confined Space Rescue training program. Shortly after, employees from multiple southern Resource Centers had the opportunity to utilize the CSR Modular during training to practice their skills. The overwhelmingly positive feedback from employees reinforced the decision to make the CSR Modular transportable, and in January, we did just that! The modular was placed and secured on a trailer, and then headed up the East Coast. The CSR Modular and team stopped at nearly every MER Resource Center along the way until the trip concluded in Randolph, MA. The CSR Modular tour of the Mid-Atlantic and Northeast region came to a close with great success thanks to MER's Maintenance Manager, General Managers, and Operations Managers who eagerly offered their assistance in coordinating the classes, as well as all of MER's attendees who enthusiastically participated in the training. Keep an eye out for the CSR Modular make future visits near you for CSE/ CSR training, CSR drills, and Client presentations.



## Did you know?

*Musculoskeletal disorders (MSDs) affect the muscles, nerves and tendons. Work related MSDs (including those of the neck, upper extremities and low back) are one of the leading causes of lost workday injury and illness.*

*According to BLS, MSD cases accounted for 33% of all worker injury and illness cases in 2011.*

[www.osha.gov/SLTC/ergonomics/](http://www.osha.gov/SLTC/ergonomics/)

# Ergonomics & Musculoskeletal Disorders

Ergonomics is the scientific study of people at work. The goal of ergonomics is to reduce stress and eliminate injuries and disorders associated with the overuse of muscles, bad posture, and repeated tasks. This is accomplished by designing tasks, work spaces, controls, displays, tools, lighting, and equipment to fit the employee's physical capabilities and limitations. By looking critically at your workplace operations, you can identify risk factors and eliminate or control them as early as possible.

**Risk Factors** - The risk of MSD injury depends on work positions and postures, how often the task is performed, the level of required effort and how long the task lasts. Risk factors that may lead to the development of MSDs include:

- **Exerting excessive force.** Examples include lifting heavy objects or people, pushing or pulling heavy loads, manually pouring materials, or maintaining control of equipment or tools.
- **Performing the same or similar tasks repetitively.** Performing the same motion or series of motions continually or frequently for an extended period of time.
- **Working in awkward postures or being in the same posture for long periods of time.** Using positions that place stress on the body, such as prolonged or repetitive reaching above shoulder height, kneeling, squatting, leaning over a counter, using a knife with wrists bent, or twisting the torso while lifting.
- **Localized pressure into the body part.** Pressing the body or part of the body (such as the hand) against hard or sharp edges, or using the hand as a hammer.
- **Cold temperatures** in combination with any one of the above risk factors may also increase the potential for MSDs to develop. For example, many of the operations in meatpacking and poultry processing occur with a chilled product or in a cold environment.
- **Combined exposure** to several risk factors may place workers at a higher risk for MSDs than does exposure to any one risk factor.

[www.osha.gov/SLTC/ergonomics/identifyprobs.html](http://www.osha.gov/SLTC/ergonomics/identifyprobs.html)

## Lifting, Carrying, and Lowering

### Lifting

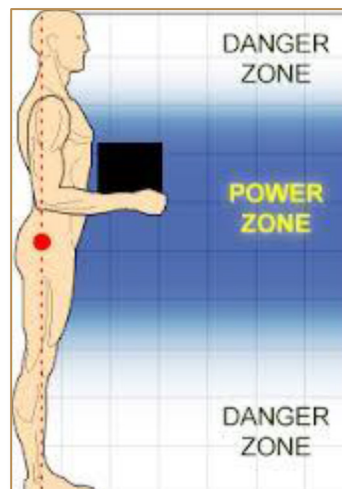
- Squat! Don't bend at the waist to lift objects. Leg muscles are much stronger than back muscles.
- Use feet and legs to change direction.
- Put one foot beside and one foot behind object shoulder width apart.
- Twisting the torso can cause strain and cause loss of balance.
- Use help if object is too heavy or too long.

### Carrying

- Keep load close to your body for supported balance.
- Put arms and elbows as close as your body as you can.

### Lowering

- Bend knees as you did when you lifted the object.
- Put edge of object on surface then slide into place.
- Don't overreach or stretch away from body.



There's an App for that!

**Ergonomics**  
Stand Up Apps,  
Inc.



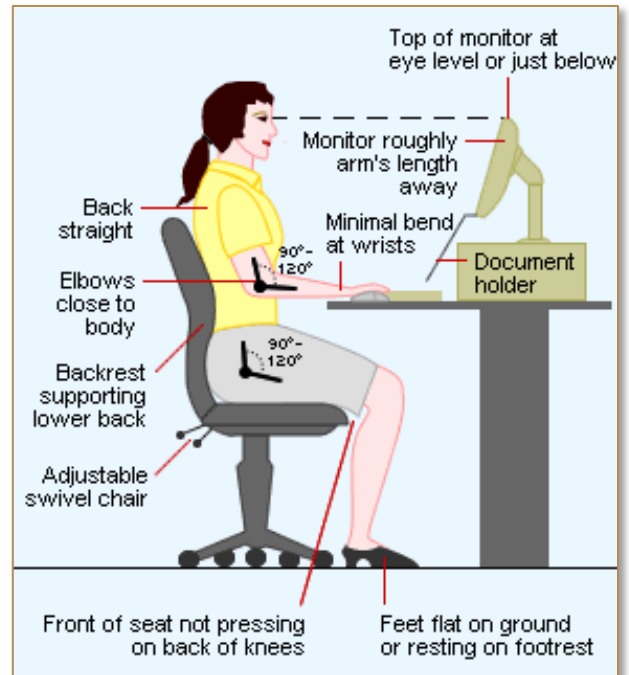
*Ergonomics is a complete mobile workplace health solution that offers equipment setup advice, a variety of workplace specific stretching exercises, and programmable reminders to help you time your breaks.*

## American Heart Month

### Wellness Tips

#### Ergonomics for the Office

Spend a lot of time working on a computer? See the picture below for tips on setting up a workstation.



In honor of American Heart Month, we want to provide some tips to help you protect your heart. There are some risk factors for heart disease that cannot be altered such as age and heredity. However, the good news is that the majority of risk factors including obesity, smoking, sedentary lifestyle, high blood pressure, high cholesterol, and adult onset diabetes are manageable!

**Nutrition** – Avoid trans-fat and limit your intake of saturated fats, cholesterol, and sodium. Fatty cuts of red meat as well as processed meats such as hot dogs or sausage are high in saturated fat and certain fried foods may contain trans-fat. High sodium content can sneak up on you in packaged foods including soups, frozen meals, and pre-made rice or pasta dishes.

Focus on consuming a heart-healthy diet which includes a wide variety of fruits, vegetables and whole grains, as well as lean meats, poultry, fish, beans and fat free or low-fat dairy products.

### Fitness Challenge

#### Do 10 Clapping Pushups

*The clapping pushup—which requires explosiveness as well as strength—is an old-school move that many still consider the ultimate test of upper-body pushing power.*

**The Test:** Assume a pushup position, with your body straight from head to ankles. Lower yourself until your chest is 3 inches from the floor. Push yourself back up explosively so your hands leave the floor. Maintain a straight body as you clap in midair and land back in the starting position.

#### The Scorecard:

Men's Health Fit: 10 clapping pushups

Above Average: 5 clapping pushups

Ordinary: No clap

<http://www.menshealth.com/fitness/strength-fitness-standards>

- **Olive Oil** – Lowers your LDL (bad) cholesterol levels.
- **Apples** – Contain a phytochemical called quercetin (acts as an anti-inflammatory and can help prevent blood clots).
- **Tomatoes** – Contain vitamins and lycopene (possesses strong antioxidant properties).
- **Oats** – Contain a soluble fiber (reduces total cholesterol and LDL cholesterol and helps keep your digestive system healthy).
- **Green Leafy Vegetables** – Contain folate (helps to keep homocysteine levels down, an amino acid linked to heart disease) and Vitamin E (antioxidant and anti-aging effects).
- **Salmon** – source of omega-3 fatty acids (reduces inflammation and risk of blood clots).

**Fitness** – A sedentary lifestyle is continuously linked to an increased risk for heart disease. Unfortunately, in our current culture many people have jobs where they sit at desks for the vast majority of the workday. This means many of us are stationary for at least 8 hours a day for 5 days per week. To combat this, work fitness into your spare time by leading an active lifestyle. Also, while at work be sure to get up and move around at least once each hour and try to dedicate either your lunch or one of your breaks to some fitness.

**Lifestyle** – There are two really important lifestyle choices you can make to help keep your heart healthy:

- **Quit Smoking** – People who smoke are 6 times more likely to suffer a heart attack than nonsmokers and the more you smoke, the higher your risk.
- **Keep Stress under Control** – Stress can lead to high blood pressure, increased recreation of cortisol, lack of interest in fitness, and the tendency to overeat and all of these are risk factors for heart disease. Practice relaxation techniques to help you cope with stressful situations.



MER

## Values

Professionalism

Integrity

Mutual Respect

Discipline

We are pleased to announce the 4<sup>th</sup> quarter winners of the MER Driver Recognition Program. Just a reminder, the criteria used to help select our quarterly winners are:

- No motor vehicle accidents in 12 months.
- No moving motor vehicle violations in 12 months.
- No driver log issues in 6 months if applicable to the candidate.
- Timely submittal of completed driver vehicle inspection reports.
- Maintains vehicle to Moran Standards.

For their efforts, each employee will be awarded a \$250 gift card as a token of our appreciation for a job well done.

## Q4 Driver Awards

**Joseph 'Trey' Connell**  
• Northeast

**Sean McKnight**  
• Mid-Atlantic

**Robert Nichols**  
• Southeast

**James Bishop**  
• Northwest

## Employee Development Corner

## Intermodal and Tank Car Specialist Training

MER will be hosting Intermodal and Tank Car Specialist Training in Atlanta, GA for select MER employees across the organization. Training will focus on Intermodal and Tank Car emergency response and will cover methods for identifying tank cars and responding to emergencies for fuel, hazardous, and non-hazardous materials. Employees will have the opportunity to gain hands-on experience with plugging and patching tank cars, creating bonding and grounding fields, liquid transfers, and applying chlorine kits.

## Train the Trainer

As you may know, the instruction of MER training classes is not limited to members of the Health and Safety Department. MER has several employees across the organization certified to instruct certain classes, and more employees will be attending Train the Trainer courses in 2014. In fact, two employees are attending the Roadway Worker Training (RWT) Train the Trainer course in February; upon completion they will be able to conduct RWT classes to employees in multiple locations. Additionally, two more employees will be completing American Red Cross CPR/First Aid/AED Instructor training. These employees will be tasked with conducting the CPR/First Aid/ AED and Bloodborne Pathogen training for their region. Look for the new trainers in your area soon!

## Call for Trainers!

MER is looking for more employees interested in conducting local or regional training. Classes range from hour-long awareness courses to full day training sessions. If you are interested in being considered as a trainer please contact Lauren LeGendre at [llegendre@moranenvironmental.com](mailto:llegendre@moranenvironmental.com).



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