

Best-In-Class Thoughts

"I disapprove of what you say, but I will defend to the death your right to say it."

- Voltaire

"Be the change you want to see in the world."

- Gandhi



this issue

MER Family **P.1**

Pressure Washer Safety **P.2**

First Aid **P.3**

Dummac U **P.4**

Note from Leanne

As our organization continues to grow through geographic expansion, industry diversification and service specialization, our employees will see more and more opportunities for cross training, cross-utilization of staff and personal growth potential. As these new opportunities present themselves, it's critical that employees who have interest in these opportunities communicate their interest to their local manager in addition to reaching out to the person/team presenting the opportunity (i.e. Safety Rep – contact the Safety Team AND tell your GM). Additionally, utilize your performance reviews to show interest in growth and development; ask about upcoming opportunities, ways to progress through the organization and skills you might need to be considered for advancement. Your individual success is critical to our organization's success; the more we can help you develop as an individual, the more you'll be able to help our company progress.

MER Family of Companies

As I travel across the organization and have the opportunity to speak to employees from all across our Family of Companies, I am often asked what kind of hazards and safety issues I see. Below is a quick summary of key safety issues that our team sees and/or deals with when working with our Family of Companies:

Moran Environmental Recovery (MER) – Confined space entry/rescue; high voltage electrical; chemical; asbestos/lead (inhalation); vacuum truck operations; heavy equipment; excavation; hydro/ abrasive blasting; water hazards (boating activity)

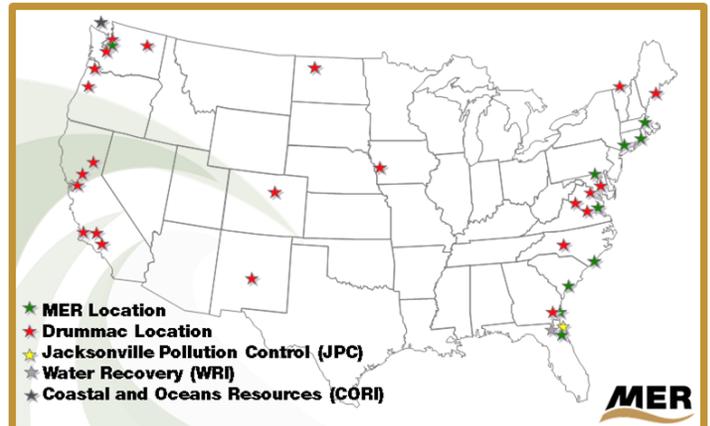
Water Recovery (WRI) – Moving equipment; fall from heights; chemical hazards (water treatment)

Jacksonville Pollution Control (JPC) – Confined space entry; vacuum truck operations; water hazards (boating activity)

Drummac – Moving equipment (trains); electrical; fall from heights; BBP

Coast and Ocean Resources (CORI) – Activity in remote areas; fall from heights (airplane/helicopter hazards)

If you're looking for more information with regards to the industries that our Family of Companies serve, our corporate website (<http://www.moranenvironmental.com>) is a great place to visit to see the types of activities in which our companies are engaged.



Did you know?

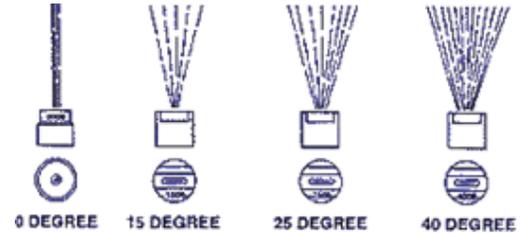
Occasionally, high pressure washer components are mistakenly replaced with low pressure components, such as garden hose connections. In the past, a garden hose fitting failed when connected to a high pressure hose. This caused the hose to disconnect from the handle and flail wildly while still spraying a powerful water stream. Needless to say, a similar incident could result in a serious injury. **Inspect all units prior to use and ensure all components are used as they are intended.**



Pressure Washer Safety

A pressure washer is a power tool that sprays water at high pressures to clean large, sturdy surfaces such as buildings, interior and exterior storage tank surfaces, and roads. MER utilizes pressure washers on a daily basis in a multitude of applications; operators must use caution as there are serious risks associated with operating pressure washers including, but not limited to:

- **Injection Injury** - Wounds might appear minor at first, however immediate care is necessary. Delaying treatment increases the risk of infection, disability, or amputation. (Remember to give your physician your pressure washer injury card.)
- **Debris Blast Back** - Spray can throw objects that can strike the operator or others.
- **Burns** – A hot water machine (hotsy) can produce sprays over 200° F, causing the rubber hoses and lance to become extremely hot.
- **Atmospheric Hazards** - Using fuel powered engines can cause carbon monoxide poisoning. Avoid using inside buildings or other partially enclosed spaces.



Pressure Washer Precautions

- Never point a pressure washer at yourself or others.
- Always test the ground fault circuit interrupter (circuit breaker or outlet) before using a pressure washer.
- Always plug a properly grounded pressure washer into a properly grounded receptacle.
- If using an extension cord, keep the power cord connection out of standing water, and use one rated for wet locations.
- Wear rubber-soled shoes that provide some insulation when using the pressure washer.

PPE – At a minimum, pressure washing requires: hard hat, safety glasses, face shield, gloves, steel-toed boots, tyvek or rain suit, and hearing protection. Additional PPE requirements are:

Low Pressure Water Washing (Less than 1,000 psi) – Chicken boots; zero degree tip requires metatarsal guards.

High Pressure Water Washing (1,000 - 10,000 psi) – Metatarsal guards

Hydroblasting (10,000 and 25,000 psi) – PVC or other heavy gloves, metatarsal & shin guards

Ultra Hydroblasting (Above 25,000 psi) – PVC or other heavy gloves, turtle gear (or similar)

Training – Pressure Washer Operators training includes classroom and equipment training, as well as supervised shifts. Hydroblasting Operator requirements include an additional 25 hours supervised equipment operation.

Color	Degree of Fan Spray	Usage
Red	0° Pencil Spray	Concentrates pressure into smallest area
Yellow	15° Chiseling Tip	Hold at 45° angle and acts like a scraper
Green	25° Wash Tip	Provides adequate pressure and coverage
White	40° Fan Tip	Delicate surfaces such as wood, glass, vehicles
Black	Wide, Low Pressure Chemicals	Used with downstream chemical injectors where chemical is introduced to water stream AFTER it leaves the pump

There's an App for that!

OSHA Heat Safety Tool

U.S. Department of Labor



The App allows you to calculate the heat index to help determine the risk level for outdoor workers.

You can get reminders about drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.

First Aid

MER First Aid-trained personnel play an important role in the Emergency Medical Service (EMS) system by participating in the initial response to an emergency incident. Our role in the EMS system consists of four basic steps:

- 1.) Recognize that an emergency exists.
- 2.) Decide to act.
- 3.) Activate the EMS system.
- 4.) Give care until help takes over.



It's important to keep up on our first aid skills. As such, some quick first aid care reminders are below. Remember, every situation is approached in a similar manner with the Check-Call-Care system, in addition to donning the appropriate personal protection equipment.

Fitness Challenge

Toss a Basketball 75 Feet Kneeling

Distance throwing is the ultimate measure of your upper-body power (that's strength plus speed). A fit man needs a powerful arm to throw the long bomb and to hit his tee shot 300 yards.

The Test: Kneel on the court, just behind the baseline. Throw the basketball overhand as far as you can. The top of the key at the far end of the court is 73 feet—just short of the Fit Man standard.

The Scorecard:

Less than 60 feet:

Lousy arm

60 to 74 feet:

Ordinary

More than 74 feet:

Cannon fire

<http://www.menshealth.com>

CPR - Adult

- Give 30 chest compressions
- Give 2 rescue breaths
- Repeat - Do NOT stop unless:
 - Obvious sign of life
 - AED is ready
 - Another responder takes over
 - Too exhausted to continue
 - Scene becomes unsafe

Conscious Choking

- Give 5 back blows
- Give 5 abdominal thrusts
- Continue sets of 5 and 5 until:
 - Object is out or person can cough forcefully or breathe
 - Person loses consciousness

Unconscious Choking

- Give Rescue Breaths
- Give 30 chest compressions
- Look for & remove object if seen
- Give 2 rescue breaths
 - If NO chest rise, repeat steps
 - If chest clearly rises, check for breathing and give care based on conditions

Burns

- Remove from source of burn
- Cool burn with cold running water at least until the pain is removed
- Cover loosely w/ sterile dressing
- Call 911 if the burn is severe
- Care for shock

External Bleeding

- Cover wound w/ sterile dressing
- Apply direct pressure until bleeding stops
- Cover dressing with bandage
- Check for circulation beyond injury (feeling, warmth, and color)
- Bleeding doesn't stop:
 - Apply more dressing & bandages
 - Continue applying pressure
 - Take steps to minimize shock
 - Call 911

Head, Neck, or Spinal Injuries

- Call 911
- Minimize movement of the head, neck, and spine
- Stabilize head manually in the position in which it was found
 - Place your hands on both sides of the person's head
 - If head is sharply turned to one side, do NOT move it

High Pressure Spray (Pressure Washer) Injury

- Apply pressure w/ a clean cloth
- After bleeding stops, pour clean water over wound
- Gently clean around wound with soap and clean water
- Pat dry and cover wound
- Leave unclean wounds open
- Get immediate medical care

BBQ Food Swaps

Beef burger with bun and 1 slice of mild Cheddar cheese
Calories: 520 Fat: 32 grams
The skinny: Use a leaner beef; trade 80/20 for 90/10

Smart swap: **Turkey or chicken burger** with slim bun and 1 slice of ultrathin pepper Jack cheese
Calories: 366 Fat: 7 grams
The skinny: Check labels for ground chicken or turkey **breast**. Hold the mayo, and add some dill pickle slices for flavor.

Italian sausage (1 grilled, 3-ounce link) with peppers and onions on regular hot-dog bun
Calories: 416 Fat: 27 grams
The skinny: Unwilling to give up the sausage? Kebab it- adds veggies & moderates portions

Smart swap: **Chicken sausage** (1 grilled, 3-ounce link) with peppers and onions on light bun
Calories: 180 Fat: 6 grams
The skinny: Lots of flavors from spicy to savory to sweet. Grill by themselves or with vegetables.

Potato salad (1 cup)
Calories: 358 Fat: 21 grams
The skinny: Substitute with light mayo to shave about 100 cal. and 10g of fat per serving from potato or pasta salad. Try using half nonfat plain Greek-style yogurt mixed with light mayo.

Smart Swap: **Layered Salad with Mustard/Herb Vinaigrette** (1 cup)
Calories: 219 Fat: 13 grams
The skinny: Can't part with pasta? Use 3 parts veggies to 1 part pasta. Simple homemade vinaigrette: olive oil, lemon juice and fresh herbs.

<http://www.freep.com>



Values

- Professionalism
- Integrity
- Mutual Respect
- Discipline



Drummac is proud to introduce Drummac University, or Drummac U, which took place for the first time in June 2013. Drummac U is a multi-week intensive training course offered to individuals involved in the Drummac Apprentice Program, as well as select MER employees. The Drummac Apprentice Program has been in place for the last several years to help develop Drummac employees; however, last month was the first official Drummac U course. Upon “graduation,” employees receive certifications for Qualified Maintenance Person (QMP), HAZWOPER 24-Hour, and CPR/First Aid Training. The training consists of classroom and hands-on training prior to taking both a written and practical exam for QMP certification by Amtrak personnel. Those employees who do not successfully complete the examination process are able to retake the exams at a later date. Employee training included the following:

- Fundamentals of locomotive safety and applicable OSHA regulations
- Fundamentals of air brakes, air valves and trucks
- Passenger car daily inspections
- Daily locomotive brake departure test
- Documentation completion
- HAZWOPER 24 Hour
- American Red Cross CPR/First Aid

Drummac U

Drummac Terminology

Qualified Maintenance Person (QMP)

A person who has instruction, classroom and practical training, and experience for troubleshooting, inspection, testing, maintenance or repair of the specific train brake and other systems for which the person is assigned.

Drummac Apprentice Program

- Apply through jobsite or written notification to Corporate Office
- Recommendation by Site Supervisor
- Field training for typically 3-6 months

Q2 Driver Awards

In an effort to make the Moran Driver Recognition Program more competitive, MER has decided to break up the Resource Centers into four districts. Moving forward there will be one winner for each district, and each of the winners will receive a \$250.00 gift card. The four districts are:

- Northeast – MA, RI, CT
- Mid-Atlantic – DE, VA, NC
- Southeast – FL, GA, SC, WRI, JPC
- Northwest – WA and TBA

Northeast Donald Salvas	Mid-Atlantic Sam Gabriele
Southeast Adam Disher	Northwest Chris Echevarria

Congratulations on a job well done!

Employee Development Corner

New Bloodborne Pathogen (BBP) Training for the MER, JPC and Drummac!

BBP and Other Potentially Infectious Material (OPIM) training includes:

- Classroom or Online (available on ProProfs) Training
- Practical BBP and OPIM Clean-up Exercise
 - Completed after completion of classroom or online training



Remember, HEP A and B vaccines are available to all employees who may have occupational exposure to BBP and OPIM. See BBP Program or the Health and Safety Team for more details.

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Safety Brief

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