

Best-In-Class Thoughts

"He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery."

- Harold Wilson

"Winning is a state of mind that embraces everything you do."

- Bryce Courtenay

"Progress is impossible without change, and those who cannot change their minds cannot change anything."

- George Bernard Shaw



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Note from Leanne

As our industries, our company and our services continue to grow and evolve, it's important that we recognize the role that we play with regards to assisting with the progress of that evolution. More often than not, changes in our procedures and processes are rooted in safety and health; as we make these changes, there are inevitably questions and resistance, because let's be honest, we all have a little, "who moved my cheese?" mentality in us.

As a company that prides ourselves on being Best-in-Class, it's our responsibility to not only understand the safety aspect of any changes we make, but also educate our employees, our clients and the rest of our industries on the importance and necessity of those changes. The more we communicate and educate, the further along our industries' evolution will progress, and that, no matter how you look at it, is a great thing to be part of.

Facility Assessments

Facility assessments are tremendously important to our overall safety program yet are often overlooked with regards to the role that they play in our day-to-day safety. This scheduled activity, which is required monthly at each of our facilities, allows us to formally inspect critical safety equipment that is used in the field every day, such as SCBAs. These inspections are documented and when equipment is found to be unsafe, inoperable or their manufacturer certifications are expired, the items are red-tagged and either sent out for service or serviced internally, and then reintroduced to our local safety equipment inventory. Additionally, facility assessments give us a formal opportunity to ensure that the facilities out of which our teams report is clean, organized and safe.

Facility assessments also offer us an opportunity to get all of our employees involved in our safety program; everyone can help with facility assessments: field staff, managers and even office staff can share in this monthly responsibility. For example, at some Resource Centers, employees are assigned areas of the shop, and for a specified amount of time, everything that falls within that area is that employee's responsibility to inspect, clean and make ready for field use. In addition, the Confined Space Rescue Specialists have been assigned all CSR equipment, such as tripods, davit arms, retrievers and rescue rope (among other equipment) to inspect and maintain on a monthly basis.

If you have any questions or comments about facility assessments for your Resource Center, please contact the Health and Safety Team.



Did you know...?

In 2011, fires and explosions caused 143 workplace fatalities in the United States.

The four most frequent causes:

- improper handling and storage of flammable liquids
- spontaneous combustion
- faulty electrical circuitry and equipment
- careless smoking

<http://www.natso.com>



One of two vacuum truck diesel engines believed to be the ignition source for a fatal fire at an open air collection pit.

Engines are Ignition Sources?

Internal combustion engines, whether fueled by gasoline, diesel, propane, natural gas, or other fuels, can act as ignition sources. Examples include:

- Stationary engines such as compressors, generators and pumps.
- Mobile equipment or transports such as vans, trucks, forklifts, cranes, excavators, and portable generators.
- Engines used on vessels for marine transport such as barges.
- Emergency response vehicles such as fire engines and ambulances.
- Vehicle-mounted engines on vacuum trucks, tanker trucks and waste haulers.
- Small portable engines such as blowers, generators, compressors, welders and pumps.

This includes hand tools unrelated to a process, such as chain saws.

Internal combustion engines require a specific fuel-to-air ratio to work properly. If flammable vapors exist in the area, then the vapors can enter the air intake that leads to the combustion chambers (cylinders). The additional flammable material in the cylinders provides an external fuel source and increases the fuel-to-air ratio in the engine, which can create ignition hazards by:

- Elevating engine operating temperatures
- Creating sparks
- Causing over speed and runaway engines

For a gasoline engine, over speed is stopped by turning off the ignition switch, which shuts down the ignition source (spark plugs) in the cylinders. Diesel engines, however, do not use spark plugs; turning off the engine ignition switch does not shut down the ignition source. Stopping the fuel supply is also ineffective because the fuel is present in the intake air. The only way to prevent mechanical failure and possible explosion is to cut off the intake air supply.

Prevention

- Identify areas where flammable liquids or gases are used or stored.
- Evaluate internal combustion engines locations.
- Establish acceptable areas, boundaries, and entry routes for mobile internal combustion engines when handling flammable liquids.
- Avoid driving in areas where flammable vapors and gases may be present.
- Watch for signs of flammable vapor and gas clouds, as well as signs and internal combustion engine over speed and runaway.
- Consider the use of portable gas monitors.
- Position vehicles upwind and uphill of fuel spills or fuel handling locations at a sufficient distance to avoid the vapor cloud.
- Know the emergency procedures, including response to engine over speeds and runaways.

Most of these steps should be completed during the daily site specific Job Hazard Analysis Package.

<http://www.osha.gov/Publications/osha3589.pdf>



An explosion at a refinery site killed 15 and injured nearly 200; an idling diesel pickup truck was the most likely ignition point.

There's an App for that!

GoalGetter

Blue Cross Blue Shield



Whatever your health and fitness goals, the GoalGetter is a free app can help you get there and keep track of your progress. So it's almost like having your own walking or running coach.

GoalGetter records all your routes so you can find them again later. And it includes a full-function pedometer and GPS mapping as well.

Stroke Awareness

A stroke occurs when a blood clot blocks a blood vessel or artery, or when a blood vessel breaks, interrupting blood flow to an area of the brain. When a stroke occurs, it kills brain cells in the area surrounding where the clot or breakage occurs. There are two types of stroke:

1. Ischemic Strokes can occur two ways and are the most common, accounting for approximately 87 percent of strokes.
 - Embolic: Clot travels to the brain from another part of the body
 - Thrombotic: Clot develops in an artery
2. Hemorrhagic Stroke is a second type of stroke which occurs when a blood vessel in the brain breaks or ruptures. While hemorrhagic stroke is less common, it's more deadly.

Every 40 seconds someone suffers a stroke; every four minutes someone dies from a stroke.

Stroke Facts

- Stroke is a leading cause of death in the United States behind heart disease and all forms of cancer combined.
- Stroke kills more than twice as many American women every year as breast cancer.
- Stroke kills approximately 133,000 Americans each year.
- More women than men die from stroke - accounting for more than 67 percent of all stroke deaths.
- There are more than 6 million stroke survivors living in the United States. Men make up about 2,500,000 of survivors and women make up 3,900,000. About one-third have mild impairments, another third are moderately impaired and the remainder are severely impaired.
- **UP TO 80 PERCENT OF ALL STROKES ARE PREVENTABLE.**

Fitness Challenge

Measure Up

Take a look at yourself. The more fat your body stores in your midsection, the higher your risk of heart disease. And this much we know: Fit men rarely get heart disease.

The Test: The easiest method of determining your risk level is a comparison of your waist and hip circumferences. Grab a measuring tape and measure the circumference of your waist at the narrowest point. Then measure the distance around the widest part of your hips and butt. Divide your waist circumference by your hip circumference for your score.

The Scorecard:
0.92 or higher: At high-risk
0.82 to 0.91: Ordinary
0.81 or less: Flat & happy

http://www.menshealth.com/mhlists/be_fit/Measure_Up.php#ixzz2R6G0hztw

Many strokes are preventable if you pay attention to pre-existing medical conditions and control lifestyle factors such as diet and exercise. National Stroke Association recommends the following public stroke prevention guidelines:

1. Know your blood pressure. Check it at least annually.
2. Find out if you have atrial fibrillation – a type of irregular heartbeat.
3. If you smoke, stop. Smoking doubles stroke risk.
4. Drink alcohol in moderation. Recent studies have suggested that modest alcohol consumption (up to two glasses of wine or the alcohol equivalent) may reduce stroke risk.
5. Find out if you have high cholesterol. Talk to your doctor if your total cholesterol is higher than 200 mg/dL or if you LDL cholesterol is higher than 100 mg/dL.
6. If you are diabetic, follow your doctor's recommendation carefully to control your diabetes. People with diabetes have a significantly higher stroke risk.
7. Incorporate physical activity that you enjoy into your daily routine.
8. Enjoy a low-sodium (salt) and low-fat diet.
9. Ask your healthcare professional if you have circulation problems which increase your risk for stroke.
10. If you experience any stroke symptoms, seek immediate medical attention by calling 9-1-1.

Think F.A.S.T. Every minute matters!

<http://www.strokeawareness.com/community-outreach-stroke-tools.jsp>

Any one of these signs could mean a stroke:



FACE

Look for an uneven smile



ARM

Check if one arm is weak



SPEECH

Listen for slurred speech



TIME

Call 911 at the first sign



Values

Professionalism

Integrity

Mutual Respect

Discipline

On April 27th, Moran Environmental Recovery (MER) responders were dispatched to the site of a two vehicle accident to assist in the cleanup of a gasoline spill. A gasoline tanker carrying an estimated 8,000 gallons of product was involved in an accident with a passenger vehicle, causing the tanker to roll-over, and lose a portion of its cargo along the side of the road. It is estimated that as

much as 7,000 gallons of gasoline may have been released. MER personnel worked with SC DHEC, and local emergency officials to safely remove remaining product from the tanker. Initial response required Level B PPE until a non-hazardous atmosphere could be confirmed. MER continued to vacuum and contain any free-product released from the tanker so that the accident site could be cleared, and the highway reopened. After free-product removal, the cleanup continued with the excavation of 5,100 tons of soil followed by restoration of the impacted area. Everything was completed safely and successfully. Great response effort by all!



Roadcheck 2013

This year, Roadcheck will take place June 4-6th. On average, 14 trucks or buses will be inspected every minute from Canada to Mexico during the 72-hour period in June. The Commercial Vehicle Safety Alliance (CVSA) says roughly 10,000 inspectors from state, local and federal enforcement agencies will be stationed at 1,500 inspection points across the U.S. to complete the roadside inspections.

Top 10 Roadside Vehicle Inspection Violations for 2012:

1. Operating vehicle not having required operable lamps
2. No or defective lighting devices/ reflective devices/ projected
3. Tire—Other tread depth less than 2/32 of an inch
4. Oil and/ or grease leak
5. Clamp/ roto-chamber type brake(s) out of adjustment
6. Inspection/ repair and maintenance parts and accessories
7. Operating a CMV without periodic inspection
8. No/ discharged/ unsecured fire extinguisher
9. Failing to secure brake hose/ tubing against mechanical damage
10. Inoperative turn signal

Roadcheck is the largest targeted enforcement program on commercial vehicles in the world. Since its inception in 1988, roadside inspections conducted during Roadcheck have numbered more than 1 million resulting in more than 220 lives saved and 4,045 injuries avoided.

http://www.cvsa.org/programs/int_roadcheck.php

<http://www.drivingambitioninc.com/blog/?Tag=Roadcheck>

Employee Development Corner

Basic Email Etiquette

Always Respond: Junk mail and forwards are one thing, but you should always respond to a real message, whether it's to invite you to a meeting or a hello from an old friend.

Subject Matters: Use the Subject line to alert the receiver to the subject matter of your message. You're likely to get a faster response.

Watch Your Language: While our e-mail culture is full of its own shorthand, it's best to always reread your messages before sending to make sure there are no grammatical or spelling errors in your message. Above all: Keep it Professional.

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