

## Best-In-Class Thoughts

*"The three great essentials to achieve anything worthwhile are, first, hard work; second, stick-to-itiveness; third, common sense."*

- Thomas A. Edison

*"Don't find fault, find a remedy; anybody can complain"*

- Henry Ford

*"It is the obvious which is so difficult to see most of the time. People say 'It's as plain as the nose on your face.' But how much of the nose on your face can you see, unless someone holds a mirror up to you?"*

- Isaac Asimov, I,  
Robot



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## Note from Leanne

When someone asks you about your job, what do you say? Do you explain to them the type of work our companies perform, the type of clients we have or maybe tell them about the specialty projects or big spills that we're involved in? Do you tell them about the MER family of companies or the different locations that we have?

How many times do you tell people about our Best-in-Class safety program or about the specialty PPE we utilize or the safety training that all of our employees go through? Do you ever talk about our Good Catch program or our Site Assessment initiative?

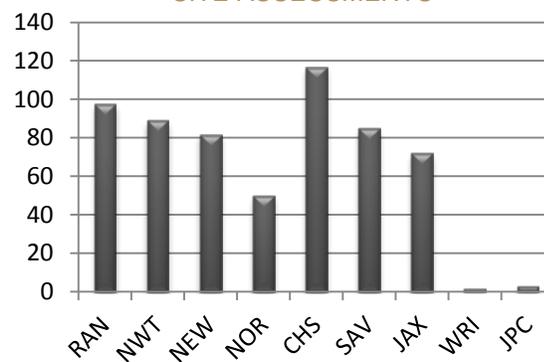
If safety isn't relevant when you describe your job, how relevant is it when you're actually doing your job?



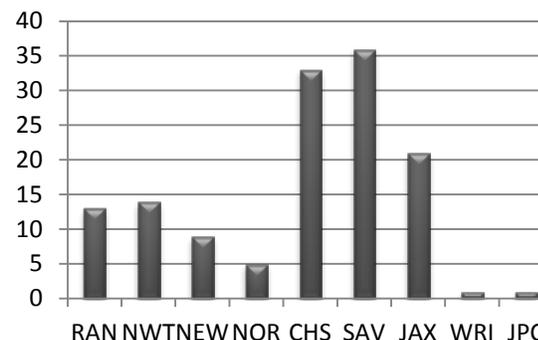
## 2012 Safety Activity - YTD

In 2012, our goal is to focus on the quality of our Site Assessments and Good Catches and to ensure that the action of completing those documents adds value throughout the organization. Below is some basic data on our Site Assessments and Good Catches through 10/31/2012:

### SITE ASSESSMENTS



### GOOD CATCHES



# MER in Wilmington, NC!

Wilmington, NC – October 17<sup>th</sup>, 2012: Moran Environmental Recovery (MER) announces the opening of its newest Resource Center in Wilmington, North Carolina.

“Located along the Cape Fear River, the Wilmington Resource Center is ideally located to support the strategic growth of our operations, as well as service the expanding client base we have here in the Carolina market”, commented John Mote, MER’s Energy & Industrial (E&I) Specialist, and General Manager of Wilmington. John is a career veteran in the E&I market, and a long-term resident of the greater Wilmington area.



# Safety vs. Common Sense

The National Safety Council defines “safety” as the control of recognized hazards to achieve an acceptable level of risk. Merriam Webster defines “common sense” as sound and prudent judgment based on a simple perception of the situation or facts. What is the difference? When you look at the core of both definitions, there isn’t much difference between the phrases at all. They are both appropriate judgments made based on the facts. If safety is common sense, how can we possibly have injuries? Likely, many of you immediately answered that question with the thought, “common sense isn’t so common.” That, however, may not be the best answer. Perhaps the problem lies with each individual’s interpretation of what is suitable. Everyone’s definition of a “sound and prudent judgment” and determination of “acceptable level of risk” is a little different. Additionally, people can become complacent and gain a sense of comfort in their work environment, causing them not to consider the surrounding hazards or the consequences of their actions at all.

How do we ensure employees know how to determine the “acceptable level of risk” and remain aware of the potential hazards? Luckily, MER already has tools in place to assist in ensuring everyone has an equal understanding of the potential risks; all we have to do is use them. Three of our most valuable tools for risk assessment are listed below:

1. Pre-Work Hazard Analysis a.k.a. Daily Tailgate Meeting – Designed to assist a jobsite supervisor in leading a discussion with employees about the hazards they may be exposed to during their work, as well as what controls will be implemented to mitigate those hazards. This discussion offers a solution to both parts of the question: equal understanding of hazards among employees and drives awareness.
2. Good Catch Program – Completing Good Catches allows us to share a lesson learned from one location with the rest of our organization. Sharing that information advises other employees how to handle or avoid a possible mishap if they end up in a similar situation. Communicating lessons learned helps increase employee awareness.
3. Site Assessments – Allows supervisors to assess our jobsites and ensure our employees understand and are complying with MER’s safety programs. They also provide an opportunity to educate employees with a hands-on experience if an inconsistency is found during the assessment. The benefits of supervisors observing jobsites is endless, but focusing on the question at hand, what better way is there to communicate MER’s safety standards and support safety awareness than through upper management?

These are only three of the tools that MER has available, but they are vital to the success of our program. When these elements of our program succeed, the rest of MER’s safety program thrives and the entire organization reaps the benefits.

## Did you know...?

*Every day in America, 13 people go to work and never come home.*

*Every year in America, nearly 4 million people suffer a workplace injury from which some may never recover.*

<http://www.osha.gov/oshstats/commonstats.html>

## “Keep them clean. Keep them healthy”

October is National Dental Hygiene Month. The hectic pace of today's adult lifestyle often leaves little time for the daily oral health care routine needed to prevent cavities and periodontal disease. This is unfortunate since periodontal disease is the most common cause of tooth loss in adults. An estimated 75% of Americans reportedly have some form of periodontal disease. One method of prevention is to effectively clean your teeth and gums with proper brushing. Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums. Remember to replace your toothbrush every three to four months. Researchers have established that thousands of microbes grow on toothbrush bristles and handles. Most are harmless, but others can cause cold and flu viruses, the herpes virus that causes cold sores and bacteria that can cause periodontal infections. Additionally, regular professional visits, every six months or as scheduled by your dental hygienist, will help you learn more about proper dental care. Regular visits are important because gingivitis, the early stage of periodontal disease, is usually painless; you may not be able to detect it on your own.

<http://www.adha.org/>

## National Depression & Mental Health Screening Month

Everyone occasionally has bouts of sadness, but these feelings are usually fleeting. When a person has a depressive disorder, it interferes with daily life and normal functioning. It is a common but serious illness that can affect anyone at any time. There is no single known cause of depression, but it likely results from a combination of genetic, biochemical, environmental and psychological factor, and commonly coexists with other illnesses, such as anxiety disorders or alcohol/substance abuse.

### Recognizing the Symptoms

People with depressive illnesses do not all experience the same symptoms. The severity, frequency and duration will vary depending on the individual and the illness. Symptoms may include:

- Trouble falling, staying asleep or sleeping too much
- Loss of interest in activities you/they once enjoyed
- Feeling a lack of energy or motivation to do normal activities
- Trouble concentrating on activities such as reading or watching TV
- Moving or talking slower than normal? Or being more fidgety and restless
- Poor appetite or overeating
- Feeling sad, anxious or “empty” often
- Feeling guilty, worthless or hopeless often
- Thoughts or mentions of suicide

People who have gone through a recent emotional crisis may experience symptoms more often.

### Diagnosis and Treatment

Depression is a highly treatable disorder. The first step is to visit a doctor, where he/she will perform a medical examination and rule out factors that may be causing the condition, such as certain medications or a thyroid disorder. Once diagnosed, a person will likely be treated with psychotherapy and/or medication. In the meantime, it is important to exercise, participate in activities, spend time with friends and relatives, and think positively.

### Helping a Loved One Affected by Depression

Knowing a depressed person can affect you too. The most important thing to do is to help him/her get an appropriate diagnosis and treatment. Other ways to lend a hand are to offer emotional support, understanding, patience and encouragement, and be a good listener. Invite him/her to do things with you; if he/she declines, keep trying, but don't push, and remind the person that with time and treatment, the depression will lift. Never ignore comments about suicide; report them to the person's doctor, or call the National Suicide Prevention Lifeline at **(800) 273-TALK**. For more information: visit [www.nimh.nih.gov](http://www.nimh.nih.gov) or [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org) or speak with a trusted health care professional.

<http://www.winningwithwillis.com>

- BRUSH**  
2 minutes 2x a day
- FLOSS**  
daily
- RINSE**  
with mouthwash
- CHEW**  
sugar free gum after eating

### Did you know...?

*About 1 in 4 adults suffer from some type of diagnosable mental disorder in a given year.*

*MER offers an Employee Assistance Program (EAP) through BalanceWorks at no cost:*

*1-800-EAPCALL  
[www.eniweb.com](http://www.eniweb.com)*



## Quarterly Driver Awards

In an effort to reward exemplarity employee efforts, Moran Compliance and Maintenance Departments hosts a quarterly recognition program for employees who set a high standard of DOT compliance and Vehicle Safety. The criteria used 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)
- Timely submittal of completed driver vehicle inspection reports
- Maintains vehicle to Moran Standards

We are pleased to announce the 2012 third quarter award receivers:

- |                               |                        |
|-------------------------------|------------------------|
| • Denis Grow – MA             | • Leo Deleon – GA      |
| • Chris Machnik – CT          | • Al Daigle – FL       |
| • Sam Gabriele – Mid-Atlantic | • Michael Steele – WRI |
| • Brennan Wallace – SC        | • Don Hatfield – JPC   |



### Values

Professionalism

Integrity

Mutual Respect

Discipline

For their efforts, each employee will be awarded a \$50 gift card as a token of our appreciation. Please join us in congratulating them on a job well done!

## Employee Development Update

### Bloodborne Pathogen Training

MER employees completed Bloodborne Pathogen Training in October, which is required annually. MER has determined that field employees who clean up biohazard materials and first aid trained employees are at risk for a possible occupational exposure. Workplace situations include cleaning up railroad tracks, cleaning up after rail strikes, black water and waste water tank cleanings. Below are some highlights from the training MER employees attended in October:

- The Hepatitis A (HEP A) Virus is found in the stool of people with HEP A and can be spread by close personal contact and sometimes by eating or drinking water containing the HEP A virus.
- Hepatitis B (HEP B) Virus is easily spread through contact with the blood or other body fluids of an infected person. People can also be infected from contact with a contaminated object, where the virus can live for up to 7 days.
- Hepatitis C virus is spread by sharing needles or other equipment. Before 1992, Hepatitis C was also commonly spread through blood transfusions and organ transplants.
- **MER offers the HEP A and HEP B vaccine, free of charge. There is no vaccine for HEP C. Contact Lauren LeGendre at 781-983-0108 for more information.**

Methods of protection include: utilizing tools such as tongs, wearing proper PPE (nitrile gloves, safety glasses or goggles, tyvek), use appropriately-labeled containers, and proper hand washing techniques.

### Excavation Competent Person Training

November is going to be Excavation Safety Month at MER with a new Excavation Safety webinar and Excavation Competent Person Training. Each resource center will have one or two employees complete an Excavation Competent Person Train-the-Trainer class. Currently, the first class is scheduled for mid-November and will allow the attendees to instruct future Excavation Competent Person classes. If you are interested in becoming an excavation competent person speak to someone in Operations or contact Krystal and Lauren for more information.

MORAN ENVIRONMENTAL  
RECOVERY LLC

### Safety Brief

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