

## Best-In-Class Thoughts

*"The only place success comes  
before work is in the dictionary."*

- Vince Lombardi

*"What is not started today is  
never finished tomorrow."*

- Johann Wolfgang von Goethe

*"Opportunity is missed by most  
people because it is dressed in  
overalls and looks like work."*

- Thomas A. Edison



## this issue

JHA Package Updates **P.1**

Rigging **P.2**

First Aid Kits **P.3**

CSR Modular **P.4**

## Note from Leanne

As we begin the last quarter of 2013, I'd like the organization to take a moment to reflect on our successes so far this year and consider our path to success for the remainder of the year. So far in 2013, we've seen tremendous growth with regards to our safety program and Best-in-Class culture. We continue to see successful cultural integration within our Family of Companies and as our organization grows, so does our appreciation for cultural diversity with a universal goal of employee safety.

We've seen a number of our employees develop various specialized skills; that skills development has helped MER build a successful commercial Confined Space Standby program along with helping our Family of Companies develop blended workforces where employees from multiple companies work side-by-side providing various services to key clients.

Like a marathon runner closing in on the finish line, let's stay focused on the goals we have and finish off 2013 with a burst of energy to win the race...even if it's only so we can start a new race in 2014.

## JHA Package Updates

In April, MER introduced the Job Hazard Analysis (JHA) Package, which combined MER's most commonly used field safety forms. The original package was designed based on MER field employees' suggestions, and the updates to the form are no exception. Once the updated form is distributed to your resource center, you'll notice a few changes as well as some additional sections. One major change takes place on the Confined Space Entry (CSE) Permit, which now offers sufficient space to document the Rescue Plan for CSE activities. Perhaps the most noticeable change, however, is the addition of the Long Term Project Considerations section on the first page. This section is for projects occurring on the same site with the same scope of work (SOW) every day for four days or more. This section does not apply to, and doesn't need to be completed for, projects lasting less than four days or long-term projects on the same site, but with a varying SOW (preview above). Remember, the JHA Package is a vital part of our safety program. Any MER employee can complete the document; however, the site supervisor needs to review it and ensure the information is covered in the job briefing prior to beginning work.

### LONG TERM PROJECT CONSIDERATIONS

(Complete for projects  $\geq 4$  days)

Y N

- ☐ ☐ Has a JHA been developed for this project? Original JHA date<sup>1</sup>: \_\_\_\_\_
- ☐ ☐ Is that JHA onsite and available to review during today's safety meeting?
- ☐ ☐ Have employees new to this site been familiarized with project hazards?
- ☐ ☐ Is today's scope of work the same as discussed on the original JHA <sup>2</sup>?
- ☐ ☐ Are the potential hazards the same as discussed on the original JHA <sup>2</sup>?

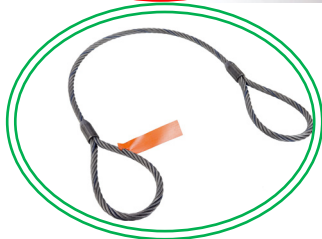
If no to any of the above, explain: \_\_\_\_\_

<sup>1</sup> A new JHA must be completed at the beginning of each week.

<sup>2</sup> If "N", list the information in today's Job Hazard Analysis section on P2.

## Did you know?

*Wire Rope Clips are not designed to be used in overhead lifting applications; although, wire rope slings (with proper eye splices) rated for lifting are acceptable.*



## Rigging

Rigging may seem like an easy operation that doesn't require any particular skill or experience. Don't be fooled. Many people have lost fingers or hands, or suffered more serious injuries because they thought they knew the art of RIGGING.

One of the most important rules of rigging is communication: Get your signals straight. Appoint one member of the crew to act as a signal person and instruct the operator not to accept signals from anyone else. The signal person must not order a move until getting a "ready" from each crew member. Each worker must be in the clear before giving a "ready" to the signal person. If you must hold on to the chain, sling, or choker to maintain tension, be sure your hands and feet are out of the way of pinch points before giving a "ready."

### Rigging Slings

Each day before being used, the sling and all fastenings and attachments shall be inspected for damage or defects by a competent person. Additional inspections shall be performed during sling use, where service conditions warrant. Damaged or defective slings shall be immediately removed from service. Typical sling types are:

Alloy Steel



Wire Rope



Wire Mesh

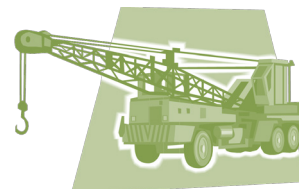


Synthetic Web



### Basic Rules of Rigging

1. Know the weight of the load.
2. Know sling & hardware rated capacity.
3. Select sling and hitch best suited for load.
4. Attach rigging above load's center of gravity.
5. Inspect all rigging and connections before the lift.
6. Protect sling from sharp surfaces.
7. Take sling angles in account when selecting rigging equipment. Wider sling angles place more force on rigging. (See section below.)
8. Attach a tagline.
9. Keep unnecessary personnel clear of area.
10. Maintain clearance from power lines.
11. Lift load a few inches then check rigging.
12. Lift slowly and stop slowly.
13. Person communicating with operator should not handle load once raised.



### Sling Hitches and Angles

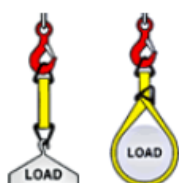
The sling hitch, or configuration used to hold the load, can impact the capacity of the sling as demonstrated in the picture to the right.



The angle at which a sling is used and the number of legs lifting the load can significantly affect a sling's capacity. For example, the sling in the picture below has a Working Load Limit of 500 lbs. in a vertical hitch. Used in a choker hitch, the same sling would have a capacity of 375 lbs. Used in a basket hitch with the legs at a 90° angle to the load, it would have a working load limit of 1,000 lbs. Used in a basket hitch with the legs at a 60° angle to the load, it would have a working load limit of 866 lbs., etc.

<http://www.fdlake.com/rig-sling.html>

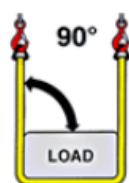
Vertical Choker



500

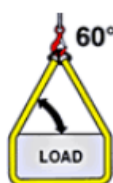


375



1,000

Basket Hitches



866



707



500

There's an App for that!

**First Aid App**  
American Red Cross



The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand, giving instant access to the information you need to know to handle the most common first aid emergencies.

## First Aid Kits

Recently, there have been a lot of questions regarding the requirements for first aid kits. With the exception of Logging Operations standard, Occupational Safety and Health Administration (OSHA) do not require a specific first aid kit or contents. However, OSHA 1910.151 (General Industry – Medical Services and First Aid) does require adequately trained personnel to render first aid and that adequate first aid supplies are readily available. Additionally, where the eyes or body may be exposed to injurious corrosive materials, the standard also requires suitable facilities for quick drenching or flushing within the work area for immediate emergency use.

Different workplaces contain different hazards depending on the size of the site and amount of personnel. All of MER's resource centers and most of MER's clients' facilities have first aid supplies available; however, all MER vehicles are required to have a first aid kit stored in the cab to ensure supplies are always available. Additionally, MER field personnel are trained in CPR and First Aid.

American National Standard Institute (ANSI) designed a reference list for Minimum Requirements for Workplace First Aid Kits and Supplies. First aid kits that meet these requirements will provide

a small worksite with proper first aid supplies to assist with most types of injuries that may occur. Although this is a good list to reference, supervisors should evaluate their scope of work to identify additional supplies needed. ANSI Z308.1 supplies are listed below:

ITEM	MINIMUM QUANTITY
Absorbent compress, 32 sq. in.	1
Adhesive bandages, 1 in. x 3 in.	16
Adhesive tape, 3/8 in. x 2.5 yd. total	1
Antibiotic treatment, 0.14 fl. Oz. (0.9 g)	6
Antiseptic, 0.14 fl. Oz. (0.5 g) application	10
Burn treatment, 1/32 oz. (0.9 g) application	6
First-aid guide	1
Medical exam gloves	2 pairs
Sterile pads, 3 in. x 3 in.	4
Triangular bandage, 40 in. x 40 in. 56 in.	1

Optional items and sizes may be added to the contents listed based on the specific hazards existing in the work environment, such as:

- Analgesic (ensure no ingredients that cause drowsiness)
- Bandage compress(es) sizes 2 in. x 2 in., 3 in. x 3 in. or 4 in. x 4 in.
- Breathing barrier for cardiopulmonary resuscitation (CPR)
- Burn dressing(s) at least 12 sq. in. (77.4 cm.<sup>2</sup>)
- Cold pack(s) at least 4 x 5 in. (10 x 12.5 cm.)
- Eye covering(s)
- Eye/skin wash, 4 fl. oz. (15 ml.)
- Hand sanitizer with a minimum of 61 percent ethyl alcohol
- Roller bandage(s) at least 2 in. (5 cm.) wide and at least 4 yds. (365 cm.) long, unstretched and individually packaged

<http://nwhealthsafety.com/2012/04/osha-ansi-aid-standards/>

## Wellness Tip

### Flu Prevention

*Influenza is a serious disease that can lead to hospitalization and sometimes even death. Even healthy people can get very sick from the flu and spread it to others.*

*Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. The "flu season" can begin as early as October and last as late as May.*

### CDC Says "Take 3" Actions to Fight the Flu

**1. Take time to get a flu vaccine** – A yearly flu vaccine is the first and most important step in protecting against flu.

**2. Take everyday preventive actions to stop the spread of germs** – Avoid touching mouth & nose; clean surfaces, etc.

**3. Take flu antiviral drugs if your doctor prescribes them** – If you get the flu, antiviral drugs can treat your illness. Antiviral drugs are different from antibiotics, and can make illness milder and shorten the time you are sick

<http://www.cdc.gov/flu/protect/preventing.htm>

## Fitness Challenge

### Leg-Press 2.25 Times Your Weight

*When it comes to strength, your lower half is your better half. Your leg and butt muscles are the foundation of your body and essential for almost any activity.*

**The Test:** Assume the position in the leg-press machine. Lower the weight until your knees are bent 90 degrees, then push the weight back up. To get your score, divide the highest amount of weight you can lift one time by your body weight.

#### The Scorecard:

Less than 1.80: A shaky foundation

1.80 to 2.25: Ordinary

More than 2.25: Serious strength

[www.menshealth.com](http://www.menshealth.com)





### Values

Professionalism

Integrity

Mutual Respect

Discipline



space rescue (CSR) responsibilities. MER recognizes this importance and strives to, not only provide specialized training to CSR personnel, but to ensure that a high level of proficiency is maintained. To help accomplish this, MER has introduced the CSR Modular to our training program. The CSR Modular is a structure designed by the Health and Safety Team to address MER's specific CSE/CSR training needs, as well as ensure OSHA regulatory compliance by simulating actual space dimensions and configurations employees may work in. The structure

contains multiple portals in various sizes and shapes, allowing for horizontal and vertical entries. Inside the modular, the structure is divided into two sections. One side contains two levels with low ceiling heights and removable wall inserts to simulate tanks with baffles, while the other side provides for the use of high-angle rope rescue systems. Additionally, the structure can be sealed for simulation of a hazardous atmosphere to utilize supplied air or Self-Contained Breathing Apparatuses (SCBA). As an added bonus, the CSR Modular is transportable, which means MER employees across the organization will be able to utilize it to practice various rescue scenarios. Keep an eye out for this exciting new addition!



## Employee Development Corner

### Online Learning and Safety Resources

MER utilizes multiple resources to collect specific safety information on various topics; in fact, the MER Safety Brief typically features several resources in each issue. The value of safety resources cannot be underestimated and we encourage all MER employees to share and use reliable sources. Below is a list of some recommended resources to check out.

**WISER (Wireless Information Systems for Emergency Responders)** – Provides information on hazardous substances, including substance identification, physical characteristics, human health information, and containment and suppression advice. <http://wiser.nlm.nih.gov> (Phone App also available)

**MSA Response Guide** – Assists with respiratory protection selection, cartridge service life, and gas detection selection. <http://webapps.msanet.com/responseguide/>

**Torso Protection (DuPont)** – Torso chemical protection selection. (Choose Chemical Resistance tab for simple search.) <http://safespec.dupont.com/safespec/chemical/search>

**Incident Command Systems (FEMA)** - Free online training <http://training.fema.gov/IS/>

**Knot Tying** – Animated knot tying instructions. <http://www.animatedknots.com>

**CMC Rescue Field Guide** – Free phone App from CMC Rescue. Guide includes equipment overviews, tutorials, sections on knots, communications, anchor, belay, and M/A systems. <http://www.cmcrescue.com/app/>

**CSR Instructional Videos (Roco Rescue)** – [http://www.rocorescue.com/resources\\_videos](http://www.rocorescue.com/resources_videos)

MORAN ENVIRONMENTAL  
RECOVERY LLC

### Safety Brief

PHONE  
(251) 284-1525

FAX  
(866) 311-4762

EMAIL  
safety@  
moranenvironmental.com

