

Best-In-Class Thoughts

*"Quality means doing it right
when no one is looking."*

— Henry Ford

*"Raise your quality standards
as high as you can live with,
avoid wasting your time on
routine problems, and always
try to work as closely as
possible at the boundary of
your abilities. Do this, because
it is the only way of discovering
how that boundary should be
moved forward."*

— Edsger W. Dijkstra



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Note from Ashley Rea

Drummac has been a passenger rail industry service provider for over 40 years, and a part of the MER Family of Companies for 2-1/2 years. While the services provided to the rail industry have not changed, joining the MER Family of Companies has allowed Drummac to grow and improve in many ways. Most notably is the incorporation of a Best-in-Class safety culture to Drummac and its employees.

Drummac has some unique challenges for ensuring a safe working environment. We currently have 200+ employees in 24 railroad yards servicing over 100 trains every day. Most of our employees operate as lone workers in low-visibility conditions, on uneven surfaces and adjacent to "live" tracks. Training, proper PPE and nightly tailgate meetings are imperative to keeping our employees safe.

We are pleased to report that since joining the MER Family of Companies, 16 Drummac locations have remained injury-free. Additionally, Drummac employees now have additional opportunities for career advancement by taking part in specialized safety training such as Bloodborne Pathogen and HAZWOPER training.

What is a Good Catch?

A Good Catch (Near Miss) is:

A situation or incident with no property damage or injury occurs. It can be an unsafe act, an unsafe behavior, or an unsafe condition; anything that is deemed "unsafe." Good Catch is another term for "near miss."

There are two types of Good Catches:

Good Catch with Incident: An employee is operating an excavator when he hits an unmarked, underground electrical line. The hit causes a small fireball, however no equipment was damaged and no one was injured.

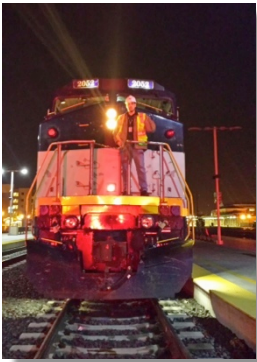
Good Catch without Incident: During a site assessment, the person performing the assessment notices an extension cord that is damaged with bare wire showing.

What isn't a Good Catch?

- An injury where the employee does not go to the doctor.
 - ◆ Required form: Employee First Report of Injury
- A vehicular accident of any level of severity.
 - ◆ Required form: Driver's Accident Report
- An incident where equipment breaks or is damaged to the point where it needs repair.
 - ◆ Required form: Incident Investigation Report

It's important to report Good Catches to:

- Identify trends in unsafe behaviors
- Identify opportunities for improvement in equipment/ training
- Prevent injuries and property damage
- Establish "best practices" for tasks
- Reduce costs associated with incidents



Railroad Safety

The passenger and freight railroad industry has a long history of hard work, long hours, and strict timelines. Railroad worker injuries and fatalities have dropped over time, but they still occur at higher rates than many other industries. Below are the primary hazards, as well as some tips to avoid them.

- **Caught/Crush Injuries** – Wear sturdy work gloves for tasks such as operating doors and hatches and loading cars. Do not walk between cars unless they are secured.
- **Slips, Trips and Falls** – Keep trains, stations and rail yards clear of debris. Place guards and warning signs around elevated openings of trains/ platforms.
- **Sprains/Strains** – Never jump from railcars; the impact of hitting the ground can cause strains and sprains. Use proper lifting techniques and keep a straight back when lifting heavy objects.
- **Fatigue** – Our work can be strenuous and often involves 24-hour, outdoor work all year. Maintain your level of fitness to adapt to changing seasons, your work schedule, and stress. Eat high-energy foods, drink plenty of fluids, and exercise to maintain energy and alertness. Fatigue and lack of attention can cause serious errors, leading to injury or a fatality.
- **HAZCOM** – Railcars and tankers carry hazardous materials and wastes that pose spill and fire hazards. Know what material(s) you are responding to; Safety Data Sheets (SDS) provide information on material properties and emergency procedures for spill cleanup. Ensure you have the proper training on chemical safety, emergency response procedures and on the equipment you may need to use.
- **Security** – Railway security such as vandalism, workplace violence, and terrorism are concerns due to remote locations and 24-hour work in all types of neighborhoods. Restrict access and maintain adequate lighting in rail yards. Also, use radios and cell phones to communicate during operations and in case of emergency.

Crews should complete a Daily Tailgate Safety meeting outlining the hazards, mitigations, and PPE associated with the tasks to be completed and the work area. Additionally, it is important for individuals to remain aware of their surroundings and take action to correct, protect and warn others, and/or report any hazards identified.

<http://tinyurl.com/oy22fpl>

Avoid Slip-Ups

Slips and falls are a leading cause of workplace injuries. What do experts recommend as the single most important step to take in preventing slips and falls? Simple...keep floors clean, dry, and free of obstruction. When it comes to safeguards against slips and falls, nothing is more important than good housekeeping.

When you walk through a work area, look for spills, grease spots or dust (dry powdery substances can be highly slippery). Water spilled or tracked in on wet or snowy days can create a major hazard. Look around and be aware of wet areas or objects on the floor; then take the time to do something about it. If the hazard cannot be removed or cleaned immediately or the cleaning process (such as washing or mopping) creates a hazard, place cones or hazard signs nearby to warn others of the danger. People can walk on extremely slippery surfaces by modifying their speed and stride, provided they know about the dangerous condition.

Additionally, look for signs of flooring change. Changes in lighting and floor color can conceal a change in friction or angle between adjacent surfaces. Wherever possible, waxes and polishes should cover an entire area, extending to natural breaks in flooring.

Slips can also occur because of how you walk on a surface. Some simple things you can do to minimize chances of slipping and falling would be to: wear protective footwear with a heel and non-slip sole, watch where you're going, take slow short steps where slip potential is high and use handholds/ handrails where possible.

<http://tinyurl.com/ne6esfm>

There's an App for that!

Wellnomics Stretches



Beautiful full motion HD videos show you exercises & stretches specially designed to relieve the tense muscles that can result from extended computer or phone use.

The Risks of Shift Work

A shift worker is anyone who follows a work schedule that is outside of the typical "9 to 5" business day. In the past few decades the United States has become increasingly dependent upon shift workers to meet the demands of globalization and our 24-hour society. From a competitive standpoint, shift work is an excellent way to increase production and customer service without major increases in infrastructure. According to the Bureau of Labor Statistics, millions of Americans are considered shift workers, including doctors and nurses, pilots, bridge-builders, police officers, customer service representatives and commercial drivers. In the MER Family of Companies, there are multiple positions that could be classified as shift work, especially in the Drummac family, where most shifts begin in the PM hours.

While shift work does create potential productivity advantages, it also has many inherent risks. Some of the most serious and persistent problems shift workers face are frequent sleep disturbance and associated excessive sleepiness. Sleepiness/ fatigue in the workplace can lead to poor concentration, absenteeism, accidents, errors, injuries, and fatalities.

10 Energy Foods

- 1) **Eggs** (yolks high in B-vitamins)
- 2) **Coffee** (8 oz. caffeinated)
- 3) **Edamame** (B-vitamin complex)
- 4) **Whole Grain Cereal** (high-fiber
- slows release of glucose)
- 5) **Trail Mix** (raw nuts & dried fruit)
- 6) **Water** (total fluid ounces per day =
your weight ÷ 2)
- 7) **Guarana** (small round red fruit
used in supplements & beverages to
boost energy)
- 8) **Quinoa** (also gluten-free)
- 9) **Pumpkin Seeds**
- 10) **Goji Berries** (liquid available)

www.mensfitness.com/training/pro-tips/10-energy-foods

30 Day Abs Challenge

This challenge has four exercises to complete daily; the number of exercises slowly increases each day to help build your core muscle strength gradually. If you're feeling brave, each day's challenge can be repeated, but this may prove to be difficult by day 30.

Day 1 15 Sit Ups/ 5 Crunches 5 Leg Raises/ 10 sec. Plank	Day 16 Rest Day
Day 2 20 Sit Ups/ 8 Crunches 8 Leg Raises/ 12 sec. Plank	Day 17 75 Sit Ups/ 100 Crunches 42 Leg Raises/ 65 sec. Plank
Day 3 25 Sit Ups/ 10 Crunches 10 Leg Raises/ 15 sec. Plank	Day 18 80 Sit Ups/ 120 Crunches 48 Leg Raises/ 70 sec. Plank
Day 4 Rest Day	Day 19 85 Sit Ups/ 120 Crunches 50 Leg Raises/ 75 sec. Plank
Day 5 30 Sit ups/ 10 Crunches 12 Leg Raises/ 20 sec. Plank	Day 20 Rest Day
Day 6 35 Sit Ups/ 12 Crunches 15 Leg Raises/ 25 sec. Plank	Day 21 90 Sit Ups/ 130 Crunches 52 Leg Raises/ 80 sec. Plank
Day 7 40 Sit Ups/ 20 Crunches 20 Leg Raises/ 30 sec. Plank	Day 22 95 Sit Ups/ 140 Crunches 55 Leg Raises/ 85 sec. Plank
Day 8 Rest Day	Day 23 100 Sit Ups/ 150 Crunches 58 Leg Raises/ 90 sec. Plank
Day 9 45 Sit ups/ 30 Crunches 30 Leg Raises/ 38 sec. Plank	Day 24 Rest Day
Day 10 50 Sit Ups/ 50 Crunches 30 Leg Raises/ 38 sec. Plank	Day 25 105 Sit Ups/ 160 Crunches 60 Leg Raises/ 95 sec. Plank
Day 11 55 Sit Ups/ 65 Crunches 33 Leg Raises/ 42 sec. Plank	Day 26 110 Sit Ups/ 170 Crunches 60 Leg Raises/ 100 sec. Plank
Day 12 Rest Day	Day 27 115 Sit Ups/ 180 Crunches 62 Leg Raises/ 100 sec. Plank
Day 13 60 Sit ups/ 75 Crunches 40 Leg Raises/ 50 sec. Plank	Day 28 Rest Day
Day 14 65 Sit Ups/ 85 Crunches 42 Leg Raises/ 55 sec. Plank	Day 29 120 Sit Ups/ 190 Crunches 62 Leg Raises/ 115 sec. Plank
Day 15 70 Sit Ups/ 95 Crunches 42 Leg Raises/ 60 sec. Plank	Day 30 125 Sit Ups/ 200 Crunches 65 Leg Raises/ 120 sec. Plank

30dayfitnesschallenges.com/30-day-abs-challenge

Fatigue Prevention

If you are a shift worker and have difficulty sleeping during the day, chances are you also have difficulty staying awake at work. Also, the more sleepy/fatigued you are, the more likely you are to experience a "microsleep," an involuntary bout of sleep brought on by sleep deprivation that lasts for a few seconds.

Tips for staying alert on the job:

- Avoid long commutes and extended hours.
- Work with others to help keep you alert.
- Try to be active during breaks (e.g., take a walk or perform a light exercise/stretch).
- Drink a caffeinated beverage (coffee, tea, soft drink) to help maintain alertness during the shift.
- Don't leave the most tedious or boring tasks to the end of your shift when you are apt to feel the drowsiest. Night shift workers are most sleepy around 4-5 a.m.

Tips for sleeping during the day:

- Wear sunglasses to block sunlight on your way home.
- Keep the same bedtime and wake time schedule, even on weekends.
- Eliminate noise and light from your sleep environment (use eye masks and ear plugs).
- Avoid caffeinated beverages/ foods close to bedtime.
- Avoid alcohol; although it may seem to improve sleep initially, tolerance develops quickly and it will soon disturb sleep.

<http://sleepfoundation.org/sleep-topics/shift-work-and-sleep>



Values

Professionalism

Integrity

Mutual Respect

Discipline



Albuquerque Crew

Drummac in Albuquerque, NM

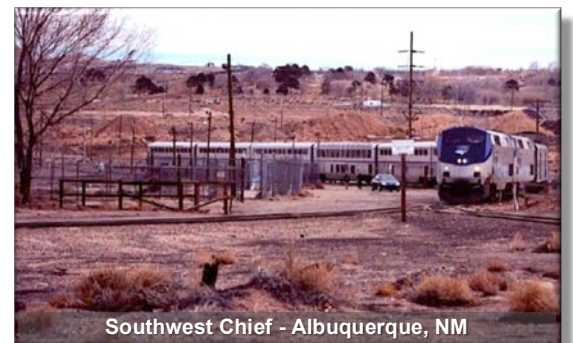
Quality, efficiency and client satisfaction are just a few phrases used to characterize the Drummac team located in Albuquerque, NM, which services passenger rails along our Client's primary southwest route from Chicago, IL to Los Angeles, CA. This dedicated team works hard to ensure quality is demonstrated in every aspect of their work, including safety and compliance. This is supported not only by regularly receiving excellent results on compliance audits from the Federal Railroad Administration

(FRA), the Food and Drug Administration (FDA), and the Client's Mechanical and Environmental inspections, but also by remaining injury-free since joining the Drummac family in October 2011. Their hard work does not go unnoticed by our Client either as they consistently receive positive feedback from our Client's Mechanical team. In fact, Albuquerque's mechanical staff has been called on to assist with service interruptions and to test equipment at other Client locations in Texas and Colorado. As a result of these efforts and more, the supervisor of this team, Vincent



Performing a Locomotive Inspection

Trujillo (Southwest Regional Supervisor), was awarded the Client Satisfaction Award at the 2014 Drummac Supervisor Conference. On behalf of the MER Family of Companies, we'd like to thank the Albuquerque Team for your dedication and service. Keep up the great work!



Southwest Chief - Albuquerque, NM

Employee Development Corner

How to Conduct a Topic-Specific Safety Tailgate Meeting

- Select a topic relevant to the scope of work on the project. Make sure you know the topic (or have time to research).
 - Briefly review the topic the day/night before. Give yourself enough time to use your resources if necessary.
 - If you can't find the information you're looking for, contact the H&S Team.
- Determine your talk time based upon the topic (about 5-15 minutes).
 - Limit yourself to one or two topics to keep the discussion focused.
- Use visual aids, whenever possible
 - Example: If safety glasses are the topic, have a pair to show the ANSI Z87.1 marking.
- Set the tone - Bring energy to the meeting:
 - Make sure employees can hear and see you.
 - Be positive and enthusiastic. Tailgate meetings can be informal; make it interesting.
- Ask the crew open-ended questions, not just yes or no questions. Recognize their responses with positive comments. Whenever individuals are able to engage in a topic they are able to bring ownership to that topic.



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Safety Brief

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