

EYE ON SAFETY

May 2023 Recap

DBM

All Safety Field Reporting Information must be submitted to Sue at the end of the month for consideration in the newsletter

MONTHLY SAFETY STATEMENT: PREVENTION IS BETTER THAN CURE

HEAT CRAMPS

SYMPTOMS

- > Irritability, loss of appetite
- > Prickly heat rash, nausea
- > Muscle spasms/ twitching, moist cool skin
- > Painful muscle cramps (limbs and abdomen)

TREATMENT/FIRST AID

- > Drink more water
- > Have a cold shower or bath
- > Lay in cool place with legs supported and slightly elevated
- > Massage limbs gently to ease spasms or firmly if cramped, then apply ice packs and drink electrolyte replacement solutions
- > Do not give salt tablets or high sodium solutions

HEAT EXHAUSTION

SYMPTOMS

- > Profuse perspiration
- > Cold, clammy, pale skin
- > Headache and vomiting
- > Weak, but rapid pulse
- > Poor coordination
- > Normal temperature, but faintness

TREATMENT/FIRST AID

- > Lay victim down in a cool place as for heat cramps.
- > Loosen clothing and apply wet clothes to head and body.
- > Fan the victim, or move them to an air conditioned environment
- > Give sips of cold water or electrolyte drink
- > If vomiting continues, seek medical assistance immediately

HEAT STROKE

SYMPTOMS

- > Skin flushed, hot and unusually dry
- > Dry swollen tongue
- > High body temperature (more than 40°C)
- > Deep unconsciousness may develop rapidly

TREATMENT/FIRST AID

- > Seek medical assistance urgently
- > In the meantime:
- > Lay victim in a cool place and remove outer clothing
- > If unconscious, check airway and breathing
- > Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet)
- > When conscious, give sips of water

HEAVY PERSPIRATION, TIRED AND THIRSTY

FATIGUE, WEAKNESS AND RESTLESSNESS

CONFUSION, HEADACHE, NAUSEA, DIZZINESS

SAFETY STATS

- 161 days w/o any Recordable Injury/Accident
- 1534 days w/o Lost Time Injury/Accident
 - (631 Previous Record)

UPCOMING TRAINING CLASSES & EVENTS

LOCAL 302 - BOTHEL/TAC.
 OSHA 10 Construction Training:
 Online Through OSHA
 Authorized Training Providers

LOCAL 242 - KINGSTON
 Flagger: Open 6/13/23 (8 hrs.)
 40 Hr. Hazardous Waste Worker:
 Open 6/26 - 30/23
 Hoisting & Rigging:
 Basic Open 6/19 - 23/23 (40 Hrs.)

JOB SITES W/GREAT TOOL BOX TALKS

Project: **Eastlake Layover Facility** (05.09.23, 05.23.23)
 Superintendent: **Greg Matson**

Project: **1916 Boren** (05.03.23,)
 Superintendent: **Clay Hawley**

Project: **Richardson Hwy** (05.24.23, 5.31.23)
 Superintendent: **Chris Wahl**

Project: **Microsoft Ped. Bridge** (05.11.23, 05.18.23)
 Superintendent: **Clay Hawley**

Project: **Snoq Casino Hotel** (05.17.23, 5.24.23, 05.31.23)
 Superintendent: **Trevor Eng & Ryan Pruitt**



MONTHLY SAFETY AWARDS

BRENT BRINKLEY **KRISTOPHER SMITH**

OUR CREW - SAFETY PRACTICED DAILY

DAVE HAUSMANN **AVA MIELKE** **KYLE LINDSAY** **ZAC POE** **TERRY WHITE & CODY KELLEY**

WEEKLY SAFETY AWARD RECIPIENTS:

Richardson Hwy, AK: **Stephanie Cline**
 Microsoft Pedestrian Bridge: **Nick Newton**
 Snoqualmie Casino: **Kyle Lindsay, Brent Brinkley, Sam Goodin, Terry White**
 Yard: **Rob Nichols, Felipe Roman, Rocky Weaver, Kris Smith, Steve Cromien, Kyle Murphy**

PRE-TASK PLAN - BEST OF THE BEST

UDSB: **John Hicks**
 Cornerstone Church: **Dave Toro, John McShane (2), Jayden Lancaster, Ryan Neilandam (3)**
 1916 Boren Ave: **Drew Kyllonen**
 Bell Station: **John McShane (2)**
 Eastlake L/O Facility: **Mac Jones (4), Greg Matson (3), John Hicks**
 124th Ave. NE - Ichigo Way: **Isaac Chambliss**
 Richardson Hwy, AK: **Ben Tuss (3), Peter Brousseau (3)**
 Microsoft Ped. Bridge: **Drew Kyllonen, Clay Hawley, Joe O'Brien**
 Bangor TRF: **Josh Bentley (2), John Hicks**
 Woodland Estates: **Ernie Peterson (2)**
 NW Danish: **Chaise Weingard (3)**
 Snoqualmie Casino: **Ryan Pruitt, Adam Hanson (2), Robert Bentley**
 Yard: **Barb Schnepf (2), Joe Pierce**

NEAR MISS/SAFETY STANDOWN



PROJECT: 124TH AVE NE - ICHIGO WAY
 Adjacent area subcontractor slipped and nearly fell when walking on asphalt pavement covered with soil washout from a leaking water line. Mud was cleaned up to prevent further slip/fall incidents and discharge into storm drain line.

JOB SITE SAFETY INSPECTIONS



Project: **1916 Boren Ave.** (05.03.23)
 Superintendent: **Clay Hawley**

Project: **Eastlake Layover Facility** (05.26.23)
 Superintendent: **Greg Matson**

Project: **Richardson Hwy, AK** (05.16.23)
 Superintendent: **Chris Wahl**

Project: **The Escolier** (05.01.23)
 Superintendent: **Chaise Weingard**

PROJECTS W/O RECORDABLE INJURY

642-22 **Bellevue Station**
654-22 **1916 Boren Life Science**
5049-22 **The Escolier Apts.**