

# C & B Newsletter

Issue 50

February 2017

## The Lazy Bench

*Nautical Humor*

*The Parrot* – There's this sailor with a pet parrot. But the parrot swears like an old sea captain. He can swear for five minutes straight without repeating himself! Trouble is, the sailor who owns him is a quiet, conservative type, and this bird's foul mouth is driving him crazy. One day, it gets to be too much, so the sailor grabs the bird by the throat, shakes him really hard, and yells, "QUIT IT!" But this just makes the bird mad and he swears more than ever. Then the sailor locks the bird in a kitchen cabinet. This really aggravates the bird and he claws and scratches everything inside. Finally the sailor lets the it out. The bird cuts loose with a stream of vulgarities that would make a veteran seaman blush. The sailor is so mad that he throws the bird into the freezer. For the first few seconds there is a terrible racket from inside. Then it suddenly gets very quiet. At first the sailor just waits, but then he starts to think that the bird may be hurt. He's opens up the freezer door. The bird calmly climbs onto the man's outstretched arm and says, "Awfully sorry about the trouble I gave you. I'll do my best to improve my vocabulary from now on." The man is astounded. He can't understand the transformation that has come over the parrot. The parrot speaks again, "By the way, what did the chicken do?"

*The Genie* – There were three men out sailing, when it began to storm. Their boat was wrecked by the storm, and washed up on a deserted Island. They started to walk along the beach and found a bottle. They picked it up and began rubbing the sand off, when all of a sudden, a genie popped out. The Genie said "Since you have released me from the bottle, I will grant each of you one wish." The first man said, "I really miss my wife and grandchildren. I wish I were back home." Poof! He was gone. The second man said, "This is great! I wish I were in Hawaii on the beach, with a good hot meal to eat." Poof! He was gone, too! The third man looked around and said, "You know, it's lonely around here, I really miss those guys."

*The Arrogant Captain* – As a result of a near mutiny the overbearing and arrogant captain was forced to see a psychiatrist by order of the commodore. As soon as the captain became comfortable on the couch, the psychiatrist began the session by asking the captain, "Why don't you start at the beginning?" The captain said, "Okay. In the beginning I created heaven and the earth..."

The Enterprise NB through Cincinnati.



## Inside This Issue

1. Lazy Bench
2. Employee Corner – Employee Coverage Help
3. Hearing Loss & Protection
4. Lessons Learned – Pinch Points
5. Maintenance Tip – Fire Nozzles
6. Choking Prevention and Rescue
7. Monitoring Weather & River Conditions
8. Quote of the Month
9. Photo Gallery
10. Calendar Events
11. Announcements



## Employee Relations

*Employee Corner – Employee Coverage Help*

### Emma Obertate

Employee Relations Manager

Employee Relations has set aside time for you and your family to help you find the right care at the right price, so please call to talk or schedule an appointment. This could make a **HUGE** difference! To get a head start:

1. Use the index of the United Healthcare Four Tier Prescription Drug List to find the page number of your prescription.
2. Turn to the page found in the index to determine which tier has been assigned to your medication.
3. Refer to the United Healthcare Benefit Summary to find the pricing assigned to your prescription's tier.
4. **MOST IMPORTANTLY** talk to your doctor to see if you can make a switch to a lower tiered drug.

Also, United Healthcare sent a letter outlining two ways that you may receive your current prescription medication. These are: the home delivery preference and the retail pharmacy preference.

1. Think of the home delivery fill preference as direct deposit. By enrolling in this fill preference you receive a three month supply shipments. Also, you could pay less for your medication.
2. By enrolling in the retail pharmacy fill preference you will pay the standard co-pay and will have to fill your prescription at a retail pharmacy every time your prescription runs out.

**\*IMPORTANT\*** If you do not choose one of the two preferences after two fills, your claim will be rejected at the pharmacy and you will have to pay the FULL COST for your medication until you choose a plan. So, visit [myuhc.com](http://myuhc.com), select Manage My Prescriptions and Get Started to choose your fill preference.

Otherwise, **please call the C&B office and ask for Emma**. Thank you for playing an active role in your health, and remember, we're here for you!

## Safety Department

*Hearing Loss & Protection*

### Larry Cox

Safety, Training and Compliance Coordinator

A recent survey released by the Centers for Disease Control and Prevention (CDC) discovered one in four U.S. adults, as young as their early 20s, have hearing damage caused by loud noises encountered in everyday activities outside of the workplace. About 20 percent of the participants who reported good or excellent hearing had a distinctive drop in the ability to hear high-pitched sounds, according to the report...

Portable devices and entertainment venues such as concerts are the biggest cause of hearing loss to those in younger age categories. The agency recommends the following tips to protect yourself from hearing loss outside the workplace: avoid noisy places whenever possible; use earplugs, protective ear muffs or noise-canceling headphones when you are around loud noises; keep the volume down when watching television, listening to music and using headphones; and ask a doctor for a hearing checkup. C&B also has noise hazards that can add to hearing loss if PPE is not used correctly. Ensure that you're using hearing protection when inside the engine room, using pneumatic tools, using needle guns/deck crawlers, etc. Wear hearing protection and save your hearing!

## Safety Department

*Lessons Learned – Pinch Points*

### Greg Schabell

Safety Manager

A deckhand at Trimble County was removing the STBD, head wire on a coal load. He loosened the winch and went over to the timberhead to take the wire off. He put his hand between the wire and the timberhead. With the wire loosened, the barge began to drift downriver and his right hand got pinched. He was not able to remove his hand until the vessel came ahead to relieve the pressure off the wire. He was extremely lucky not to have broken his hand or lost some fingers.

The 2 most basic safety rules for handling lines and wires are to keep out of pinch points and the line of fire. There is no need to put your hand in a pinch point! If you stick your hand between a wire/line and a fitting, you're eventually going to lose your fingers or your hand! Keep your hands out to the side when removing lines/wires from a fitting! The deckhand should've known that the barge would drift downriver once he removed the head wire. Even the briefest loss of situational awareness or taking a short cut can result in losing your fingers or being severely hurt.

This was a careless mistake that could've resulted in a bad injury. He was lucky. Do NOT rely on luck! Ensure that we're reinforcing the basics in Job Briefings and Safety Meetings. In this industry, pinch points are everywhere but they're easy to avoid by following best practices. Never allow a body part to get between a line/wire and a fitting or other pinch point. We've had a surge in incidents related to improper body positioning the past year. **THAT SHOULD NEVER HAPPEN!** We need to know where to position of ourselves and where our hands...



should go to safely complete a task. Supervisors need to watch out for unsafe behaviors and reinforce best practices to keep everyone safe!

## Service Department

*Maintenance Tip – Fire Nozzles*

### David Westrich

Port Engineer

We recently completed a SIRE audit on the Discovery and were not able to get the fire pump nozzle to put out full pressure. Upon inspection, the nozzle was clogged with small debris and sludge that was limiting the water stream. The nozzle was cleaned out and reattached, and the fire pump functioned properly. Although this issue was corrected at the time of the audit, if this had been an emergency, the crew would've had to fight the fire with a fire pump with insufficient pressure. The blockage could've prevented any water from coming out if had been any worse. Please check your fire nozzle and clean out any debris. You should do this every time during your monthly fire pump test. We must ensure that our emergency equipment is always ready for use and is functioning correctly!

## Safety Department

*Choking Prevention and Rescue*

### Gordon Putzke

Compliance Manager

Choking and suffocation is the third leading cause of home and community death in the U.S. Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air. In adults, a piece of food often is the culprit. Young children often swallow small objects, such as toys. Because choking cuts off oxygen to the brain, administer first aid as quickly as possible. The universal sign for choking is hands clutched to the throat. If the person doesn't give the signal, look for these indications: inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue or dusky, and loss of consciousness. Here's what to do:

- If an adult is choking, call 911 right away or have someone else call. If you are trained to do abdominal thrusts, do so immediately.
- Do not reach into the mouth to grab the object or pat the person on the back. Either could push the object farther down the airway and make the situation worse.
- If the person is gagging and coughing but can breathe and talk, the airway is not completely blocked, and it's best to do nothing.

- If the person was choking, is now unconscious and no longer breathing, immediately begin cardiopulmonary resuscitation (CPR) if you've been trained.

What should you do if you are alone and choking? Call 9-1-1. Even if you can't speak, call 9-1-1 and leave the phone off the hook. In many areas, emergency personnel will respond to 9-1-1 calls where a caller doesn't speak. If you can, attempt to clear your airway yourself - thrust your mid abdomen (the area at the bottom of your ribs) against the back of a chair or railing. Even if you are able to clear your airway, it's still important to seek medical attention. The choking may have caused damage in your airway, making future episodes of choking more likely. Check the American Heart Association or American Red Cross web sites for additional information on choking first aid and rescue.

## Safety Department

*Monitoring Weather & River Conditions*

### Greg Schabell

Safety Manager

We cannot allow ourselves to be surprised by the weather! What the river is doing and what weather is coming in can determine the level of hazards at our operations. Most of our incidents can be boiled down to weather-related: most injuries and incidents occur during the hottest and coldest months, while breakaways and allisions spike during high water. Always ensure that you're informed and prepared for the weather conditions. If you hear about incoming weather or a particular location is experiencing severe weather, please let me know and I'll send out the appropriate guidance and ensure that the rest of the fleet is informed. Be prepared and stay safe!

## Quote of the Month

"The wind and the waves are always on the side of the ablest navigator." Edmund Gibbon  
Snow at Ghent



H-bit by Mike McNeely. Winner of the best pic of the month!



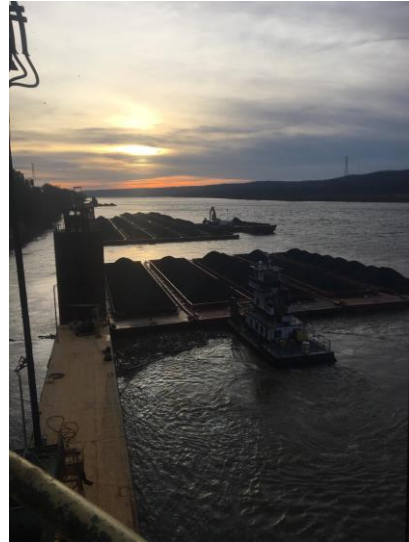
Sunset on the Atlantis by Pat Berning



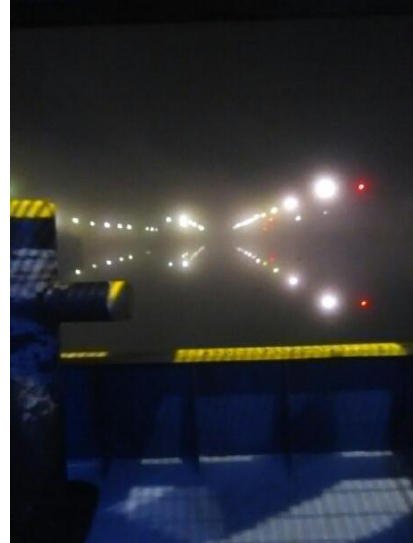
Endeavour tow by Jamie O'Bryan.



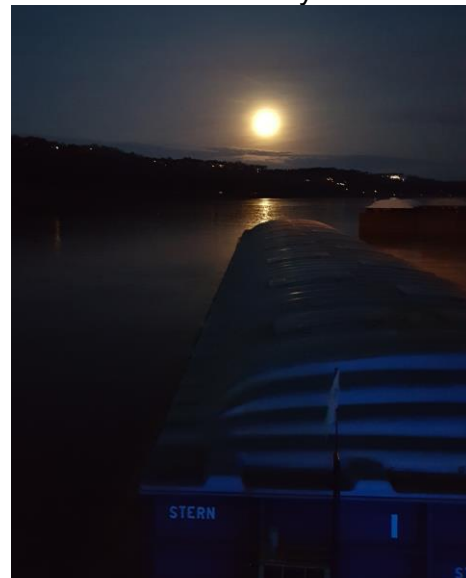
Ghent by Matt Chase.



Hannibal lock and dam by Shawn Kerns.



Full moon at Silver Grove by Brandon Weisner





## BIRTHDAYS & ANNIVERSARIES

Full Name	Birthday	Full Name	Hire Date
Abrams, Jerry L	28-Mar	Burgess, Jeffrey	3/14/2014
Bray, Scott	24-Mar	Chase, Matthew	3/14/2007
Brooks, William	23-Mar	Gentry, Michael	3/15/2012
Cutter, Norman	14-Mar	Gillespie, Marcus	3/6/2014
Freeman, Ambyr	9-Mar	Hewitt, Jared	3/18/2014
Haney, Christopher A	25-Mar	Lonaker, David	3/15/2001
Haney, Hobert	18-Mar	Luckett, Coty F	3/1/2016
Harbin, Kory N	20-Mar	Marksberry, Andrew	3/4/2014
Heib, Christopher A	19-Mar	Myers, Adam	3/16/2012
Jackson, Clay	28-Mar	Parsons, Cody	3/4/2014
Lewis, Robert W	31-Mar	Pence, Jeremy	3/6/2014
Lonaker, David	17-Mar	Raines, Terence	3/17/2005
Louden, Travis M	6-Mar	Raines, Thomas	3/29/2003
McKinney, Andrew J	10-Mar	Smith, Tyler	3/4/2014
Meeker, Michael	29-Mar	Snyder, Tracy	3/11/2013
Mullins, Brian	15-Mar	Tice, Jordan L	3/1/2016
Myers, Adam	30-Mar	Wise, Kevin	3/4/2014
Vise, Jeremy D	31-Mar		
Wallace, Nolan	14-Mar		
Weisner, James	12-Mar		
Wilcox, Shelby L	4-Mar		
Yates, Joey	4-Mar		
Yates, Michael	27-Mar		
Yauch, Daniel	30-Mar		

## ANNOUNCEMENTS

C&B Energy Services conducted our first unassisted salvage operation at Nucor and are continuing to assist them with their operations as they recover from the loss of their dock. C&B Energy Services is now a fully capable salvage operator, as C&B continues to expand the scope of full service waterways services we can provide to our customers.



Hebron Harbor 1972.



### Questions and Answers

We are asking that if you have any questions or would like clarification on something that you send us your questions and we will address them in this section. We look forward to hearing from everyone.

Q: How can I get a C&B 2017 Calendar?

A: Copies will be delivered to the boats and rigs for employees to take home. Employees can also pick up a copy directly from the Covington office.

Q: Who do I contact for the employee referral program?

A: Emma Obertate.