

C & B Newsletter

Issue 58

September 2017

Jimmy Ingram

Ed Lapikas

C&B Marine General Manager

We would like to congratulate and honor Jimmy Ingram on 20 years of dedicated service to the company. Jimmy started with Greater Cincinnati Marine in 1997 as a deckhand, and rose through the ranks to his current position as Pilot at our Hebron location. In honor of this milestone, we thought it only fair to tell you a little bit about this respected pilot, and what he brings to our team. When we think of Jimmy there are three things that stand out: Diligence, Safety, and Attitude. Jimmy is a diligent worker who can be counted on to always pick up extra hours when ...



we need him; he is a solid company man who will work without complain whenever we need him regardless of the location. Jimmy is also very respected for his adherence to all our safety procedures. He follows rules, and makes the right decisions never taking shortcuts, which is essential in our line of work. He has a great personality and is a positive role model and mentor for all of our associates. Please join us in congratulating Jimmy on his 20 years of dedicated service!

Safety Department

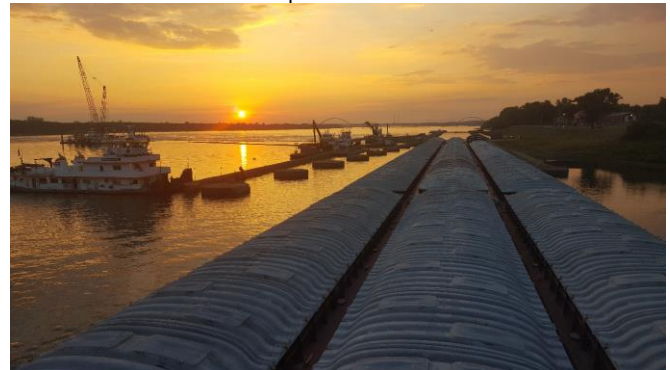
Incident Notification – Emergency Response Line

Greg Schabell

Safety Manager

We're updating our incident notification procedures to ensure that everyone in management and our customers are immediately informed when there is an incident. Moving forward the primary contact for any incident is the Emergency Response Line (1-877-255-3404). The only time that the Emergency Response Line is not the first point of contact is for ongoing emergencies where the employee needs operational guidance to handle the emergency. For example, if the boat/barge is sinking and you need advice on how to stop it, then contact the supervisor or general manager first. The second call would then be to the Emergency Response Line as soon as circumstances allow. We're also adding a posting for local hospitals to go to if there is an injury.

Enterprise at Lock 52



Inside This Issue

1. Jimmy Ingram
2. Incident Notification – Emergency Response Line
3. Lines in Wing Tanks
4. Fleeting Operations Manual
5. Lessons Learned – Back Injuries
6. Crew Endurance Management Systems
7. Anti-Freeze Testing
8. Quote of the Month
9. Photo Gallery
10. Calendar Events
11. More Pics!



Marine

Lines in Wing Tanks

Ed Lapikas

General Manager

It has been brought to my attention that we are starting to get an excessive amount of lines on barges and in wing tanks. We all know this is not acceptable and needs to **STOP** immediately. Once again, I find myself having to remind everyone how to do their job. Effective today all barge decks will be cleaned and report back if we need to have a barge stopped so the lines can be removed from the wing tanks. When you pick up a barge, every wing tank is to be checked for water and lines. If a barge is dropped at another location and lines are found the boat that dropped it will be held accountable. It takes everyone's participation to keep our deck crews safe and housekeeping is one of the leading causes for MOB incidents.

Safety Department

Fleeting Operations Manual

Greg Schabell

Safety Manager

The new Fleeting Operations Manual with all C&B fleeting locations is posted in DropBox. It provides the specific mooring requirements for each fleet at each operation, and identifies the known hazards at that operation. It also includes specific procedures for high water conditions at those locations. This manual should be used to orient new hires and trip pilots. It should also be used by the pilot and supervisor to enforce documented standards for mooring barges at their operation. Please ensure that we are meeting or exceeding these requirements at all times.

Safety Department

Lessons Learned – Back Injuries

Greg Schabell

Safety Manager

Recently we've had 2 lower back injuries that occurred while lifting an old facewire to get it off the vessel. They were caused by poor lifting techniques and failure to warm up. The time in which they occurred is also significant: one occurred at the beginning of their shift while other occurred at the end of their shift. Repetition, adverse weather, the end of the shift, poor physical condition, and exhaustion will all cause us to slack off and take shortcuts, which means using your back to complete the work. As...

we've discussed many times, the beginning and end of the shift are the times most likely to result in injury. In the beginning of their shift, employees tend not to be fully alert and possibly still groggy from sleep – it takes time to get into the swing of things when the day starts. At the end of their shift, employees tend to be tired from working their shift and distracted by getting off the boat. Awareness and constant reminders about this natural tendency is the best defense.

The first incident was caused by poor body mechanics. The employee twisted his back while holding and throwing a load. This is surest way to incur a back injury! Always pivot your whole body to face in the new direction by turning your feet, not twisting your back. Do NOT perform twisting or jerking motions with a load. Keep the load close to your body at your center of gravity and avoid extending your arms to throw the load – the further the load is from your body, the more stress is placed on your back. You should exaggerate bending your knees to get as low as possible – strengthen your leg muscles so they're in shape to do this. We must constantly remind ourselves and each other about proper lifting techniques to avoid the wear and tear of manual labor tasks. Even if this event had not resulted in an injury, the action still would've caused wear and tear that would eventually lead to back problems. Good lifting practices require constant reinforcement and never taking shortcuts!

We also need to discuss the need for warming up prior to physical activity. Before starting manual labor activities, you need to get your blood moving and your joints loose by performing joint rotations: neck, shoulder, hips/lower back, and knee/ankle. Perform slow clockwise and counter-clockwise rotations for each. Then, stretch your low back and hamstrings (the large muscles in the back of the thigh) with some gentle stretching exercises. Even when you warm up and do proper lifting techniques, you're still putting stress and fatiguing your back. Relieve that tension by performing lower-back flexion/extension exercises throughout day. This information is covered during new hire orientation and annual awareness training, but it's usually ignored until the person finally has an injury from the years of wear-and-tear. You can avoid this by using proper lifting techniques, keeping your weight down, strengthening your leg muscles, warming up, and stretching.



Compliance Department

CEMS (Crew Endurance Management Systems)

Gordon Putzke

Compliance Manager

Getting a good night's sleep is vital to your mental and physical health. Research recommends adults get between 6 to 8 hours of sleep per night. Anything less will begin to have an adverse effect on your health. Sleep deprivation negatively impacts your immune system, can leave you fatigued, significantly decrease your mental acuity, and chronic sleep deprivation can result in a shortened lifespan. Remember the following:

Limit Caffeine, Alcohol, and Stimulants – coffee, tea or other caffeinated beverages should not be consumed for 4-6 hours prior to bedtime. Limit alcohol to 1-2 drinks per day or less. A glass of wine before bed may initially produce drowsiness but after a few hours it disrupts the sleep cycle and may cause multiple waking episodes.

Limit Screen Time Prior to Bed – the downside to technology is that technology it need sleep but we do. Try to limit screen time such as TV, cell phones, Facebook, Twitter, Snapchat, and video games to two hours before bed. The flashing screens, intense colors and brightness all stimulate our brains and make it difficult to relax and fall asleep. Turning off technology 2 hours prior to bedtime gives your brain a chance to rest and wind down.

Get Into a Sleep Routine – developing a regular routine at bedtime helps promote sleep. You may wish to take a warm bath or shower prior to bed, read a book or practice meditation or relation exercises. Avoid physically or emotionally stimulating activities immediately before bed. Such activities can trigger your body's stress response and the release of cortisol, which in turn increases your alertness.

Don't Nap – some people are fans of the so called "power nap". This is when you take up to 20 minutes to close your eyes and rest during the day when you feel exhausted. If you must nap, do so before 5pm, otherwise you may have difficulty getting sleep at bed time. Naps taken in the afternoon tend to severely disrupt your sleep cycle. Even a short 10 or 15 minute nap can be enough to keep you awake all night.

Watch What you Eat Before Bed – don't eat a heavy meal just before bed, especially one which may cause indigestion. Ideally, you should finish your dinner between 2-4 hours before bed. You may want to have a light snack with protein such as peanut butter or cheese and crackers. Protein will help keep your blood sugar levels even throughout the night.

Medical Intervention – sleep deprivation can have...

serious negative health consequences. You should always try non-medicinal approaches to getting a good night's sleep first. If none of these approaches seem to work, it's time to seek medical attention. Sleep disorders can be treated in a variety of ways depending on their cause.

Service Department

Anti-Freeze Testing

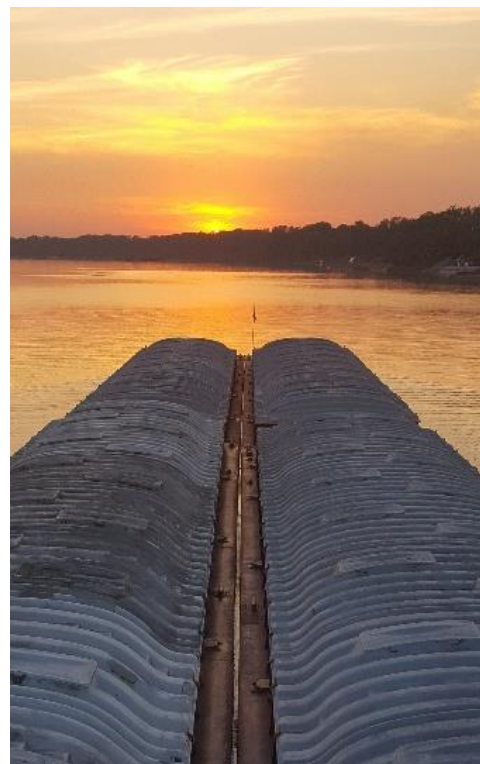
David Westrich

Port Engineer

Cold weather will be upon us very soon. It is hard to believe on an early October day when it is 80 degrees outside but it won't be very long at all before temperatures drop. We all must ensure that the vessels and equipment have the proper level of coolant in them and that we are not just adding water. Please take the time to ensure that you have a supply of coolant on hand at your location. Also we will be tracking the coolant readings so please test the coolant and send the readings to Maintenance@carlislebray.com.

Quote of the Month

"Rough waters are truer tests of leadership. In calm water every ship has a good captain." Swedish proverb



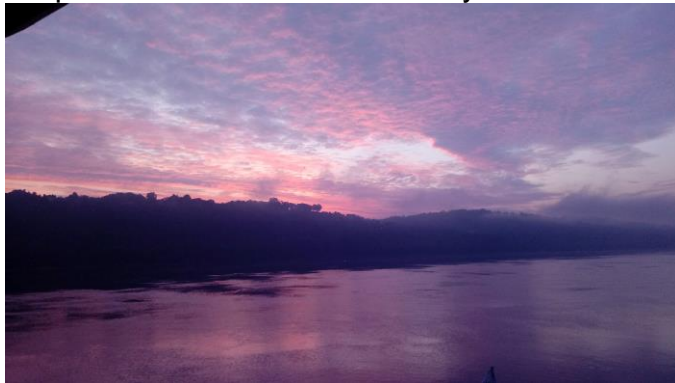
Sunset over new dock at Cargill by Brandon Wiesner. Winner of the best pic of the month!



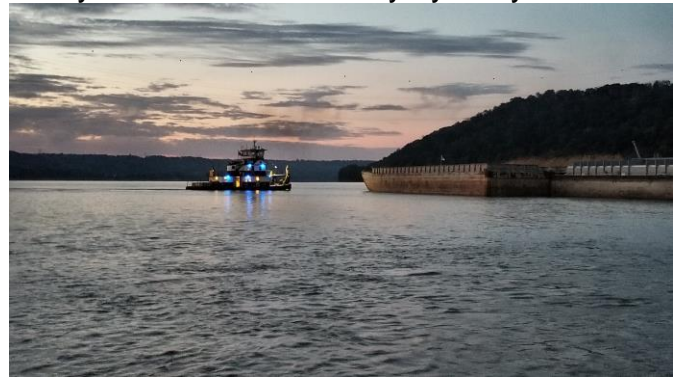
Sunshine around the kevel by Ed Eichhorn.



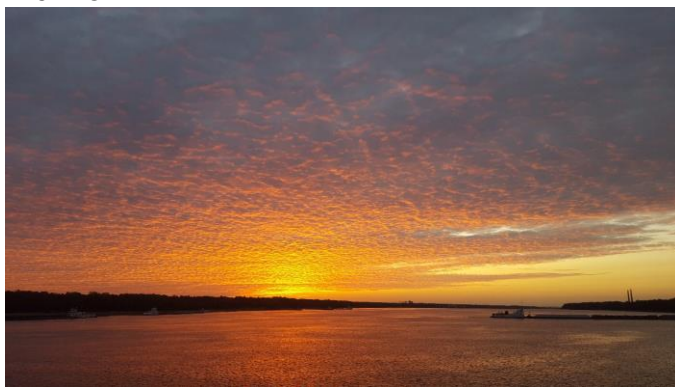
Purple skies over Silver Grove by Bob Shaw.



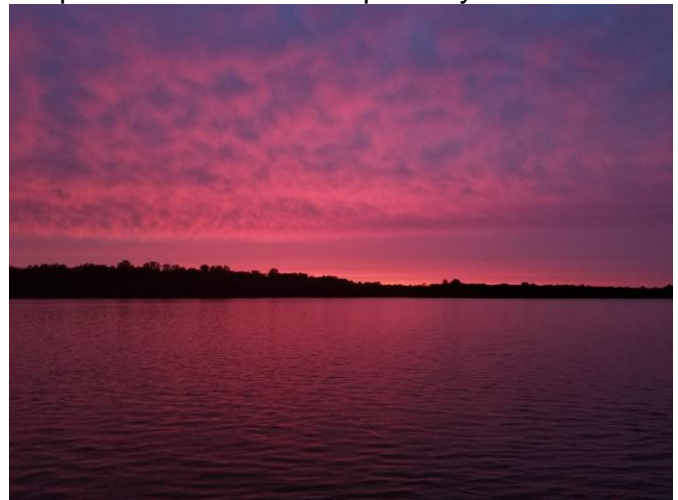
Gladys G at Trimble County by Jerry Jones.



Golden skies over Joppa, Illinois by Ed Eichhorn.



Purple haze off the Enterprise by Zack Ross.





BIRTHDAYS & ANNIVERSARIES

Full Name	Hire Date
Airgood, Brandy M.	10/1/2016
Arnold, Chad	10/31/2011
Braden, Joe	10/1/1998
Brooks, William	10/11/2010
Collins, Adam	10/26/1999
Cox, Frank	10/8/2013
Crawford, Michael	10/22/2007
DePriest, Ty E	10/6/2015
Friend, John A	10/6/2015
Friend, Larry W	10/6/2015
Hall, Channing L	10/7/2014
Hannan, Jason	10/17/2006
Hastings, Larry	10/4/2016
Heflin, Leslie J	10/6/2015
Ingram, James	10/11/1997
Jackson, Clay	10/29/2012
Leach, Edgar	10/21/2009
Littlejohn, Richard	10/9/2003
Miller, Ray	10/1/1998
Moore, Kevin	10/27/2014
Schottelkotte, Victoria	10/3/2011
Stith, Jeffrey	10/1/2000
Terrell, William	10/21/2003
Wallace, Michael	10/21/2009

Full Name	Birthday
Adams, David Lee	30-Oct
Becker, Matthew W	9-Oct
Blum, Donald R	9-Oct
Curry, Dale R	12-Oct
Dodson, Steven Tony Lee	2-Oct
Frederick, Thadius W	29-Oct
Hannan, Jason	2-Oct
House, Aaron	14-Oct
Ingram, James	10-Oct
Johnson, Brandon L	7-Oct
Justice, Brian D	4-Oct
Littlejohn, Richard	30-Oct
Longfellow, Roger	8-Oct
McLean, Jesse Michael	17-Oct
Obertate, Emma	4-Oct
Pierson, Devlin Tyler	24-Oct
Walker, Brandon Antonio	9-Oct
Wallace, Michael	5-Oct

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 do I send in pictures for the monthly contest?
 A: Email Greg Schabell at gschabell@carlislebray.com to send in pics for the contest.

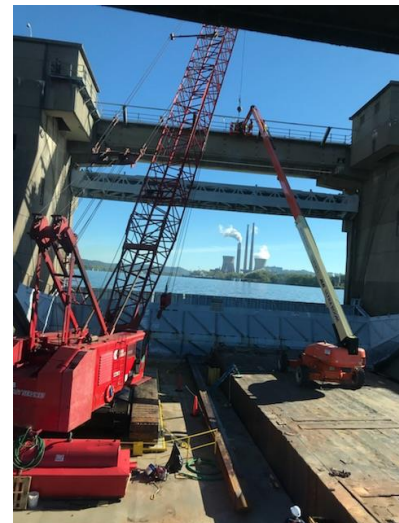
Q: Who do I contact for the employee referral program?
 A: Emma Obertate.

MORE PICS!

New C&B training room at Hebron.



Willow Island.



Installing dolphin at Cargill.

