



C & B Newsletter

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Hot Weather

Greg Schabell

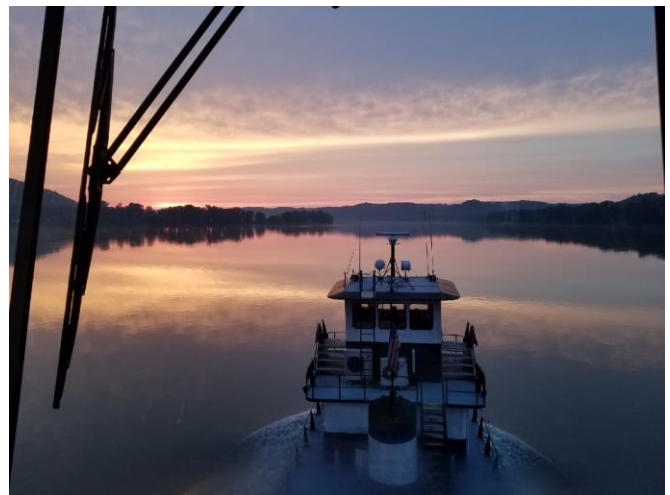
Safety Manager

The temperatures are starting to climb and the humidity is thick, which means that it is summer in the Ohio valley! I wanted to mention a few tips/reminders on working in hot weather:

- 1. HYDRATE:** Water! Water! Water! Boring, I know, but it is the best thing for you during hot weather. If you find it too boring, add a slice of lemon or drink Gatorade or other electrolyte beverage to replace lost electrolytes. Leave the Red Bull-type energy drinks alone, along with carbonated sodas, alcohol and caffeine. Hydrating should start before you get to work: drink a large glass of water when you complete your shift, before you go to bed and soon as you wake up. Sip on cool water throughout your shift.
- 2. ACCLIMATIZATION:** Your body will get used to the weather conditions that it is normally exposed to: the more your body is used to those conditions, the better it can handle it. When major heat waves come, take regular breaks and allow yourself time to cool down. Shortcuts lead to accidents so take your time and do it right the first time. Monitor the weather and be prepared!
- 3. KEEPING COOL:** Take breaks where there is AC, shade and/or a breeze. Remove your work vest, gloves and hard hat to cool down faster. Loosen boots and restrictive clothing. When working, a wet cloth around your neck will help keep you cool. Ice packs to the back of neck, wrists, back of the knee, groin and armpits will rapidly cool your core body temperature.
- 4. NUTRITION:** Avoid big meals and hot foods. Eat regular, light meals of balanced food groups.
- 5. LOOK OUT FOR EACH OTHER:** Is someone acting more squirrely than normal? Disoriented? Unusually tired? Slurring their words? Flush skin? These could be signs of heat stress so you need to alert someone right away.
- 6. BASIC FIRST AID:** Have person lie down in shade or cooler area with their feet raised above the heart. Remove their boots. Apply ice as indicated above. If condition does not improve, call plant ERT or 911.

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Safety Department

Awkward Body Postures

Greg Schabell
Safety Manager

Awkward postures refer to positions of the body (limbs, joints, back) that deviate significantly from the neutral position while job tasks are being performed. Postures like bending and reaching increase effort, cause fatigue, and can result in injury. Other awkward postures include working with arms raised, twisting, kneeling or squatting. Muscles do not work as efficiently in awkward postures. The muscles must exert more physical effort to accomplish the task. This increased force contributes to muscle-tendon fatigue and strain. If you continue in an awkward position, the stress on the muscles and tendons can cause irritation and inflammation.

Awareness is the first step in preventing the stress from awkward positions. Here are a few tips:

- Become aware of your posture. Good posture maintains the natural curve of the spine and includes relaxed shoulders that are held slightly back and level, ears in line with the shoulders, chin tucked slightly inward, and pelvis shifted forward to allow the hips to align with the ankles.
- Sit close to your work and keep frequently used materials within reach.
- Maintain neutral wrist/arm postures as much as possible.
- Avoid twisting and bending motions.
- Use both hands instead of one to lift or complete tasks.
- Respect your discomfort or pain. Change positions, stretch to ease stiff muscles, take a short break or change tasks.

Compliance Department

TowWorks

Gordon Putzke
Compliance Manager

We are now able to complete all DRILLS in TowWorks for all vessel employees. The Energy side will be implemented later this year. **We will no longer accept paper drills for vessel employees.** Supervisors, please ensure that all employees' under your area of responsibility know of these changes.

The following vessel forms are required in TowWorks:
1) Pre-Sail Checklist – DAILY

- 2) Job Hazard Safety Briefing (Daily Safety Meeting) – DAILY
- 3) Wheelhouse Watch Change/Nav. Assessment-DAILY (if/when changing wheelhouse personnel)
- 4) Daily Maintenance checklist – DAILY
- 5) Weekly Safety Meeting- WEEKLY (once per week)
- 6) Monthly Vessel Safety Checklist – MONTHLY (once per month)
- 7) DRILLS- (4 per month)
- 8) New Hire/Vessel Orientation/ TOUR checklist- (new employees)

Safety Department

Lessons Learned - Ladders

Greg Schabell
Safety Manager

On 5/29/18, the Hebron cleaning rig had several barges to clean. To get in/out of barge hoppers, employees use a ladder system called the Coamover Ladder, which is specifically designed to fit onto a barge's coaming wall. The ladder consists of three parts: a platform that fits on top of the coaming wall, an extension piece for getting on/off the platform, and an extension ladder to get in/out of the hopper. The platform consists of a 4 metal poles that fit onto either side of the coaming wall and 2 stabilizers that can be adjusted to fit tightly on the various coaming wall sizes. It was reported to the excavator operator that 2 of the poles were fractured that morning. He inspected the ladders himself and noted that the poles were cracked halfway through, but he did not communicate this to the other employees or take the platform out of service. At ~1500, one of the loader operators got on top of the ladder platform to enter a barge when the 2 outside legs snapped, causing him to fall off the platform onto the cleaning rig. He fell ~8' and landed on the excavator swing radius railing, injuring his right forearm. He was taken to Concentra for an X-ray and medical evaluation. He was diagnosed with a contusion and restricted to light duty.

This incident should never have happened. When the ladder platform was found to be damaged, it needed to be taken out of service immediately and the rest of the crew should have been informed. This incident reveals how important equipment inspections are. A quick visual observation can find most all equipment deficiencies. However, equipment inspections are useless unless they result in something being done when an issue is found. First and foremost, issues need to be communicated to anyone that could potentially be affected. Second, when something is it needs to be conspicuously identified as unsafe...



(ladders should be labelled as “UNSAFE LADDER”) and removed from the operation as soon as possible. Also, equipment just doesn’t magically break. The ladder either degraded over time from not being maintained properly or a catastrophic event occurred, or a combination of both. Often times, and especially with ladders, that equipment effects your personal safety. The better the equipment is maintained, the safer you will be.

Lastly, I want to talk about hazard identification. There are 2 primary ways that an Energy Services employee can be seriously injured: on ladders and crushing hazards from heavy equipment movements or lifts. Since you know this, you need to be focusing on these issues and actively mitigating those hazards. That is why C&B invested a lot of money buying ladders specifically designed for getting in and out of barges. However, ladders still pose hazards. Employees need to be trained on how to inspect equipment. Equipment needs to be well maintained for your own safety. Likewise, the 2 primary ways that vessel employees are seriously injured is falling overboard and pull cable operations. Supervisors need to continuously discuss the main ways that employees can be seriously injured. Actively look for hazards at your operation, communicate any issues, and mitigate or eliminate identified hazards.

Safety Department

Lightning

Greg Schabell
Safety Manager

Summer is the peak season for of the nation’s deadliest weather phenomena—lightning. In the United States, an average of 62 people are killed each year by lightning. A lightning flash is unbelievably powerful—up to 30,000,000 volts at 100,000 amperes. It happens so quickly that it is essentially explosive in nature. The sudden, vast amount of heat energy released by a lightning flash causes the sound waves that are called thunder. All thunderstorms produce lightning. If you can hear thunder, you are close enough to the storm to be struck. Lightning can strike 10 to 15 miles away from the rain portion of the storm. Lightning produces no pattern for striking, in location or distance from the storm itself. Some ways to protect yourself are: do not make yourself the tallest object in your surroundings; stay away from metal objects; stay away from direct contact with water; stay away from electrical appliances; return to the protection of the inside of the boat. The boat acts as a “Faraday cage” which basically attracts lightning and then passes all charges through the metal objects in a conductive path through the hull, shafts and rudders into the...

water. At the first sight of lightning, return to the boat until the storm passes. When there is a lightning strike within 15 miles of your location, seek shelter and wait until there is no lightning strikes within 15 miles for at least 30 minutes. Plan your tow work activities accordingly, keeping weather as part of your plan and prevailing circumstances. **Take no chances** with your crew exposed on the steel barges, out in the open, and often the highest object in the immediate surroundings. Ensure that the crew understands the distances at which lightning can strike, and they have time to seek the shelter of the boat before possible strikes.

Safety Department

Fireworks

Greg Schabell
Safety Manager

Almost time for fireworks. The 4th of July is a time for family, friends, and celebration of our nation’s independence. Fireworks are intimately associated with that celebration. John Adams said that “It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.” I recommend going to a city or other sponsored event so that others are the ones messing with the explosives while you and loved ones stay far away. If you’re not going to do that, then just a few things to keep in mind: keep children away from all fireworks; stay vigilante if you’re going to allow them to use sparklers or the like; stay as far away as possible from the firework ignition site; ensure that all those not igniting the fireworks remain at a safe distance; most injuries are to a person’s hands or eyes; keep your body parts (especially your eyes) and other people out of the direction of the fireworks; do not lean over a firework once lit; if the firework does not go off after lit, then wait several minutes, saturate with water, wait several more minutes, and then dispose of it; do not light fireworks out of your hand. Use a pipe or other tube to launch bottle rockets and the like from; do NOT drink if you are going to be handling fireworks; ensure that fireworks are stored away from ignition sources and that children cannot reach them.

Be Safe & Enjoy!!

Quote of the Month

"It isn't that life ashore is distasteful to me. But life at sea is better." Sir Francis Drake

Reflections in the water by Lenny Franz.
Winner of the best pic of the month!



The Endeavour by Jerry Jones.



Atlantis next to Sarah L. Ingram by Kyle Caddell.



Gladys G cruising through the mist by Jerry Jones.



Pushing by New Richmond by Lenny Franz.



Ghent coal loads by Jerry Jones.





BIRTHDAYS & ANNIVERSARIES

Name	Hire Date	
INMAN	JASON	6/4/09
COX	LARRY	6/7/11
PHILLIPS	JAMES	6/7/11
SCHABELL	GREGORY	6/7/11
FREEMAN	CHARLES	6/8/12
PUTZKE	GORDON	6/30/13
WILSON	JOSHUA	6/1/15
CHASE	CHRISTOPHER	6/15/15
RIGGS	JAMES	6/21/16
ADKINS	NATHAN	6/30/16
DORNBACH	BRYAN	6/6/17

Name	Birth Date	
COX	LARRY	1-Jun
PENCE	JEREMY	1-Jun
KERNS	DORMAN	2-Jun
TERRELL	KEITH	3-Jun
LAPIKAS	RANDAL	11-Jun
POPP	ANTHONY	11-Jun
LUCAS	JEFFREY	13-Jun
MCCLELLAN	MICHAEL	16-Jun
CONLEY	JAMES	17-Jun
SHAW II	ROBERT	21-Jun
DASHER	JOHN	22-Jun
RILEY	DAKOTA	23-Jun
PARSONS	CODY	24-Jun
BROOKS	MATTHEW	24-Jun
REILLY	PAUL	25-Jun
LEGRAND	ROBERT	25-Jun
WILSON	JOSHUA	27-Jun

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 get Cincinnati Reds tickets?

A: Reach out to Vicky Schottelkotte. Tickets are given out on a first come, first serve basis when available.

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

A: Nolan Wallace or Brandy Airgood. The bonus is for \$250.

ANNOUNCEMENTS



Great News!!

Kings Island tickets will be available this year for all employees.

These tickets are good for any day the park is open during the regular season. Tickets will not be good for Winterfest.

Please fill out the Ticket Request Form, then email or send to Vicky Schottelkotte.

Tickets will be sent out starting the week of June 11th.

Thank you for all you do at C&B!!

