

JOB SAFETY STARTS WITH YOU!

Thank you for being a leader!

GCC SAFETY COMMITTEE

- Richard Ghilotti
- Brian Ongaro
- Joe Moreira
- Ali Yazdi
- Paul Donaldson
- Damon Calegari
- Julie Thornton
- Tom Woosley
- Steve Zurilgen
- John Klapperich



"Gee Bill, no steel-toed boots?!"



Safety Quote:

"Safety is a great analogy for understanding quality. Everything safety is about relates to the absolutes of quality management."

By Phillip B. Crosby

COLD WEATHER TIPS

AVOID DAMAGING YOUR MUSCLES—Do a 5 minute warm up and then a few light stretches of before starting work. Pulled muscles are more likely to occur in cold weather because your muscles tighten up and contract in the cold. Don't stretch a cold muscle without warming up! A warmed muscle both contracts more forcefully and relaxes more quickly. Therefore, both speed and strength should be enhanced, and the likelihood of muscles being forcefully overstretched and causing injury is reduced.



DRINK PLENTY OF WATER—You can become dehydrated in cold weather if you don't replace fluids. Dehydration reduces blood flow to the skin, which can lead to cold injury. Don't drink alcohol. Alcohol contributes to dehydration and widens blood vessels, causing heat loss. Alcohol also impairs judgment and reduces sensitivity to cold.

WATCH YOUR FOOTING—Serious injuries can result from trip and fall incidents. Watch for areas that may become slick when wet. Watch for ice patches on the ground, and pay special attention when getting on and off equipment.

USE CAUTION WHEN DRIVING—With a combination of water, oil, and ice, the roadway isn't the safest place to be, so use caution when driving. Drive at speeds appropriate for the weather, roadway, and traffic conditions. Don't tailgate, lack of tire traction may send you right into the rear of the vehicle in front of you!

DRESS WARMLY AND STAY DRY—Keep hands, feet, and head covered, and wear several layers of loose-fitting clothing. If your clothing becomes wet, immediately change to avoid cold-weather injuries like hypothermia and frostbite.

Make sure to use the buddy-system when working in cold weather. Signs that people are being affected by the cold include a change in behavior patterns, a change in skin or lip color (blue, purple or gray), or shaking. When these symptoms are present, affected people should be taken indoors as soon as possible.

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FIELD SAFETY INCENTIVE RAFFLE

December 31, 2001 Drawing

CONGRATULATIONS! Thank you...

John Cole

"Ensuring safe working conditions for the finishing crew"

Joe Saldana

"Staying focused on overall job site safety"

Rick Walker

"Making the extra effort to make traffic control safe"

CLAIMS HISTORY



WORKERS' COMPENSATION CLAIMS

Valued 1/1/01 through 12/31/01

Total Claims Reported: 35

21	Lost-Time Injuries
4	Medical Only
10	First Aid Only

Lost-Time Injuries: 17 Strains; 2 Fractures; 1 Abrasion; 1 Contusion
Medical Only: 1 Strain/Sprain; 1 Eye Abrasion, 1 Bee Sting; 1 Fracture

PROPERTY & CASUALTY CLAIMS

Valued 1/1/01 through 12/31/01

Total Claims Reported: 128

54	General Liability
50	Automobile
19	Property/Equipment
5	Record Only/Non-Specific Incidents



Claim Statistics:

- 36 Reported to Insurance Carrier;
- 93 Handled Internally by GCC (Includes claims recovered from 3rd Party/Responsible Party, Claims under the insurance deductible, Record/Only Incidents)
- 37 Resulted in Disciplinary Action since formal implementation of the company disciplinary policy

The Safety Committee's target for GCC is "0" injuries and accidents. Without your help, we cannot accomplish this goal.

Safety Reminders:

- If you have any concerns with safety, or the ergonomics of your job (i.e. body mechanics of tasks performed), let Julie or Damon know so corrective action can be taken.
- Know the products you are working with and the possible health exposures that exist. Material Safety Data Sheets (MSDS) are accessible at all job site locations. Talk to your supervisor if you are not sure about the proper safety procedures for working with a specific substance.

Special Acknowledgement



Congratulations to the construction crew at Sears Point Raceway for their recent accomplishment of going through a Cal/OSHA sweep, and coming out clean! GCC was the only contractor at the Sears Point Raceway work site that was not issued a citation!

Thanks to...



Vance Corum for pointing out that the "trailer" is silent and does not necessarily follow the same path as the tractor. Stay aware and do not step behind the rear of the tractor until you are sure there is no trailer, or the trailer has completely passed.

Brian Bailey for stressing the importance of a driver always rechecking the "load" if they did not personally tie it down.

Jess Todd for pointing out the dangers of practical jokes at the job site, and the importance of remaining considerate of neighbors (public) around the work site

Charlie Williamson for discussing the job specific hazard of working in wet conditions during a scheduled Tailgate Meeting.

Safety starts with you!



Members of the Safety Committee want to help create a program that benefits all employees. Your input is important, so please do not hesitate to speak with any of the committee members, or complete a Safety Information Form available in dispatch. The GCC Safety Newsletter will be published bi-monthly. If there is a topic that you would like to see published, contact Julie @ (707) 585-1221.