

# SafetyRoadtracks

December 2003



Paving the Way for Safety

## Field Safety Contest Continued!

GCC is in need of a new company Safety Slogan to be used on safety documentation and supplies. Submit your suggestion, no later than January 15th, and earn a Star Bucks safety scratch-off ticket (Superintendents & Managers are exempt). Suggestions can be e-mailed to [Julie@Ghilotti.com](mailto:Julie@Ghilotti.com) or placed in the safety suggestion box (located in the old dispatch office).

## THE SEASON IS HERE! Winter Safety Tips...

Following are some tips to keep in mind while your family is enjoying the great outdoors during the winter season.

- \* Always check the weather report and heed precautions and advisories.
- \* Be aware of symptoms and treatment for hypothermia, snow blindness and frostbite.
- \* Dress in layers. It is very important to keep warm and dry while enjoying outdoor activities in the winter.
- \* Make sure that clothes are comfortable. Tight clothing can restrict circulation and increase chances of frostbite.
- \* Take some time to relax and give children some "down time" as well.
- \* Have children (and adults) wear helmets designed for the activity if it involves a risk of head injury.
- \* Don't eat the snow! Even white snow can contain pollutants from the air, including trace minerals like mercury. Snow can also contain soils that can include animal fecal matter.
- \* Don't let your children venture onto ice, ponds or lakes without first checking the ice.

Courtesy of the Ultimate Family Travel Web Site @ <http://www.hotelfun4kids.com/>



*Don't Forget - You and your family are invited to attend the 12th Annual Christmas Party/ Buffet.*

*Date: December 19, 2003  
Time: 1pm to 5 pm*

*Don't miss out on celebrating the season with your Ghilotti Construction Company Family*

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## Safety Committee

### 2003 Members

Richard Ghilotti  
Brian Ongaro  
Paul Donaldson  
Joe Moreira  
Ali Yazdi  
Damon Calegari  
Charly Whitney  
Doug Holmes  
Gene Petrini  
John Klapperich  
Julie Thornton

### Remember:

Information on GCC Safety Policies and Procedures is available at [www.ghilotti.com](http://www.ghilotti.com) under the Safety and Health section. If you have any questions regarding matters of safety, speak to your supervisor, or contact Julie @ (707) 585-1221.

E-mail topic suggestions for the next Safety Roadtracks to [Julie@Ghilotti.com](mailto:Julie@Ghilotti.com).

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**Safety Reminders:**

- ☛ STAY CLEAR! of the swing arm radius of equipment. Operators - remember to check your surroundings, before operating equipment.
- ☛ Don't forget about the Safety Star Bucks Reward Program! Positive safety behavior will earn you a safety Star Bucks scratch-off ticket. Positive safety behavior includes:
  - √ Employee participation in safety inspections
  - √ Employee pro-active involvement in safety meetings (not applicable to Foremen)
  - √ Excellent Housekeeping Efforts
  - √ Communication of identified hazardous conditions or work practices (not applicable to Foremen)
  - √ Any behavior that promotes safe work practices and job site conditions.

**COLD WEATHER SAFETY TIP**

Avoid damaging your muscles! Do a 5-minute warm up and then a few light stretches 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 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. GCC's safety topic on Cold Weather Safety can be viewed at [www.ghilotti.com](http://www.ghilotti.com) (Safety & Health section)

**New Safety Material Available**

Ergonomic Survival Guide for Laborers  
 Guia Ergonomica De Supervivencia Para Obreros  
 Safety materials are available on-line at [www.ghilotti.com](http://www.ghilotti.com), in the "old" dispatch office, or contact Julie at (707) 585-1221



<http://www.cdc.gov/elcosh/Spanish/index.html>

**STAR BUCKS SAFETY - Recent Winners**

Billy Hughes - Excellent Safety Efforts on the Job

Jay Clay - Public Safety/Bicycles through Project

Lee Engelke - Excellent follow-through on monitoring and documenting a potential claim

Jim Gobbi - Excellent handling of job site incident

Foremen Committee Meeting Attendees: Vince Bean, Jess Todd, Mat Avilla, Andy Putman, Gary Rossi

**Thanks to...**

**Jess Todd** for reminding the crew to pay attention to the other trades on the job site.

**Vincent Bean** for communicating the need to beware of your surroundings - when ever you move to a different area, check for new hazards (i.e. open trenches, low power lines, telephone poles, housekeeping hazards, etc.).

**Rich Dericco** for reviewing the facts of an incident that occurred at the job site and discussing what could have been done to prevent the accident from occurring.

**John Peretto** for reminding the crew to be aware of the tasks they are performing and identifying the any needs for additional PPE (i.e. if noise is involved, make sure you are using ear protection).

**Tony Ghilotti** for reminding the crew to pay attention to pedestrian traffic in the work area.

**Jim Kruse** for documenting the inspection of First Aid Kits, and the importance of keeping powder puffs away from the upper body!

**Charlie Williams** for documenting and asking a very important question - "What do you see that is unsafe?"

**JR Maffia** for the extra effort to keep the trucks clean and safe!

***Safety starts with you!***



## california OSHA WORKER'S PAGE

<http://www.dir.ca.gov/dosh/WorkersPage.htm>

### WORKER RIGHTS

California workers have the right to a safe workplace and a number of other more specific rights under the California Occupational Safety and Health Act. You have the right to:

1. Get training from your employer about workplace hazards and workers rights
2. Request information from your employer about Cal/OSHA standards, worker injuries and illnesses, job hazards and workers' rights.
3. Request action from your employer to correct hazards or violations.
4. File a complaint with Cal/OSHA, if you believe that there are either violations of Cal/OSHA standards or serious workplace hazards.
5. Be involved in Cal/OSHA's inspection of your workplace by participating in the walkaround.
6. Find out the results of a Cal/OSHA inspection.
7. Get involved in any meetings or hearings to discuss any objections your employer has to Cal/OSHA citations or to changes in abatement deadlines.
8. File a formal appeal of deadlines for correction of hazards.
9. File a Cal/OSHA discrimination or whistleblower complaint with the Division of Labor Standards Enforcement.
10. Request a research investigation on possible workplace health hazards from the National Institute for Occupational Safety and Health.
11. Filing a petition to the Occupational Safety and Health Standards Board for a new standard.
12. Participate in developing new standards (by joining a Cal/OSHA standards development committee) or by providing testimony to the Occupational Safety and Health Standards Board at a hearing when the Board is considering adopting a new standard.

### WORKER RESPONSIBILITIES

Although Cal/OSHA does not cite workers for violations of their responsibilities, each employee is encouraged to comply with all Cal/OSHA rules, regulations and standards. Cal/OSHA recommends that workers do the following:

1. Read the Cal/OSHA Poster posted/accessible at the jobsite.
2. Increase your awareness about Cal/OSHA standards that are designed to protect you.
3. Follow all lawful employer safety and health rules and regulations, and wear or use prescribed protective equipment while working.
4. Report hazardous conditions to your employer.
5. Report any job-related injury or illness to your employer, and seek treatment promptly.
6. Cooperate with the Cal/OSHA enforcement personnel when they are conducting an inspection if they inquire about safety and health conditions in your workplace.
7. Exercise your rights under the California Occupational Safety and Health Act. They are provided for your protection.



### **SAFETY QUOTE**

“Every activity is obliged to improve its safety record where it can. Those who insist on ignoring the smaller problems about which something can be done, pointing to the large problems about which nothing can be done yet, are mostly evading the issue. Most safety measures adopted deal with small portions of the total hazard. Over years, the steady improvements that results is significant. If each step is discouraged because it doesn't solve the whole problem, then nothing is accomplished.” *Unknown NASA Scientist*

**BACK SAFETY TIPS**

**GARY ROSSI**, thanks for stressing the need to communicate back safety to our field employees!

Tips to avoid back strains and conditions caused by gradual wear-and-tear are:

- Before you proceed to lift and move an object, make sure your path of travel is free of debris and obstacles that could cause you to trip and fall
- When you prepare to lift an object—**NEVER bend at the waist!**
  - Get close to the load
  - Bend your knees and squat down
  - Tighten your stomach muscles (don't hold your breath)
  - Keep your back aligned as much as possible
  - Make sure you have a secure grip and solid footing
  - Lift with your leg muscles—**NOT your back!**
  - Lift smoothly—**DO NOT jerk your body when lifting!** (*Hint: If you have to jerk your body to lift something, chances are it is too heavy and you should have asked for help!*)
- Keep the load close to your body to minimize the strain
- When carrying or setting down an object - pivot with your feet, NOT your back!
- Use hand trucks and other mechanical aids when possible
- **When the load is too heavy or awkward - ASK FOR HELP!**
- If you use a back-brace, don't take it for granted - Always use safe lifting procedures

**ACTIVE GCC PROJECTS**

Carneros Inn/Phase 2  
 Redwood/Palme  
 Parker Hill @ Siena  
 Cloverdale Blvd Improvements  
 Cloverdale Improvements  
 Cloverdale Improvements  
 Reflections, Parce 2 @ Hiddenbrook  
 Redwood Village/Onsite  
 The Vineyards/Cloverdale  
 Marisol Skyline Collage/San Bruno  
 3rd Street/Richmond  
 Park Street/Petaluma  
 Park Street/Petaluma  
 Mare Island

Campus Bay/Richmond  
 Davis Street Entryway/Vacaville  
 2nd St. East/Riverhill/Benicia  
 Vintage Meadows 2/Cloverdale  
 El Rancho and Grahn/Santa Rosa  
 Orchards @ Hiddenbrooke/Vallejo  
 Infineon  
 Cloverdale Slide/Hwy 101  
 Alamo Lane/Vacaville  
 Todd Raod/Santa Rosa  
 Petatluma River Apartments  
 Emeryville Recon  
 Vallejo Curbs



**MARK YOUR CALENDAR!**

**Monthly Foremen Committee Meeting:** January 6, 2004, 5pm @ the Santa Rosa Yard - Please call Julie to RSVP (*If you attend, you will earn a Star Bucks Scratch-off Ticket!*)  
**Foremen/Superintendent Quarterly Safety Breakfast:** January 30, 2004, 6am @ the Santa Rosa Yard - Attendance is Mandatory!

**HOLIDAY OFFICE SCHEDULE:**

**Christmas:** 12/24/03 - Office Closed @ Noon, 12/25/03 - Office Closed, 12/26/03 - Office Closed  
**New Years:** 12/31/03 - Office Closed @ Noon, 1/1/04 - Office Closed

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 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 the old dispatch office. 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 or email julie@ghilotti.com.