



MONTHLY SAFETY NEWSLETTER

JUNE 2020

"SERVICING THE SHIPS THAT SERVE OUR COUNTRY"

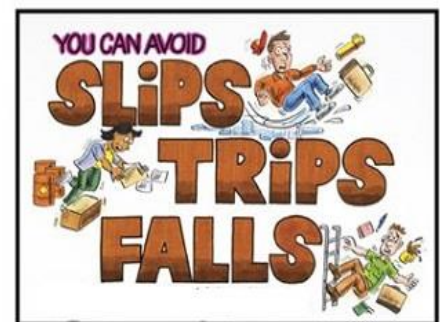
SLIPS, TRIPS AND FALLS

Rushing Can Hurt

We've all been in a situation at one time or another where we were in a hurry, didn't pay close attention to what we were doing, and ended up with an injury. Hurrying on the job can cause both minor accidents and life-threatening injuries. You may hurry dozens of times without incident, until finally it happens - an accident. The old saying "Haste makes waste" is all too true.

Have you done any of these?

- ◆ Used the wrong ladder because the one you needed wasn't close by?
- ◆ Climbed a ladder with tools stuck in your pockets or in your hand because you didn't have a tool belt?
- ◆ Reached a little further on the ladder rather than get down and move it?
- ◆ Climbed up the side of a bin or shelving unit instead of getting a ladder?
- ◆ Not worn safety glasses because the job would only take a few minutes?
- ◆ Used a dull saw blade for just one more cut?
- ◆ Removed a guard to repair your machine, and not gotten around to putting it back?
- ◆ Cut the grounding prong off a three-way ground wire plug because you didn't have an adapter?
- ◆ Used a wrench instead of a hammer because your toolbox was not close?
- ◆ Not unplugged a power tool before making adjustments, because you'd only have to plug it in again, or the plug was a little distance away?
- ◆ Given a forklift truck just a little more pedal so you could get one more load in before lunch?
- ◆ Not slowed down at a blind corner because you never saw anyone there before?



We are sure you can come up with a dozen more examples of shortcuts you've taken, or seen co-workers take, to get the job done more quickly. Sometimes nothing happens, sometimes there are near misses, until finally there is a real accident and you, or someone you work or live with, gets hurt. Yes, someone you live with; what we do at work carries over into what we do at home. Our children follow our example. If we take shortcuts, they will do the same thing, assuming it's all right because they saw us do it.

Practice safety everywhere. You can never be too careful. The example you set may save your life, or the life of someone you love.

Walk Don't Run

We've been walking for most of our lives. We walk without thinking, and often without looking. When we're at home, we know where the furniture is, where the steps are, where doors and appliances are. Accidents happen when a child leaves a toy on the floor, or the dog stretches out across a walk area, or someone moves a piece of furniture without telling us. If we're not looking where we're walking, we risk becoming a statistic!

At work, you probably know where every single thing is located in your office or at your workstation. Unfortunately, the moment you move outside your area, you should treat the environment as though you are a stranger there for the first time. That may sound odd, but it will ensure that you don't become a statistic at work. No matter where you're walking:

- ◆ Stick to the approved walk areas.
- ◆ Don't be tempted to jump over obstacles to take shortcuts.
- ◆ When going into restricted areas, check to see what safety regulations they have
- ◆ Do you have to wear safety hat or goggles?
- ◆ Look around you and be alert to potential dangers
- ◆ Watch for headroom
- ◆ Going around blind corners, look at the corner mirrors that have been provided
- ◆ If crossing an aisle, look both ways before you step into the aisle
- ◆ Use the handrail when going up or down stairs. It's not necessary to have a death grip on the handrail, but if your hand is gliding along it, you will have no problem reaching the rail if you slip.
- ◆ When going up and down stairs, put your full foot on the step. Failure to do so, or putting only the toes and ball of your foot on the step going up, can mean a fall.
- ◆ If you must read something, stop! Read, and then proceed
- ◆ Do you have to wear special clothing?
- ◆ Watch for moving vehicles or hand trucks
- ◆ Make sure that loose fitting clothing doesn't get near machinery or moving objects

Does this sound like things you would do while out on the street? They are! When we're on the job daily we tend to get careless because everything is familiar. But when we stop paying close attention to what we're doing, accidents happen.

A FINAL WORD OF CAUTION

When we don't stay focused on what we're doing, we have accidents. No matter where you are:

- ◆ Check for blind spots
- ◆ Don't get too close to power or hand trucks
- ◆ Watch for possible hazards that cause slipping or tripping
- ◆ Stay out of restricted areas
- ◆ Watch for moving equipment

Every day people are injured because they are not paying attention to where they are going and what is happening around them. Focus on what you are doing, and stay safe!



Employee of the Month Nilder Beltran

Nilder has been with AIT for over six years and has become one of the most proficient, gas free and hot work technicians. Recently, Nilder was able to detect a major gas leak at the gas manifold aboard the USS Gravelly. Nilder had fellow employee shut down the manifold and report the leak immediately to NASSCO security. His quick actions prevent the ship from a major incident. On behalf of AIT, we would like to extend a big thank you for the job that you do.

BENEFITS QUESTIONS?

PLEASE FEEL FREE
TO REACH OUT:

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REMINDER OF CELL PHONE USE

The only personnel authorized to carry a cell phone on a "job site" are the following - Team Leaders, Project Managers and all other management. **No cell phones will be authorized on any job site** including AIT premises of assigned work. If you use or carry your personal cell phone on the "job site" during working hours you will be counseled and may be terminated. For emergencies please provide the appropriate parties with your Direct Supervisor's phone number and the Human Resources office line at 757-416-7400 x269.