

Safest Job Awards for May & June

May was 2252—Brady Lake
Steve Knapp, Supt.



Brady Lake Road, in Kent, OH, was completed in June. Congratulations to that team for a job well done! The entire project was completed with only 1 first-aid injury at the start of demolition in January. The bridge was built over CSX tracks and a creek.

I-270 over the Scioto River, in Columbus, OH, is in the heart of their sheet pile and h-pile driving activities.

This team has put in a lot of hours and faced serious hazards in the beginning phases of this project.

Congratulations to the 270/Scioto team. Both projects have chosen Ruhlin logo Carhartt jackets as the prize.

June was 2257—270/Scioto River
DK Carpenter, Supt.



SAFETY REMINDERS



Recent Near Miss Incidents

RIGGING FAILURE

Employees were utilizing nylon slings and wire rope chokers to set a Bidwell with an excavator when the wire rope chokers cut through the nylon slings. Remember to inspect rigging prior to use for defects or significant wear. It's recommended to use something rounded or padding when placing slings or straps around sharp edges.

EYE PROTECTION

In the last couple months, safety glasses have saved 2 Ruhlin employee's eyes from possible severe damage due to flying objects. Remember to wear proper eye protection.

SAFETY SUGGESTIONS

June & July 2010 Winners:

2nd Quarter 2010 — John Goodyear: John recognized the hazard of dust blowing up from the exhaust on the telehandler onto the operator & workers. John suggested modifying the direction of exhaust.

JUNE

1st place Monthly Award — **Bob Wells (#2255)** 2nd place Monthly Award — **Stan Jackson (#2255)**

JULY

1st place Monthly Award — **Russ Ream (#2255)** 2nd place Monthly Award — **Jim Jentes (#2255)**

Congratulations and "Thank You" to all the employees that submitted suggestions!

TRAINING SESSIONS

Please contact the Safety Department if you would like to register for any of the following classes:

OSHA 30-hour A class will be held on Sept. 2nd, 3rd, 9th and 10th at the CEA in Cleveland. OSHA 10 & 30 hour classes are also available online through the AGC of America.

First-Aid & CPR Class will be held at the Sharon Center office on Aug. 27th

Manlift & Forklift Training — Please contact the Safety Dept. to schedule a day

REMINDERS.....

Report ALL Near Miss incidents and First-Aid injuries.
We learn from these and try to prevent future occurrences.

Please contact Ryan Nicholson, Safety Director, with any concerns, questions or suggestions!

Phone: w 330-239-2800, c 330-350-1209, fax 330-239-2965

E-mail: rnicholson@ruhlin.com

REPELLING TICKS

Ankles are ticks' favorite spot when they attack humans, so place an extra amount of insect repellent on them.

Be wary about the time of the month you're planning to go hiking. Summer months are the peak months for tick activity (especially those that carry Lyme disease).

Try using fabric softeners to drive ticks away. Ticks hate the smell of it.

Class 2 T-Shirts

If anyone would like to order Class 2 High-Visibility T-shirts for the summer season, please contact Ryan Nicholson for more details. The shirts are available in all sizes for \$8.00 ea.

THIS MONTH'S SAFETY 'RUHLE'.... **PRESCRIPTION MEDICATIONS**

Prescription drug abuse means taking a prescription medication that is not prescribed for you, or taking it for reasons or in dosages other than as prescribed. Abuse of prescription drugs can produce serious health effects, including addiction. Commonly abused classes of prescription medications include opioids (for pain), central nervous system depressants (for anxiety and sleep disorders), and stimulants (for ADHD and narcolepsy). Opioids include hydrocodone (Vicodin), oxycodone (OxyContin), propoxyphene (Darvon), hydromorphone (Dilaudid), meperidine (Demerol), and diphenoxylate (Lomotil). Central nervous system depressants include barbiturates such as pentobarbital sodium (Nembutal), and benzodiazepines such as diazepam (Valium) and alprazolam (Xanax). Stimulants include dextroamphetamine (Dexedrine), methylphenidate (Ritalin and Concerta), and amphetamines (Adderall).



In 2008, 15.2 million Americans age 12 and older had taken a prescription pain reliever, tranquilizer, stimulant, or sedative for nonmedical purposes at least once in the year prior to being surveyed.

(courtesy of the National Institute on Drug Abuse)

To dispose of prescription drugs not labeled to be flushed, you may be able to take advantage of community drug take-back programs or other programs, such as household hazardous waste collection events, that collect drugs at a central location for proper disposal. Call your city or county government's household trash and recycling service and ask if a drug take-back program is available in your community.

If a drug take-back or collection program is not available:

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off.
5. Place the sealed container with the mixture, and the empty drug containers, in the trash.

(courtesy of the Office of National Drug Control Policy)

REMOVE THE LABEL
FROM THE CONTAINER



MIX WITH USED
CAT LITTER or
COFFEE GROUNDS
(make it undesirable)



DON'T FLUSH
DOWN THE TOILET
UNLESS THE LABEL
INSTRUCTS YOU TO
DO SO



2010 CURRENT SAFETY STATISTICS

(thru July)	Hours	Near-Misses	Equip Dmg.	First-Aid	Restricted Duty	Days Away
	175,122	10	4	5	3	0

NEW FIELD SAFETY COMMITTEE MEMBERS

Every two (2) years there are new field employees appointed to the Field TEAM Safety Committee. Please take an opportunity to thank the previous members for their input and dedication the last 2 years, and the new members for their anticipated support and commitment to the Ruhlin Safety Culture.

Previous Members

Tony Revay
Adam Lang

Rick Cope
Jeremy Angel

Joe Stone
Tom Laubert

Herman Miller, Jr.

New Members

Scott Cooper
Jeff Adelman

Jeff Chittenden
Matt Cunningham

Brenton Kimble
Mike Hurless

Jessica Kimble
Bill Wright

If you have an idea, concern, or thought you'd like to share please discuss it with any committee member or the safety department and we will discuss it at our next meeting, or immediately if necessary. The Field TEAM Committee meets 4 times per year.