



## ABC Safety Committee Meeting Minutes

March 22<sup>nd</sup>, 2010

11:00 AM, ABC Office

### In Attendance:

Lauren Box- Code Red Safety	Randy Haines- MedSafe
Amanda Burk- ABC	Russell Hamley- ABC
Terry Buza- Cajun Constructors	Lee Hart- Safety By Design
David Cartwright- Acrux Star Quality Staffing	Mark Jumper- Performance Insulation
David Casas- Rain for Rent	John Luna- ISC
John Collins- Benco, Inc.	Rhonda Mitchell- Aggregate Technologies
Pat Cook- Mobley Industrial Services	Terry Nadir- Teal Construction
Jimm Cooper- Ref-Chem, L.P.	Scott Oliver- D.E. Harvey
Ralph Riley- S&B Engineers and Constructors	Steve Satterly- Burton Constructopn
Adriana Saucedo- Staff Unlimited	Jim Shelton- OSHA
Mark Hernandez- OSHA	Thomas Staggers- Turner Industries
Donald Thomas- Safway Services	Yahve Santana- Manhattan Construction
David Deaver- Manhattan Construction	

Meeting was called to order and February minutes were approved.

### Company Incident Reports/Best Practices

- The committee discussed Company incident reports:
  - **Mobley**→A nail was protruding out of the ground on a site and punctured the skin of a worker.
  - **Teal**→OSHA visited two jobsites and didn't award citations or warnings.
  - **S&B**→A rigger improperly used rig grading. Worker attached a lifting lanyard to wrap around the grading. As the grading was lifted, the lanyard came apart and struck the worker. Worker needed stitches and surgery. Worker also terminated his self after the incident.
  - **D.E. Harvey**→Has had accidents that involved 2 different sub contractors. Accidents both happened in the early morning (around 5 AM) and involved hand injuries that included stitches.
  - **Turner**→In Wyoming, an employee slipped on some ice and foot fell into a hole. Accident caused a spinal fracture.
  - **Manhattan**→100% traffic vest will be implemented on ALL jobsites, including subcontractors.
  - **Safety Tip**→Watch out for heavy lifting. Please remember the following proper lifting techniques:
    - 1) **Plan ahead before lifting.**  
Knowing what you're doing and where you're going will prevent you from making awkward movements while holding something heavy. Clear a path, and if lifting something with another person, make sure both of you agree on the plan.
    - 2) **Lift close to your body.**  
You will be a stronger and more stable lifter if the object is held close to your body rather than at the end of your reach. Make sure you have a firm hold on the object you are lifting, and keep it balanced close to your body.
    - 3) **Feet shoulder width apart.**  
A solid base of support is important while lifting. Holding your feet too close together will be unstable, too far apart will hinder movement. Keep the feet about shoulder width apart and take short steps.
    - 4) **Bend your knees and keep your back straight.**  
Practice the lifting motion before you lift the object, and think about your motion before you lift. Focus on keeping your spine straight--raise and lower to the ground by bending your knees.
    - 5) **Tighten your stomach muscles.**  
Tightening your abdominal muscles will hold your back in a good lifting position and will help prevent excessive force on the spine.

- 6) **Lift with your legs.**  
Your legs are many times stronger than your back muscles--let your strength work in your favor. Again, lower to the ground by bending your knees, not your back. Keeping your eyes focused upwards helps to keep your back straight.
- 7) **If you're straining, get help.**  
If an object is too heavy, or awkward in shape, make sure you have someone around who can help you lift.
- 8) **Wear a belt or back support.**  
If you are lifting in your job or often at home a, back belt can help you maintain a better lifting posture.
- 9) **Never bend your back to pick something up.**  
It's just not worth the damage that improper lifting technique can cause.
- 10) **Don't twist or bend.**  
Face in the direction you are walking. If you need to turn, stop, turn in small steps, and then continue walking.
- 11) **Keep your eyes up.**  
Looking slightly upwards will help you maintain a better position of the spine.

#### **OSHA Update**

- OSHA has recently made affirmative a regional alliance with scaffolding association. The two entities can now offer cross training.
- Houston Area Safety Council had OSHA submit products for safety clips got YouTube purposes.
- [WWW.WECANHELPHOUSTON.ORG](http://WWW.WECANHELPHOUSTON.ORG), can view OSHA information and also submit names for volunteering at seminar and events.
- ACOSH meeting will be taking place on April 11 and 12. The meeting will revolve around construction items.
- Safety Fair- Latino Safety Summit (April 14 and 15) and the Worker Safety Fair (April 17).

#### **Old Business:**

- **Safety Survey Update** → Final draft of safety survey has been finished. The Gulf Coast Safety Institute confirmed that they will not pay for the distribution of the survey therefore ABC will pay for the cost of distribution for the survey to the member contractors. **Action Item** → Amanda will be sending out the survey to GC's and subs this week!
- **Safety Website** → Website is still up to date and running.
- **Specialty Contractor Subcommittee** → Subcommittee will be meeting in April. **Action Item** → Amanda will email subcommittee to set a meeting date and time. Subcommittee members include: Ralph Riley, Mark Jumper, Sonny Covington, Adriana Saucedo, David Cartwright and David Deaver.
- **Mission Statement Subcommittee** → Subcommittee will be meeting in April. **Action Item** → Amanda will email subcommittee to set a meeting time and date. Subcommittee members include: Jimm Cooper, Mark Jumper, John Collins, Ralph Riley, Ed Harrington, David Cartwright and David Deaver.

#### **New Business:**

- Set Agenda Items for Next Meeting
  - OSHA will recap from Safety EXPO's
  - Safety Website Update
  - Report of Safety Survey Success rate; Percentage wise.
  - Report from Subcontractor Recruitment and Mission Statement Subcommittees
- Discuss ABC Classes
  - Committee discussed why numerous ABC training classes have not been making. Is thought that those who are still employed are those that don't need any training and also companies' budgets are not as strong for the year 2010.
- Brown Bag Speaker/Host for June 2010
  - Either Oxford Builders or OSHA will be hosting the July brown bag lunch.

**Next Meeting will be Monday, April 26<sup>th</sup> at the ABC Office at 11:00am**