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Building success.

FROM CONCEPT TO COMPLETION, ROERS IS BUILDING SUCCESS & STRONGER COMMUNITIES

A Monthly Insight into Health Safety

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Word Search

Created by: *Samantha Foell*

Safety Trivia >>

April Trivia

Send your answers to astjohn@roers.com or text answers to 701-936-4878 (when responding please include your name) all submissions with correct answers will be put into a drawing for a \$25 Casey's gift card. Drawing will take place at the end of the month and the winner will be listed in the following months newsletter.

Turn in the wordsearch for the \$25 gift card drawing!

All About Safety

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F A C E S H I E L D K U C B F S Q O Y T
H R W R Q P H R Z P V F K R C T S D I G
V I W T A G N W W Y T Y E U E E G E R V
L H G C F V O J S D G A Y L B E L H K G
T M J H A V W O B Q A I H D A L O A V H
A U P C V U K R D S R N E N U T V R W A
B S S H T I T P X S Y R A I M O E D A R
L A P T O P S I Q B L J T T G E S H R N
E F R T L W T I O I W E Q H V S C A N E
S E F S I A S Z B N S M E M L H J T I S
A T E S M H Z E W I T E F P O O G R N S
W Y A V M R E P U L L A A N D E M J G C
G G R W T C M N O A Z I P T U S T W L B
U L P I Z U K K V N E I T E B U X Q I A
A A L A V O A G I Y R H V Y L E K U N N
R S U G U A R D R A I L S T V Z L V E D
D S G Y W K Z T E R J D Q V Y E I T S A
L E S V G S T D M D W F V G Z Q S S I
D S T O L U Q I R H Q D D Y W V U T L D
G W Z K P O S J Y F B K Q J T S M Q U S

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- | | | | |
|----------------------|-----------------|----------------|-----------------|
| high visibility vest | table saw guard | safety glasses | steel toe shoes |
| warning lines | guard rails | caution tape | good sleep |
| seat belts | earplugs | face shield | bandaids |
| hard hat | harness | lanyard | gloves |



March Trivia Winner
~ Shelby Barta

Construction Update

NDSU North Weible Hall Window Replacement – Project Manager Jonathan Teigen

Work on NDSU's North Weible Hall is roughly 75% complete with a majority of the project left to the install of windows. It has been exciting as a NDSU student to apply the skills and knowledge I've obtained over the 4 years to work on a project that is part of NDSU.



The first challenge we encountered is keeping the building somewhat airtight during our harsh winter. Starting this project Mid-January was not ideal, with a colder than usual winter maintaining a heated build was a high priority. The physical barriers are also proving to

be a challenge, trees along the building on the West and South-West corner restrict access from a lift, as well as each window opening differs slightly in size and depth.



A Word from Your Safety Manager >>

Summer is Almost Here!

Dehydration

You've spent the day working in the blistering heat. Suddenly you feel dizzy, lightheaded and your mouth tastes like cotton. You're dehydrated — meaning you haven't consumed the necessary fluids to replace those you've been sweating out. When you are active outdoors in the hot sun, you are at risk of dehydration and heatstroke. Avoid this by drinking plenty of water, take regular breaks in the shade, and try to schedule your most strenuous outdoor activities for early morning or evening hours. For persons suffering more serious dehydration or heat stroke, get them indoors, have them put their feet up, and cool off with a cool cloth or ice pack – frozen veggie packs will also do the trick.

Sunburn

According to the CDC, "the percentage of adults nationwide who got at least one sunburn during the preceding year rose from 31.8% in 1999 to 33.7% in 2004. This, of course doubles your risk of developing melanoma if you've had just five sunburns in your life. Wear sunscreen that protects against both UVB and UVA rays, protective clothing, wide-brimming hats, and seek shelter from boiling midday rays.

Picnic Poisoning

Food poisoning places about 300,000 people in the hospital each year. Avoid cramps, stomach pain, nausea, vomiting, diarrhea, or worse dehydration due to restless potty breaks, with these steps provided by the U.S. Department of Agriculture

- Wash your hands as well as the surfaces where you'll be preparing food
- Wrap raw meat and store it away from other items
- Have a meat thermometer on hand when grilling meat. Steaks – 145 degrees, ground beef and pork – 160 degrees, poultry – 165 degrees
- Refrigerate everything. Store perishable food items in a cooler packed with ice



Provided by: Andrew St John

Near Hit Incentive Winners

Roers Construction: February winners

1. Jonathan K. – \$10 Casey Gift Card
2. Mack B. - \$10 Casey Gift Card
3. Devin O. – Roers Baseball Cap
4. Alex N.- \$10 Casey Gift Card
5. Al S. - \$50 Menards Gift Card
6. Broc B. – Roers Stocking Cap

Incident Rate - March

Total incident rate (TIR) to date.

RCC-15
 RW- 0
 RPM- 0
 RMI-0

Upcoming May Events

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
RPM annual training National safety stand down to prevent workplace falls.	RPM self defence training	Bike to school day		
9	10	11	12	13
		National police week		
16	17	18	19	20
				RCC-RPM safety committee meetings
23	24	25	26	27
				RW safety committee meeting
30	31			

A Word from Your Safety Committee Member >> Spring is Here!..... Yah, Okay...

Spring is here! Wait, is it really? According to 2022 calendars the first day of spring was March 20th. But according to Mother Nature, first day of spring 2022 has not come yet. From how the weather has been, first day of spring 2022 could be May 20th!

Anyway, whether it feels like it or not, spring is here. I have been tasked from our Safety Manager to list some ideas for spring safety in and around our homes. Here is what I found 😊

Here are some great spring safety tips to keep yourself and your family safe as your transition into the new season:

- Removing any old paint cans and paint thinners, in addition to old newspapers and magazines. Your local dump station should have a place for hazardous material drop off to dispose of these chemicals safely
- Consider your smoke alarms. Do you have enough in your residence or workplace? Change the batteries each spring to be sure you are properly prepared for an emergency.
- Clean the dust covers of carbon monoxide detectors.
- Review your emergency escape plan with each member of the family in the event of a fire.
- Clean or replace your furnace filter.
- Grease can accumulate on your stove hood. Properly cleaning this is one way to keep flames from spreading should a fire break out.
- Check all fire extinguisher needle indicators and dates to be sure they are working.
- Clean around your dryer. Pay close attention to any ducts or dampers to be sure that lint has not accumulated and blocked this space. Accumulation of lint can lead to a fire.
- Check all chords to prevent an electrical fire. Make sure they are not frayed, and wires are not visible.



Provided by: Scott Senger

It is also important to have an outdoor emergency plan for your family.

- Check outdoor cords for frays and damage.
- Check any gas-operated equipment to be sure all fuel lines are safe.
- Do not store gasoline in an open space. Be sure all equipment used for lawn equipment and outdoor purposes has been properly fueled outdoors to eliminate the risk of inhalation.
- Keep all dangerous options liquids or chemicals from children, especially those that can become flammable.
- Remember to clean your air conditioner whether it is a wall shaker or condenser unit. Wall shakers will have a filter to clean. Condenser units can be cleaned with your garden hose, just remember to disconnect power before spraying with water.

Don't forget about spring safety on your vehicles as well. You know, things like changing the air in your tires from winter air to summer air so they don't deflate as you're driving down the road. Another important thing to do is changing the terminals on your car battery so your vehicle blows cold air instead of heat... 🙌

We Want to Hear From YOU!

We are working on a monthly newsletter for our safety committees. We are looking for some topics of discussion for people to send us. If you have any ideas to add to the article, then we want to hear from YOU. Send your topics to Andrew St John!

Opportunity

Respect

Expertise

Experiences

Community

Partnership

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