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Building success.

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

A Monthly Insight into Health Safety

Safety News



In The News >>>

Groundhog's Day *February 2nd, 2022*

Did Punxsutawney Phil See his Shadow?

****Article provided by: USA TODAY**

Well, the groundhog has spoken, so it's official: Six more weeks of winter, according to Punxsutawney Phil, the world's most famous weather-prognosticating groundhog.

The Punxsutawney Groundhog Club's Inner Circle – a group that organizes the event and cares for Phil – brought Punxsutawney Phil out of his den in front of a large crowd as cameras beamed his image around the world.

The group reported that Phil communicated in "groundhogese" that he saw his shadow, meaning we'll see at least a month and a half more of cold and snow.



Location: Punxsutawney, PA



Safety Trivia >>

February Trivia

Send your answers to astjohn@roers.com or text answers to 701-936-4878 (when responding please include your name so I who you are) 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.

1. What day of the week is the most popular day for a heart attack?
2. What is the current incident rate for RCC?
3. What prize did Justin Hoff receive for turning in a near hit?
4. What is your why?
(No wrong answer, but must be answered to be eligible)

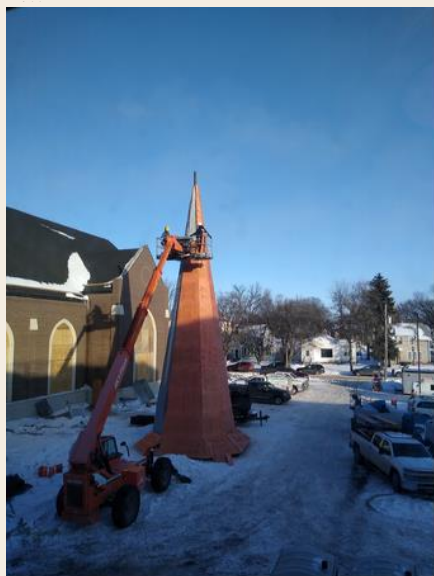
What's Next? >>

Construction Update

St. Paul Newman Center –

Project Manager Alex Rubick

The progress at the St. Paul Newman Center is coming along nicely as we are checking off milestones and getting closer to completion. With short notice, we were able to shift our focus to get the Newman Center Staff moved into the Administration Wing (Area B) by February 1st. As construction continues, we



will focus on enclosing the main entrance and complete finishes in Area A which is scheduled to be turned over to owners this Spring. Leaving only the Chapel as our last phase of work, specialized crews will be installing very detailed finishes throughout the chapel, planning to be

complete later this summer. Throughout construction this project has presented its own unique set of challenges, but with a dedicated field staff and committed subcontractors, when its all said and done I believe we'll be able to admire what we've built with a true sense of accomplishment.



A Word from Your Safety Manager >>

Find Your Why

Some of you may have heard me talk about finding your “why” in the past but for those who haven’t I will explain.

The why I refer to is “why do you want to be safe” this can be different for everyone. The why is what motivates you to go home safe every day, this can be your family, your hobbies, or even your dislike for pain. How many of us take time to reflect on what our why would be? Take just a minute and ask yourself, what motivates me to be safe?

Now that we have identified our why we can use that as a tool when making decisions that can affect our safety. Example: I can't quite reach with the ladder I have but if I use the top step for just a second, I can get this done! STOP and ask yourself, if I fall off this ladder and get injured, I will not be able to take my grandson fishing this weekend like we planned. Is it worth the risk? I don't know about you, but I do not want to look him in the eye and tell him that I have to cancel our trip because papa took a risk at work and got hurt.

We make hundreds of decisions everyday that affect our safety both at work and at home, use your “WHY” to guide you in making the safe decision!



Provided by: Andrew St John

Near Hit Incentive Winners

Roers Construction: December winners

1. Devin O – \$10 Casey gift card
2. Travis K - \$10 Holiday gift card
3. Broc B - \$10 Casey gift card
4. Justin H – Roers stocking cap
5. Mack B – Roers Baseball cap
6. Nick F – Roers hoodie
7. Alex N – \$10 Casey gift card
8. Anthony M - \$50 Fleet farm gift card
9. Jared D - \$100 Scheels gift card

Incident Rate - January

Total incident rate(TIR) to date.
 RCC-1 recordable=TIR of 22
 RW- 0
 RPM- 0
 RMI-0

RCC had one recordable in January that is why it seems so high but will come down over the year if we do not have any injuries. we started last year at a 24 and finished up with a 4 so don't be discouraged by this number.



Upcoming March Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8 RCC WSI Audit	9	10	11
14	15	16	17	18 RCC safety committee 7am RPM safety committee 8:30am
21	22	23	24 CPR/First aid 1pm-5pm	25 RW safety committee 9am
28	29	30	31	

A Word from Your Safety Committee Member >> Heart Month

February is American Heart Month. The most popular day being February 5th, which is National “Wear Red Day” where people are supposed to wear red to raise awareness for heart disease. Did you know that every 36 seconds, 1 person dies from heart disease, and the most popular day for a heart attack is Monday?

The most common causes of heart disease are genetics, stress, being physically inactive, eating an unhealthy diet, and smoking. Now that you know that, what are some ways to stay healthy and stay safe this month? Lets dive deeper!

STRESS: None of us know what this is, right? HA! Stress can be both mental AND physical! Being mentally stressed comes from being overwhelmed and/or unable to couple with mental pressure. Being stressed physically comes from working your body too hard, for too long, with little rest. Studies have shown that high levels of stress can affect your blood pressure which can lead to stroke or heart attack.

Being Inactive: While overworking can cause heart damage, doing the opposite and not working at all can be just as hazardous. This is where finding a happy medium comes in. Being active helps move your blood through your body to your lungs, which puts oxygen into your blood. That oxygen in the blood helps your heart pump blood easier throughout your body putting less stress on the heart.

Unhealthy Diet: You know - those gas station pizzas and little Debbie’s you get on your lunch break. Or the chocolate bowl on your desk that accidentally gets eaten in only 1 day. While all of those foods taste AMAZING at the time, all of those foods are high in saturated fats (bad for your cholesterol and can lead to clogged arteries), trans fats (a liquid fat turned solid), and sodium (which can lead to water retention).

Smoking: Many people smoke to help ease the symptoms of stress. While the nicotine may have a calming effect, the other chemicals in cigarettes can cause major issues. It can make your blood to thicken and cause blood clots, or make your blood vessels to become narrow and cause your heart have to pump harder to move blood throughout the body. Both of those effects can cause stroke and heart attack.

All of these causes of heart disease go hand in hand. If you become active and eat healthy, you will start to feel better. Feeling better will help you get a better grip on your stressors and learn what’s important and not. Once you are less stressed you can quit smoking and become a healthier, better version of yourself.



Provided by: Shelby Barta

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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