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Building success.

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

A Monthly Insight into Health Safety

Safety News



current topics >>>

Weather - January

2	3	4	5	6	7	8
4° -22°	16° 1°	14° 2°	9° -12°	-13° -24°	12° -28°	20° -6°
9	10	11	12	13	14	15
-2° -16°	2° -19°	 36° 23°	 27° 25°	 25° 16°	 18° -3°	 17° 15°
16	17	18	19	20	21	22
 32° 4°	 11° 3°	 16° -3°	 4° -11°	 2° -11°	 3° -8°	 0° -13°
23	24	25	26	27	28	29
 -2° -11°	 -1° -11°	 1° -7°	 7° -9°	 8° -6°	 13° -9°	 7° -9°
30	31	1	2	3	4	5
 9° -4°	 15° 1°	 17° -3°	 14° -4°	 13° -3°	 15° -6°	 12° -4°

Weather – provided by Accu Weather

Construction Update

Touchmark at Harwood Groves –

Project Manager Tyler Miller

The Touchmark at Harwood Groves remodel project in Fargo is moving along. The crew on-site is in the middle of remodeling the second phase of common areas and is roughly 70% complete replacing all the pozlock (sprinkler piping) in the building.

The second phase of the remodel was started towards the end of November and is scheduled to be completed by the end of February.



One of the biggest challenges this project presents is that the building is 100% occupied by its residents and staff for the whole project. We are needing to work with staff and residents to

coordinate when we can get into resident rooms to replace the sprinkler system and work with staff to coordinate when we can move them out of one area and into another area so we can start remodeling that area of the building.



A Word from Your Safety Manager

Sprains and Strains

Sprains and strains account for about a third of injuries in construction. A sprain is an injury to a ligament, the tough, fibrous tissue that connects bones to other bones. Sprain injuries involve a stretching or a tearing of this tissue. Ankle, knee and wrist injuries account for the majority of sprains. A strain is an injury to either a muscle or a tendon, the tissue that connects muscles to bones. Back injuries are the most prevalent regarding strains. Depending on the severity of the injury, a strain may be a simple overstretch of the muscle or tendon, or it can result in a partial or complete tear. These soft tissue injuries occur frequently, and are painful, disabling and often accompanied by lengthy recovery periods. Maintaining good physical fitness is essential in avoiding sprains and strains. To minimize the chances of sprains, observe the following practices:

1. Practice safety measures to help prevent falls. For example, practice safe housekeeping by keeping work areas clear of clutter.
2. Avoid strenuous activity on the job when tired or in pain.
3. Use extra caution when working on slippery surfaces such as ice or wet floors.
4. Always wear appropriate and proper fitting footwear for your job.
5. Use extra caution when walking across uneven surfaces. These are areas where you could easily turn or twist an ankle or knee.
6. When stepping off ladders, always look where you are placing your feet, before you put your full weight on them.

To minimize the possibility of incurring strains, observe the following practices:

1. Be certain that you understand your employer's Material Handling Safety program.
2. Whenever possible, arrange your work areas to minimize the amount of heavy lifting required.
3. Before any heavy lifting activity, always warm up, using moderate stretching exercises. Do not stretch aggressively as you may over-stretch and injure yourself.
4. Always plan the lift. Consider the weight of the object; how far you must carry it and your route of travel. When you approach an object on the floor, try to get an idea of how heavy it may be by moving it with your foot or cautiously lifting it off the ground. If the object is too heavy, seek additional help or use a mechanical lifting device such as a forklift, hand truck or winch.
5. Lift objects in the "power zone". This is the area between mid-thigh and mid-chest height. Avoid lifting objects outside this zone. Use your best judgment when lifting heavy objects. Do not attempt to lift an object that exceeds your strength, and use extreme caution when lifting objects exceeding 50 lbs.
6. Always carry objects close to your body.
7. Always lift slowly and smoothly.
8. Avoid twisting. Always turn the whole body as one unit when changing direction while carrying a heavy object.
9. Move heavy objects by pushing or pulling, whenever possible. Pushing is always preferable.
10. Always stand close to the object that you are lifting and be certain that fingers and toes are clear when setting it down.
11. Always lift with your legs and not your back.

Follow these helpful rules and you will greatly reduce the chance that you will experience a painful sprain or strain.



Provided by: Andrew St John

2021 Year in Review >>

	RCC	RW	RPM	RMI	Total
Hours worked	106,000.39	49,489.89	47879.87	42,662.66	246,032.81
Injuries	19	5	4	1	29
Recordable injuries	2	2	1	0	5
Near hit reports	151	22			173
Good catch reports	18	4			22
Site audits	97	19			116
BSC Consults	16	8			24
Year end TIR	4	8	5	0	average for all Roers 4.06

Types of injuries

Sprain/strain-	17
Contusions-	2
Puncture-	4
Amputation-	1
Lacerations-	5

Date	COMPANY	INJURY TYPE	DESCRIPTION	TIME OF INJURY	DAY OF WEEK	AGE OF INIURED	LOST TIME	RESTRICTED DUTY	Recordable	Site
1/4/2021	RCC	Sprain/sprain	moving cabinets	unknown	Monday	61	no	no	no	Sheyenne senior housing
1/5/2021	RCC	Sprain/Sprain	slipped and fell		Tuesday	60	no	no	no	Shop
1/5/2021	RCC	Contusion	pulled cord hit eye	4pm	Tuesday	61	no	no	no	shop project
1/12/2021	RW	Sprain/sprain	strained shoulder		Tuesday	68	No	15 days	Yes	Missouri slope
1/18/2021	RCC	Sprain/sprain	Back	10:45	Monday	61	No	6 days	Yes	Newman center
2/24/2021	RCC	Contusion	Left hand	11am	Wednesday	25	no	no	no	The View
3/15/2021	RCC	Sprain/Strain	upper back	am	Monday	38	no	no	no	Nome
3/16/2021	RW	Laceration	Right forearm		Tuesday	27	no	no	no	Pulver hall
3/17/2021	RCC	puncture	Hand		Wednesday	25	no	no	no	Sheyenne senior housing
3/17/2021	RCC	Laceration	left pinky finger		Wednesday	19	no	no	no	Sheyenne senior housing
3/23/2021	RPMR	Sprain/Strain	Neck and shoulders		Tuesday	37	no	no	no	Dickinson property
4/1/2021	RW	Sprain/strain	strained left ankle		Thursday	42	no	no	no	Missouri slope
4/8/2021	RCC	Laceration	cut right pinky finger	1:30pm	Thursday	28	no	no	no	Faith based housing
4/8/2021	RCC	Laceration	cut hand on shim	1:00pm	Thursday	28	no	no	no	Sheyenne senior housing
5/20/2021	RCC	Sprain/strain	Right knee pain		Thursday	41	no	no	no	Ranch
5/27/2021	RCC	Sprain/strain	Left Knee		Thursday	50	no	no	no	Sheyenne senior housing
5/27/2021	RW	Amputation	Left Thumb	9:00 AM	Thursday	27	Yes	182	Yes	Missouri slope
6/3/2020	RCC	Sprain/Strain	Low back		Thursday	28	no	no	no	The View
6/15/2021	RPMR	Laceration	Left Knee	pm	Monday	22	no	2	Yes	The View
7/8/2021	RCC	Sprain/Strain	Right foot	2:45 PM	Thursday	33	no	no	no	Sierra townhomes
7/13/2021	RCC	Sprain/Strain	Left Ankle		Wednesday	17	no	no	no	The View
7/13/2021	RPMR	Sprain/Strain	Unknown		Wednesday	56	no	no	no	driving
7/13/2021	RPMR	Sprain/Strain	Unknown		Wednesday	56	no	no	no	driving
7/22/2021	RW	Puncture	Left Thumb		Thursday	32	no	no	no	Missouri slope
11/15/2021	RCC	Puncture	Right hand		Monday	25	no	no	no	Elim
11/18/2021	RCC	Puncture	Left index finger		Thursday	26	no	no	no	Newman center
11/23/2021	RCC	Sprain	Left Knee		Tuesday	32	no	18	Yes	Cooperstown/Larson home
11/30/2021	RCC	sprain/strain	Lower back	11:00am	Tuesday	62	no	no	no	Sierra townhomes
12/15/2021	RMI	sprain/strain	Lower back	7:00am	Wednesday	54	no	no	no	Office parking lot

Injury Count - December

	RCC	RW	RPM	total
Near hit reports	13	0	0	13
Good catch reports	1	0	0	1
Recordable injuries	0	0	0	0
Non-recordable injuries	1	0	0	1
Lost time injuries	0	0	0	0
Restricted duty injuries	0	0	0	0
Hour's work	10,156	4,109	896	15,161



SAFETY FIRST



coming soon >>>



Upcoming January Events

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
		Forklift and aerial lift training 7am		
17	18	19	20	21
				RCC safety committee 7am RPM safety committee 8:30am
24	25	26	27	28
			Reasonable suspicion training For supervisors. 11:30-2:00	RW safety committee 9am
31				

A Word from Your Safety Committee Member >>

How PPE Can Help You Deal with the Harsh Conditions of Winter

PPE is used by workers, craftsmen, and consumers to protect themselves from injury and harm in certain working conditions. Though currently associated with face masks, PPE covers the gamut of safety equipment from gloves to hard hats to hi-vis clothing. Suppliers and safety officers often talk about the importance of weather-specific PPE in summer to avoid heat-related complications, but proper PPE is just as important in the colder months.

Winter Hazards

Illness. Cold and flu see an uptick in winter months. This can lead more workers to call out sick which can increase the load on others. It also means that employees may be working when not feeling their best which can lead to mistakes or misjudgment. Empowering employees to take care of and pay attention to their own limits can help them stay as healthy as possible. Aside from the cold and flu, cooler temperatures can lead to chilblain, frostbite, and hypothermia. Chilblains is the painful inflammation of small blood vessels because of repeated exposure to cold (but non-freezing temperatures). Frostbite is due to exposure to freezing temperatures and can lead to temporary or permanent damage to body tissue, including amputation. Hypothermia is when the body struggles to self-regulate warmth due to cold temperatures leading to impacted brain and organ function.

Another issue that can arise during cold weather is trench foot. This occurs when feet get wet and cold. Heat leaves the appendages more quickly and this can lead to constriction of blood vessels in the feet which can kill the tissue. Feet may turn red and splotchy or blue/grey because of trench foot.

Frozen Materials

Not only does the body get colder in winter, but so do materials. Touching cold/frozen metal and other construction materials can lead to frostbite and tears/cuts in the skin when workers attempt to remove themselves from the metal. Proper precaution should always be taken. Cold equipment can also be hazardous. Be sure to follow the manufacturer's instruction when dealing with heavy machinery in cold weather. Electrical wires and other components can become brittle. Proper heating up of the machine can help avoid breakage and damage. You should also ensure that fluids used in the machines are rated for use in extreme temperatures. Cold weather can also lead to decreased tire pressure and make working with air compressors more complicated. Proceed with caution.

Reduced Daylight

Another major issue to contend with during winter is not weather specific, but it is time of year specific. In the northern hemisphere, winter means shorter days. The decrease in daylight can lead to more accidents for workers. Staying visible in work zones is crucial for worker safety.

Ice

Ice and slippery conditions are one of the biggest hazards workers face during winter. The Bureau of Labor estimates that falls, slips and trips accounted for 244,000 non-fatal and 880 fatal workplace injuries in 2019. Slips and falls can result in bruises, broken bones, head trauma and more. It is not just the ground you should be worried about. Any surface workers put their feet on should be checked for ice, including ladders, roofs, and other elevated surfaces. Timely snow and ice removal is crucial for safety. Protection with PPE While all these risks and hazards can seem daunting, prevention can eliminate and reduce the chance of illness and injury due to cold. Proper use of PPE can help ensure workers are safe on the job and protected from the elements.



Provided by: Mack Buck

Workwear

Workwear is arguably the most important PPE for workers during the winter. Loose layers of clothing are crucial to regulating body temperature and staying warm. However, you want to ensure you are not covering up hi-vis t-shirts and other clothing with non-hi-vis outerwear. That is where hi-vis jackets, sweatshirts, parkas and even winter bibs come in handy. This apparel provides warmth while also keeping workers visible to each other and motorists

While black workwear does not have the same rating as hi-vis workwear, it does offer enhanced visibility thanks to hi-vis and reflective striping. In non-roadway settings, black hi-vis is a great winter option as the dark color absorbs and holds in more heat from the sun.

Along with jackets and parkas, hi-vis accessories can also add to overall warmth and visibility. Vests can be added atop hi-vis and non-hi-vis outerwear for enhanced visibility. Knit or fleece caps and liners can be worn alone or under headgear for extra warmth. Reducing the amount of heat leaving through their head can help workers better regulate their internal temperature. Weather resistant clothing can also protect workers from getting wet due to precipitation and provide enhanced protection from wind.

Hand Protection

Gloves are another important category of PPE worn in winter. Insulated gloves provide workers extra protection from the elements. They can keep hands warm while still providing good grip in all conditions. Insulated nitrile dipped gloves offer contact cold protection and are water resistant which allows them to be worn in snowy and icy conditions.

Even gloves not specifically designed to be worn in winter, like leather drivers, can provide a barrier against cold metals, equipment, etc. and protect against frostbite. Suppliers are even offering gloves that allow for warmth and touch sensitivity, for those who need access to devices without removing their hand protection.

Eyewear

As we have experienced during the pandemic, the more one covers up his/her face, the more likely he/she is to deal with fogging lenses. Eyewear with anti-fog coating can allow workers to wear balaclavas, hat liners and more without having to deal with obstructed vision. Sealed eyewear can also help with temperature regulation in extremely cold temperatures.

Footwear

When it comes to reducing the risk of falls, footwear is the best place to start. Insulated and water-resistant work boots or over-shoes that offer high amounts of traction will help workers maintain their balance on slippery surfaces. Boots that keep water from reaching the sock and foot will go a long way to prevent trench foot and hypothermia. Those working outside or in the elements should have shoes with non-slip soles. Not only will this reduce their risk of falling, but it will also reduce the likelihood that their feet will slip while driving or operating heavy machinery.

Warm Weather Work Tips

Protecting workers from the hazards of cold weather is important for employee retention and a company's bottom line. To keep your team safe, here are some easy steps you can take to reduce cold weather-related illness and injury.

1. Stay abreast of weather forecast.
2. Require proper PPE for current conditions.
3. Regularly inspect the jobsite for hazards or slippery conditions.
4. Encourage workers to stay hydrated and take breaks as needed.
5. Provide a warm, dry space for breaks.
6. Know the signs of cold stress like frostbite and hypothermia.
7. Have emergency kits on hand. Inspect and warm up equipment in accordance with manufacturer guidelines.
8. No matter what winter conditions workers face, proper PPE can make a big difference in reducing their risk of illness and injury.

From hi-vis workwear to gloves to eyewear, outfitting workers with proper protection will keep them safe and your job site running smoothly. The key to dealing with winter hazards is preparation and the right PPE is one crucial step towards that goal. As with all PPE needs, suppliers can help you decide what products will be the most beneficial for your workers. Winter is creeping in, so contact yours today!

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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