

**CONGRATULATIONS
TO OUR
FY 13 SECOND QUARTER
WINNERS**

CONUS Subcontractor

G.A. West & Company
Redstone Resident Office

CONUS Medium

Lunacon Construction Group
Homestead Resident Office

CONUS Large

Bates Engineers/Contractors, Inc
Fort Rucker Resident Office

CONUS Very Large

Hensel Phelps Construction Co.
Patrick Resident Office

OCONUS Medium

PROKSOL S.A.
Peru Project Office

OCONUS Large

Serrano Proano Diseno y Construction
Colombia Project Office

Thank you for reading the first issue of Mobile District's Celebrate Safety Newsletter. The Celebrate Safety Committee would like to congratulate the contractors, shown on the left side of the page, for being innovative and taking Safety to the next level.

On the second page there is a graph showing the accident trends from the last five years during the third quarter. The number one trend was lifted/strained accidents, ergo please read the following to remind us of some of the basics as we carry out our day.

Remember to Handle Material Safely

Almost all of our work includes picking up, carrying, and placing objects. In fact, 75 to 85 percent of our total work time is spent handling materials. Always remember the basics.

1. Use mechanical power, whenever possible, to handle materials. This results in less exposure of workers to injury, less fatigue, and more can be handled at one time in less time.
2. Use proper rigging procedures when moving materials. Know the weight of your materials and provide sufficient safety factors in the rigging equipment.
3. Place items in an orderly manner. What is picked up is to be put down in an orderly manner the first time. Avoid rehandling, it is costly and increases injury exposure.
4. Be sure material is transported and stored in a stable manner so it will not fall, slip, or roll. Stacks that topple and fall over not only can cause injury but must be rehandled and restacked.
5. Stay clear of material handling equipment and the load while it is being transported. A mechanical failure could cause the load to fall.
6. When handling materials manually, follow the rules:
 - A. Lift only what you can physically handle.
 - B. Get help, as much as required, for the load you must lift.



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MOBILE DISTRICT CELEBRATE SAFETY

Please visit the Celebrate Safety Website at:

<http://www.sam.usace.army.mil/Missions/MilitaryMissions/Construction/CelebrateSafety.aspx>

- C. When lifting and setting down material with two or more people, coordinate your actions.
- D. Have good footing when you lift and when you walk with the load
- E. Lift with your legs not your back
- F. Long objects, when carried through congested areas, in stairways, passageways, or around blind corners, must be controlled. Two people should handle long items in these conditions one at front and one at back.
- G. Avoid pinch points and wear gloves.

Please remember to be safe when handling materials and always think before you lift.

For more great information on heavy lifting explore the link below

<http://www.osha.gov/SLTC/etools/electricalcontractors/materials/heavy.html>

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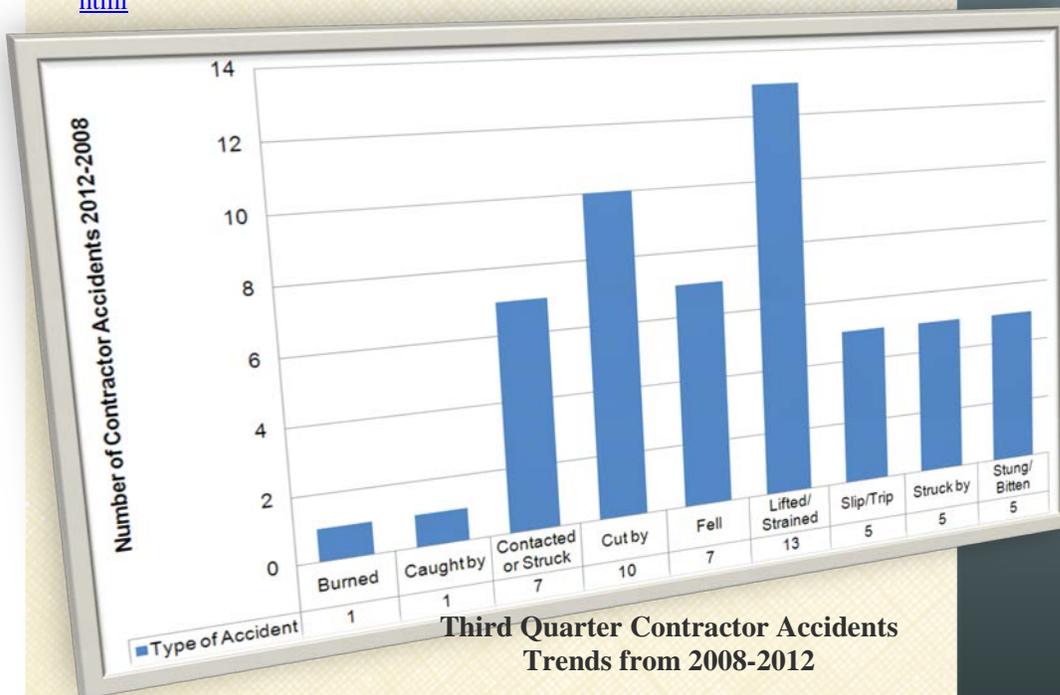
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