NEW Electric Inc.

Health & Safety News

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A Successful 2008—No Lost Time Injuries or Reportable Accidents

"Happiness is a blank OSHA 300 on February 1st of each year."

NEW Electric Inc. achieve happiness by this single criterion. There were no reportable injuries at all during 2008.

NEW Electric Inc. is already very well known for the incredibly low experience modification rating (EMR) their people work very hard to maintain. This EMR has been dropping since the founding of the company. EMR is determined by Wyoming Workers' Compensation and the claims experience (or lack thereof) determines how high (or how low for NEW Electric) the rating will be.

NEW Electric's EMR for 2009 is –39.58% and is one of the three best ratings in the entire State of Wyoming for non-residential, industrial, electrical contractors. As NEW Electric grows, it will be able to further lower this very important safety rating number further. The present scale caps NEW Electric at –42%. The larger the company grows, the lower the number can go. The absolute lowest the largest companies could have attained is –55% and there are no non-residential, industrial, electrical contractors even close to that lofty goal in Wyoming. However, there are plenty of similar companies at +55%. That would be the absolute worst rating that can be given. NEW Electric is diligently proud of investing the 95% difference in premiums that they enjoy over these beleaguered competitors back into their safety programs. This ensures that customers get the greatest benefits of working with the safest contractor that can meet their needs.

MSHA Announces Major Initiative to Bolster Mine Safety

BECKLEY, W.Va. – The U.S. Department of Labor's Mine Safety and Health Administration (MSHA) unveiled a new safety initiative designed to highlight the leading causes of mine fatalities in the 21st century. The Safety Targets Training Program was introduced in conjunction with the agency's annual Training Resources Applied to Mining (TRAM) conference held at the Mine Health and Safety Academy in Beckley before nearly 500 attendees.

"In spite of the dramatic drop in mining fatalities over the last century and recent declines to all time lows, we are still experiencing unnecessary fatal accidents," said acting Assistant Secretary of Labor for Mine Safety and Health Richard E. Stickler. "Most of these fatalities occurred not in major disasters, but one and two at a time. While they do not get the attention that some larger mine accidents have received, they are just as tragic and they are preventable."

MSHA's Safety Targets Training Program will focus on addressing and eliminating the most common causes of repeat fatal accidents that occurred from 2000 to 2008. Ten training modules are in development for coal and metal/nonmetal mines. These 20 topics account for 75 percent of the causes of fatalities that occurred in the targeted nine-year time period. The materials will reach the mining industry through outreach efforts, targeted mass mailings and the MSHA Web site at www.msha.gov.

Leading Fatality Categories in Coal Mines

- roof / rib falls
- operating equipment (surface)
- hit by equipment (underground)
- fall from elevations
- maintenance
- lock and tag
- operating equipment (underground)
- block against motion
- unsafe act
- hit by equipment (surface)

Leading Categories in Metal/ Nonmetal Mines

- fall from elevations
- operating equipment (surface)
- maintenance
- lock and tag
- block against motion
- hit by equipment (surface)
- pre-op
- roof / rib falls
- communication
- unsafe act

OSHA Most Cited:

The following were the **top 10 most frequently cited** standards in fiscal year 2008 (October 2007 through September 2008):

- Scaffolding, general requirements, construction (29 CFR 1926.451)
- Fall protection, construction (29 CFR 1926.501)
- Hazard communication standard, general industry (29 CFR 1910.1200)
- Control of hazardous energy (lockout/tagout), general industry (29 CFR 1910.147)
- Respiratory protection, general industry (29 CFR 1910.134)
- Electrical, wiring methods, components and equipment, general industry (29 CFR 1910.305)
- Powered industrial trucks, general industry (29 CFR 1910.178)
- Ladders, construction (29 CFR 1926.1053)
- Machines, general requirements, general industry (29 CFR 1910.212)
- Electrical systems design, general requirements, general industry (29 CFR 1910.303)

The following are the standards for which OSHA assessed the **highest penalties** in fiscal year 2008 (October 2007 through September 2008):

- Fall protection, construction (29 CFR 1926.501)
- Scaffolding, general requirements, construction (29 CFR 1926.451)
- Electrical, hazardous (classified) locations (29 CFR 1910.307)
- Control of hazardous energy (lockout/tagout), general industry (29 CFR 1910.147)
- Excavations, requirements for protective systems, construction (29 CFR 1926.652)
- Machines, general requirements, general industry (29 CFR 1910.212)
- General duty clause (Section 5 (a)(1) of the OSH Act)
- Powered industrial trucks, general industry (29 CFR 1910.178)
- Walking-working surfaces, general requirements (29 CFR 1910.22)
- Process safety management of highly hazardous chemicals (29 CFR 1910.119)

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Service without Compromise, Excellence without Excuses

Cold Weather Hazards in the Oilfield

In the oil and gas industry, wicked weather comes with the territory. But with companies working double-time in all kinds of weather to meet the needs of a world thirsty for oil, you must be extra careful to ensure you don't become a cold weather statistic.

Cold weather hazards at well sites include:

The possibility of slipping and falling on ice or snow-covered stairs. The increased possibility of falling from heights because of severe winds and slippery surfaces. Freezing exposed skin in bonechilling temperatures, especially when it's windy. Losing mobility and dexterity because of bulky clothing. The risk of hypothermia from working outside in the cold. Most people who live in wintry climates have slipped and fallen on icy sidewalks, roads or parking lots. The keys to avoiding possible fatal falls are to slow down and be aware of your surroundings. At the risk of looking like a duck, turn your feet outward to increase your stability as you walk on ice and snow. Ask a co-worker to help you carry heavy or awkward loads on slippery surfaces.

Don't take shortcuts across icy ground or over snow piles. Look well ahead for obstacles or icy areas. Wearing sunglasses on a bright day will reduce glare and help you spot hazards, whether you're driving or walking. Keep these additional winter weather work tips in mind:

- Make sure your boots have good tread. Get new ones when the tread wears out.
- Remove built-up snow and ice from your boots when you go inside.
- Try to park in areas that don't resemble skating rinks. Back in to prevent the hazards of backing out.
- Take warm-up breaks in heated areas during extremely cold weather.
- Check ladders for ice and snow and make sure you have a firm grip while climbing up and down.
- Always use handrails while going up and down stairs and hand, foot rails and door handles while climbing in and out of vehicles and equipment.
- Use fall protection gear where required. Slippery, elevated surfaces have claimed many lives during colder months.

Just as it's important to modify your driving habits in winter conditions, it's equally important to modify your movements around a well site when it's cold.

Thanks ,

Dustin W. Hoffpauir, CSP EHS Supervisor Anadarko

Snow Shoveling Safety Tips

Dec 16, 2008 10:50 AM, by Laura Walter, edited by Eric Roesler

The seasonal chore of snow shoveling combines heavy lifting and cold weather, resulting in possible injuries to the back and shoulder muscles if shovelers do not take the proper precautions. The American Academy of Orthopaedic Surgeons (AAOS) makes several recommendations to help you stay safe while clearing snow so you can still have some winter fun.

According to the U.S. Consumer Products Safety Commission, more than 118,000 were treated for injuries sustained while shoveling or manually removing snow in 2007. In that same year. Types of injuries can include sprains and strains, particularly in the back and shoulders, as well as lacerations and finger amputations.

"People tend to think of snow removal as just another household task, but it really involves a lot of bending and heavy lifting, particularly in wet snow" says Robert Dunbar, M.D., spokesperson for the AAOS and member of the Academy's Leadership Fellows Program "It may be especially dangerous for people who do not regularly exercise, as their bodies, specifically backs, shoulder and arm muscles may not be prepared for that level of activity."

AAOS offers the following tips to prevent injuries while shoveling:

- **Check with your doctor.** Because this activity places high stress on the heart, speak with your physician first. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow.
- **Dress appropriately.** Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Take a break if you feel yourself getting too hot or too cold.
- **See what you are shoveling.** Make sure that your hat or scarf does not block your vision. Watch for ice patches and uneven surfaces. Avoid falls by wearing shoes or boots that have slip-resistant soles.
- **Clear snow early and often.** Begin when a light covering of snow is on the ground to avoid trying to clear packed, heavy snow.
- **Warm up your muscles.** Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise.
- **Pace yourself.** Take frequent breaks and replenish fluids to prevent dehydration. If you experience chest pain, shortness of breath or other signs of a heart attack, seek emergency care.
- **Use a shovel that is comfortable for your height and strength.** Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping. Space your hands on the tool grip to increase your leverage.
- **When possible, push the snow instead of lifting it.** If you must lift, take small amounts of snow, and lift it with your legs: Squat with your legs apart, knees bent and back straight. Lift by straightening your legs, without bending at the waist. Then walk to where you want to dump the snow; holding a shovelful of snow with your arms outstretched puts too much weight on your spine.
- **Do not throw the snow over your shoulder or to the side.** This requires a twisting motion that stresses your back.