



NETWORK NEWSLETTER

“ The Safety of Employees is an Investment in Success”

FEBRUARY 2010 VOLUME VI ISSUE II

SAFETY RECOGNITION AWARDS

2008–2009 Member Year

GERALD H. HALPIN SAFETY EXCELLENCE AWARD

The Reinauer Group

EXECUTIVE LEADERSHIP AWARD

Thomas B. Crowley, Jr., Crowley Maritime Corporation

SAFETY PROFESSIONAL OF THE YEAR

Philip C. Smith, Director, Safety, BAE Systems Ship Repair

INDUSTRY LEADER SAFETY AWARD

Stevedores

- Large - Global Terminal and Container Services
- Medium - American Maritime Services of New York
- Small - J.H. Stevedoring of Delaware

Marine Services

- SGS Petroleum Services Corporation

Offshore Operations

- Kenai Drilling Ltd.

Shipyards

- Large - Gatewick Enterprises (U.S. Joiner)
- Medium - Main Industries
- Small - Atlantis Submarines Hawaii

Construction

- Coastal Gunite Construction Company

PERFECT RECORD AWARD

- | | | |
|---------------------------------|----------------------------------|----------------------------------|
| • Biehl International | • Mid-Atlantic Coatings | • SEMCO Maritime |
| • Channel Shipyard | • Mobile River Terminal | • Simpson & Brown |
| • Coastal Design & Construction | • Overseas Shipholding Group | • Standard Calibrations |
| • Coastal Gunite Construction | • Pacific Maritime Association | • Triton Marine Construction |
| • Goltens Service | • Port of Miami Crane Management | • Union Railroad |
| • Great Lakes Towing | • RJA | • Vigor Industrial |
| • Kenai Drilling | • RLN Industries | • Vortex Marine Construction |
| • Lamorte Burns | • SEACOR Holdings | • Waterfront Marine Construction |
| • McAllister Towing | • Seaward Marine Services | |

YOUR HEALTH

**HEART DISEASE
THE #1 KILLER OF WOMEN**

**KNOW THE SIGNS OF A HEART ATTACK
AND HOW TO PROTECT YOUR HEART**

Come February, you should be listening to your heart - and not because of Valentine's Day.

February is American Heart month. Women need to know the facts of heart disease. Knowing the difference between fact and rumors about this deadly disease could save your life and lower your risk of getting heart disease.

Each year 88,000 women from the ages of 45 to 64 have a heart attack. This is why women need to know how to protect themselves from heart disease. This is a very crucial matter for women and we need to know the measures we need to take in order to ensure we have a healthy heart.

Many women think the obvious sign of a heart attack are a crushing pain your chest. This, however, is not true. At least 70% of female heart attack victims have no chest pain at all. The most common symptoms are nausea or vomiting; cold sweats, shortness of breath, heart like pain, light headedness or fainting and pain in the jaw, throat, back or arm that will not go away. You may also experience unusual fatigue and have sleeping problems. If you are experiencing any of these symptoms, you need to be checked for heart disease. It is better to be safe than sorry.

Many women also think being over weight increases your risk; this is true but only to an extent. The better way to gauge your risk is by waist to hip ratio. To find out your ratio, divide your waist measurement in inches by your hip measurement. 0.85 or above means you are at risk of heart disease. The higher, the number the greater your risk is.

Some people also think an aspirin a day keeps [heart disease](#) away. This also is not true. While aspirin lowers the risk of a heart attack for those who have already had one, it does not do much for heart disease or first time heart attacks.

Dark chocolate may help your heart it can decrease your risk of heart disease. Only dark chocolate helps because it is rich in flavonoids. Flavonoids also lower blood pressure. However, it is still best for your waistline and your overall health to only have chocolate as a treat now and then.

Supervisor's Corner

21. Think Before Making A Promise

Making big promises may smooth out the wrinkles for today-but they will return to trouble you tomorrow. Think before making a promise, then keep it. You need the confidence of your people as much as they need to count on you.

One quick way to tag yourself "unreliable" is to make promises that you don't keep. Some individuals think that a promise not kept is condoned because something "unexpected" happens. But even the best of excuses fails to erase the fact that you promised and you did not come through.

No leader ambitious for advancement can dare to become known as unreliable. And that's the tag they'll tie on you if you continue failing to keep promises.

Sell your department members on the importance of keeping promises they make and of not making promises they can't keep.

Set the example. Become known as one whose promises can be relied on and who expects the same from subordinates.

The 26 "Points for the Successful Supervisor" will continue in future newsletters.

Source: www.safetyinfo.com

MEET YOUR SAFETY COMMITTEE

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BEST OF 2009 COVER STORIES

Safety & Health Management Systems eTool

Does a safety and health program really make a difference? Definitely!

The best Safety and Health Programs involve **EVERY LEVEL** of the organization, instilling a safety culture that reduces accidents for workers and improves the bottom line for managers. When Safety and Health are part of the organization and a way of life, everyone wins.



Did you visit: <http://www.osha.gov/SLTC/etools/safetyhealth/index.html> to answer the four crucial questions you should be asking?

Just in case you forgot, did not have time, or still think this is safety's job! Here is one of many facts why you need a **WINNING** safety and health program.

Did you know that the average cost of an eye injury is \$1,463, when you consider all the hidden costs?



What "Return on Investment" can S&H programs provide?

answer

What Return on Investment can S&H programs provide?

- Improved employee morale,
- Decreased lost time,
- Fewer workplace injuries and illnesses,
- Lower insurance costs, and
- Safety culture adoption.

Costs of Accidents

Accidents are more expensive than most people realize because of the hidden costs. Some costs are obvious — for example, Workers' Compensation claims which cover medical costs and indemnity payments for an injured or ill worker. These are the **direct costs** of accidents.

But what about the costs to train and compensate a replacement worker, repair damaged property, investigate the accident and implement corrective action, and to maintain insurance coverage? Even less apparent are the costs related to schedule delays, added administrative time, lower morale, increased absenteeism, and poorer customer relations. These are the **indirect costs** — costs that aren't so obvious until we take a closer look.

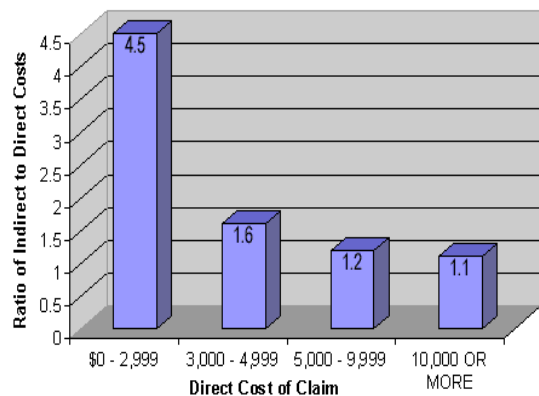
Click on the button for a quick way to estimate the annual cost of accidents in your workplace.



Studies show that the ratio of indirect costs to direct costs varies widely, from a high of 20:1 to a low of 1:1. OSHA's approach is shown here and says that the lower the direct costs of an accident, the higher the ratio of indirect to direct costs.

The more accidents that occur in a workplace, the higher the costs — both in increased insurance premiums and greater indirect costs.

To help assess the impact of occupational injuries and illnesses on your profitability, try out OSHA's "[Safety Pays](#)" Program. It uses a company's profit margin, the average cost of an injury or illness, and the indirect cost multiplier to project the number of sales you would need to cover those costs. Also, use a [worksheet](#) to help determine the costs of injuries and illnesses and their impact on your business operations.



MAKE SURE YOU SHIFT INTO WINTER PREPARE FOR WINTER DRIVING

*Do you drive as part of your work?
Are you responsible for vehicle maintenance?*

Winter driving places harsh demands on vehicles. Make sure your vehicle(s) are up to the challenge.

Use winter tires

- Use four matched winter tires that carry the winter tire logo – even when driving a 4 X 4. They provide better traction in snow and in areas where the temperature will dip below 7 C. Check for wear before mounting.
- Check tire pressure every few weeks.

Tune up for safe winter driving

A diagnostic check-up of each vehicle’s engine (with an oil and filter change) can prevent problems down the road. Have the following inspected and repaired or replaced if necessary:

- Brakes and brake fluid
- All lights (interior and exterior) and fuses
- Wiper blades and washer fluid; defroster
- Cooling and heating systems; antifreeze
- Electrical system (e.g., battery, alternator belt)
- Exhaust system (e.g., muffler, exhaust pipes, clamps and hangers)
- Belts and hoses

Make sure vehicles are properly equipped

- Windshield scraper and snow brush
- Extra windshield washer fluid
- Flares and matches or lighter
- Tire chains
- First aid kit
- Shovel and traction mat, sand or kitty litter
- Flashlight and extra batteries
- Battery jumper cables
- Spare tire, wheel wrench and jack

If vehicles go outside urban areas

Ensure emergency kits ALSO contain:

- Blanket or sleeping bag
- Candles
- High-energy food (e.g., energy bars)
- Empty can for melting snow
- Tow rope



Before you go

Make sure you’re ready to meet any of the challenges that may come your way.

- Check weather and road conditions.
- Let someone know your route and schedule.
- Clear snow from hood, roof, windows, lights.
- Clear all windows and mirrors of fog.
- Make sure your windshield wipers work and that the washer jets squirt properly.
- Take warm clothing, winter boots, a hat and gloves with you.
- Take a cell phone and charger, but remember that not all areas have reception.
- Keep your gas tank topped up.

Source: www.worksafebc.com

This information is intended to provide general information only. Nothing is intended to provide legal or professional advice or to be relied on in any dispute, claim, action, demand or proceeding.

WorkSafe BC does not accept liability for any damage or injury resulting from reliance on the information in this publication. (WorkSafeWinterTips1109)

SAFETY VEST PRESENTATION BY IRON HORSE SAFETY – DALLAS, TX



David Harvey demonstrates a new type of high-visibility safety jacket to Mark Hanafee, APM Terminals.



David Harvey talks to Brian Murphy, Marine Repair Services, on safety high-visibility apparel.

Mr. David Harvey, Owner, Iron Horse Safety, gave a presentation on safety vests at the Safety Committee meeting in Dallas on January 14, 2010. He covered the history of high-visibility safety apparel, the present status, and what can be expected in the future. He mentioned that with the cooperation of the 3-M Company, new types of materials are being developed and tested in hopes that the fluorescent strips can be eliminated and substituted with better fluorescent materials actually built into the vest. The USA high-visibility safety apparel standard is ANSI/ISEA 107-2004.

For more information please contact: International Safety Equipment Association, 1901 N. Moore Street, Arlington, VA 22209, isea@safetysafetyequipment.org or your Signal Safety Manager at 800-826-4790, Dallas, TX.



CHANGING OF THE GUARD FOR SIGNAL MUTUAL INDEMNITY ASSOCIATION SAFETY COMMITTEE (SMIASC) - 2010



Top left – Your Safety Committee at work. Top middle – 2010 SMIASC Chairman, Mr. Gunther Hoock, Director, Safety, Security & HazMat, Horizon Lines. Top right – Mr. Larry Toepper, VP Safety, Signal Administration, and Mr. Phil Smith, 2009 SMIASC Chairman, BAE Systems Ship Repair, Director of



Safety. Bottom left - Mr. Joe Roach, CEO, Signal Administration. Bottom right – 2010 SMIASC Vice Chairman, Mr. Brian Murphy, Director, Risk Management & Safety, Marine Repair Services. Information for all members of the Safety Committee can be found on the Signal Mutual website at www.signalmutual.com, under the Safety tab. Please visit the website and get to know all of your representatives on the committee. They volunteer their time for you, the members of the entire mutual.

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Please share the successful safety accomplishments of your Company and employees. It will help us continue as the Premier USL&H Insurance Organization in the maritime industry. Email your submissions to Patti Wood at patti.wood@signal-ctc.com.

If you would like to receive this newsletter, please e-mail Patti Wood at patti.wood@signal-ctc.com and include your full name, company name, e-mail and telephone number.