

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.

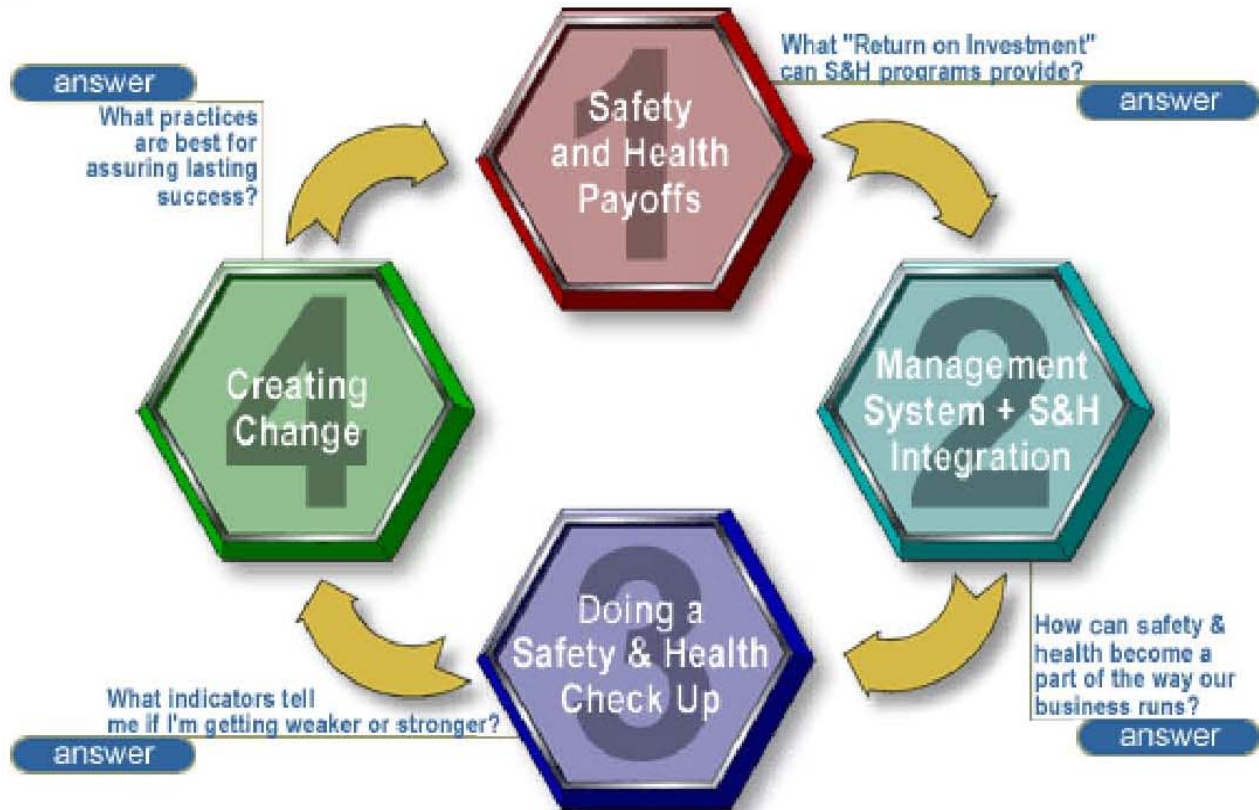
There are four crucial questions you should be asking. The detailed answers are found in the four modules of this OSHA eTool. Visit: <http://www.osha.gov/SLTC/etools/safetyhealth/index.html> to answer the questions.

Here are a few facts why you need a WINNING safety and health program.

FACT: Nearly 24,000 workers are injured every 8 hour work day.

FACT: Almost 17 of these workers die each day.

FACT: These injuries cost society \$127.7 billion in 1997, according to the National Safety Council figures.



YOUR HEALTH

Supervisor's Corner

9 ways to rebalance after the holidays

If you're like most people, you probably ate too much and slacked on anything that resembled exercise over the holidays. Here are 9 simple and effective ways to get your body feeling better than ever in no time at all.



1. Buy a sack of lemons

If you make only one trip off the sofa today, make it a trip to your local health food or grocery store to buy a sack of lemons. Yes, a sack. Once you get home, squeeze the juice of half a lemon into a tall glass of water and drink immediately. This one step will help you to quickly reset your body chemistry.

2. Load up on H2O

Drink at least 10 more cups of water throughout the day, preferably with lemon juice added to each. Lemon juice breaks down acid waste in your body and restores your blood and tissues to slightly alkaline levels. Put simply, it means you're flushing out toxins and excess fat – both of which are acidic – from your body!

3. Breathe deeply

Take a few deep breaths. Not only will oxygen energize your brain, it will quickly help to balance the chemistry of your cells – and healthier cells equal a healthier body.

4. Take a walk

I encourage a second trip off the sofa. Boost your oxygen levels even further by bundling up and heading out for a brisk walk. Exercise helps to quickly oxygenate your body. More oxygen in your blood means it's better equipped to nourish every organ and tissue, which increases energy, mental clarity and moods.

5. Turn to peppermint tea

Instead of reaching for a caffeine jolt from coffee or cola, drink some peppermint tea. Research shows that peppermint provides a quick boost of energy and unlike caffeine, it isn't addictive and won't send your energy levels plummeting a few hours later.

6. Eat your veggies

Make vegetables the focal point of your lunch and dinner meals. Okay, I know you're probably cringing right now, but if you absolutely hate broccoli, don't take it out on the entire veggie kingdom. Who wouldn't enjoy some delicious mashed sweet potatoes or rich guacamole?

7. Take an almond break

Snack on raw, unsalted almonds every few hours. Not only are they loaded with calcium, magnesium, protein and other important nutrients, their high fiber and protein content helps to stabilize blood sugar levels. Stable blood sugar levels tell your brain that it's okay to start breaking down fat stores to help you slim down.

8. Smoothie nation

Enjoy a delicious smoothie instead of a sugary snack or breakfast. Start with some almond milk instead of dairy to help rebalance your blood chemistry quickly. Add some frozen berries, half a frozen banana (peel the bananas prior to freezing and keep them on hand for a quick energy smoothie) and a heaping teaspoon of green powder like barley juice, spirulina, chlorella, wheatgrass, or any blend available from your local health food store. In addition to containing loads of vitamins and minerals, green powders contain chlorophyll, which research proves eliminates toxins from your body, protects against cancer, and even defends your genetic material against damage!

9. Take a cue from the vegetarians

Cut back on your meat consumption. Choose beans, fish or raw nuts or seeds instead of acid-forming meat. While fish like wild salmon may be acid forming in your body, it provides the essential fatty acids needed for a healthy brain, immune system and overall good health. Add beans to soups, stew, chili or wraps, or make them into delicious dips for a high-fiber, high-protein, high-nutrition source of energy.

20. Remember The "Pat On The Back"

It is a psychological fact that practically everyone, except the most hopeless moron, responds better to praise than criticism. We instinctively react more favorably and work more accurately under the stimulus of pride of accomplishment than of fear of punishment.

The wise leader makes it a point to show appreciation for a job well done. This leader knows it will make the next job easier, will encourage others to exert themselves. This does not mean that a department head must adopt a conciliatory attitude toward people. On the contrary, the leader is better off to remain strict on his standards of quality and performance, but never to forget to give that "pat on the back" when it's due, and to see that more material rewards are given for consistently superior performance.

It all goes to establish the individual as a capable leader who knows how to bring out the best in people. Such a person is a valuable member of any organization.

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

Source: www.safetyinfo.com

BOARD OF DIRECTORS & MEMBERSHIP MEETING - JANUARY 2010



To All Members and Brokers:

During its twenty-fifth year, Signal Mutual Indemnity Association will meet in Squaw Valley, site of the 1960 winter Olympic Games. Like the Olympics Signal Mutual has evolved, but the Association remains committed to the bedrock principles of service to the Membership and Longshore Act cover at cost.

Our first time Member attendees will enjoy a welcome reception on Thursday. This very simple gathering is for our first timers to meet the Signal Managers. The Managers will answer questions on how the Board of Directors meeting works - who are the Board Members, what is their role, how do they interact with the Manager Directors - as well as covering the Managers' duties to the Association. Questions about other events and aspects of the meeting will also be welcome.

The annual Town Hall meeting will be themed "The Presidents Address." We are asking four Presidents of successful Member companies to tell their safety success story.

The Managers will review the 2009/10 Membership Year renewal results plus up to date reports on all elements of the club. This is your opportunity to ask questions, hear what is planned for the future, and meet the Board of Directors responsible for that planning along with your fellow Members. The Managers' goal is to present a clear and complete picture of what is happening with the Association and why.

Updates about the meeting will be posted on Signal's website www.signalmutual.com.

Best regards,
Signal Administration, Inc.

Joe G. Roach

DETAILS

When

Thursday, January 28, 2010 4:00 PM - Saturday, January 30, 2010 - 2:00 PM
Pacific Time Zone

Where

Resort at Squaw Creek
400 Squaw Creek Road
Olympic Valley, California 96146
USA—800-327-3353

Planner

Denise Bettis—denise.bettis@signal-ctc.com, 1-800-826-4790

GETTING READY FOR THE SLOPES

The following article is Courtesy of the National Ski Area [Association](#)

Being truly ready to ski no accident

Heads Up! Here we are gearing up for the ski and snowboard season. The anticipation and excitement for the sport—for the fresh mountain air, fluffy snow, and the sense of freedom one gets from gliding down the mountain—lasts all winter long.

There are many precautions slope enthusiasts can take to maximize their experience. Serious ski accidents or fatalities can and do happen in this sport. And, though unfortunate, many are avoidable. Make it your New Year's resolution to be aware while on the slopes. Here are some tips for you to take in consideration while you're recreating at your favorite ski area this winter.

Be aware of the snow conditions. When it has been four or five days since the last snowfall, the temperatures drop to sub-zero, the winds increase, and the snow solidifies and turns too hard-pack. As the conditions turn firm the skiing gets hard and fast. It's easy to begin a run slowly only to find you are out of control by your fourth or fifth turn. And once you're out of control, it can be difficult to avoid other people or obstacles.

In this day and age of multi passenger gondolas and high-speed chairlifts your time on the snow is maximized. You can increase your ski time on the slopes as compared to the days when you were limited to skiing fixed grip chairlifts. With high-speed chairs whisking you to the top of the mountain in a matter of minutes you can ski yourself right into exhaustion and need to recognize when it's time for a rest.

The key to successful skiing is control. To have it, you must be aware of your technique, the terrain you are skiing and the other skiers around you. A conscious state of awareness is mandatory. Get distracted, go too fast, lose your confidence, forget about where you are or what you're doing and you're a recipe for disaster.

Skiing requires a mental and physical presence. A mistake in judgment, control, speed or your choice of terrain can have serious consequences. Skiing demands that your body and mind work together.

So you must be mentally engaged, which means you know where you are and what you are doing. It means you know what you need to do to turn, control your speed, slow down or stop. And you must be physically present, which means you have the confidence to execute this technique in terrain appropriate for your ability.

Control begins when you first put on your skis. Ideally you should start your ski day with two or three warm up runs, though they, too, often fall by the wayside. It's far too easy to head directly toward your favorite runs. It's an easy trap to fall into when you are with friends and the excitement and enthusiasm of being on the hill cloud your judgment. Common sense, caution and even your sense of control can go out the window in favor of keeping up with your friends. You can find yourself going too fast or on a run that is beyond your ability. This is not only unwise, but potentially dangerous.

Without the proper time to warm up, your body is thrown into duress as you try to make your skis come around on each turn. You spend the first hour beating yourself up until you get into the flow and rhythm of the hill. That is, if you ever find that rhythm at all.

The all-important warm up run or runs prepares you mentally and physically for the ski day that lies ahead. As with any sport or exercise, the warm-up is an essential component of good performance and setting the stage for a good day on the hill. Physically it gives your muscles a chance to engage your heart to beat faster, your blood to flow smoothly and your breathing to synchronize with your turns. It also gives you an opportunity to make the connection between your feet, the skis and the snow. You get a chance to feel your ski edges under your feet as they bite the snow on each turn.

Once you've committed to a warm up run, look for trails that were groomed from the previous night and on which you feel comfortable.

Once you've warmed up, you will find that not only is your technique sharper but your confidence level will grow as well. Then you will be prepared for the challenges you'll find on the hill.

[KNOW THE CODE - Click here to view the CODE](#) and other skiing/snowboarding safety tips.

NEW SAFETY APPROACH YIELDS FAST RESULTS IN A TOUGH INDUSTRY

~ **Gunther Hoock**
Corporate Safety Director, Horizon Lines

Horizon Lines, and Hawaii Stevedores, Inc. (H.S.I.), affiliated organizations in Honolulu, Hawaii, recently reported great success implementing a program that rewards employees for safe behaviors. Horizon Lines and Hawaii Stevedores, Inc. (HSI), a division that provides stevedoring services, kicked off a behavioral safety approach in September of 2009 focusing on safe behaviors that lead to safe results and have already realized significant positive change.

Horizon Lines, the nation's leading domestic ocean shipping company, operates five port terminals linking the continental United States with Alaska, Hawaii, Guam, Micronesia, and Puerto Rico. Its Honolulu employees and HSI's longshoremen load and unload the massive containers of multiple ingoing and outgoing cargo ships, often in the dead of night. The work is tough and can be hazardous. "We have to move a lot of cargo in a short period of time because we affect vessel schedules at other ports if there is a delay here," said Frank Roznerski, Manager Safety, Security & Hazmat for Horizon Lines Honolulu. "We are constantly toiling to keep the right balance between safety and production."

In a matter of three months, both organizations have made great strides in achieving that balance. Using the methods of the Bill Sims Company, the two groups now specify, recognize, and reward behaviors—an approach that eliminates the injury hiding that occurs when people are rewarded only for "zero incident/accident" goals. In the first 90 days, this process has resulted in a 64 percent reduction in safety incidents and a 60 percent reduction in recordable accidents for Horizon Lines. HSI reports a 28 percent reduction in lost time injuries.

"Changing old habits can be very tough. People have their own style and ways of doing things which we find may not be the safest way. Trying to get them to do things the right way has been a great challenge, but we don't want to create an adversarial relationship. We want to be able to work in the spirit of cooperation. We have had high injury rates and we needed to do something different to get different results. The Bill Sims program provided us the vehicle and the means to do so. It changed the method in which we go out there and try to implement safety," said Roznerski.

These new numbers reflect only three months of the new safety process, also taking place during the peak season prior to the Christmas Holidays. During that period the groups celebrated eight weeks of no lost time injuries!



DEPARTMENT OF LABOR HAS RELEASED ITS LATEST REGULATORY AGENDA

The regulatory agenda is a listing of all the regulations the Department of Labor expects to have under active consideration for promulgation, proposal, or review during the coming one-year period. Below you can find some of OSHA's priorities taken from the OSHA fact sheet released today.

OSHA's Fall 2009 Regulatory Priorities

The Secretary's vision of Good Jobs for Everyone requires a safe and healthy workplace for all workers. OSHA's regulatory program is designed to help workers and employers identify and control hazards in the workplace and prevent injuries, illnesses and fatalities. OSHA's current regulatory program demonstrates a renewed commitment to worker protection.

You can find the list in its entirety at: www.dol.gov/asp/regs/agenda.htm.



NYCT 20 WEEK CHALLENGE

~ Robert Garcia
New York Container Terminal

This past year while watching TV at home, I saw a commercial for the NBC show “Biggest Loser”. The next day, while running on the treadmill, I decided to try and have a similar competition here, at NYCT. I felt that a healthier and fit workforce would create a workforce that not only would be physically fit, but mentally fit, as well. If an injury occurred to someone who was physically fit, they would be less likely to suffer an injury that would require time off from work and bounce back from an injury sooner. I also felt if a person began to see a change in their appearance they would feel better about themselves, be happier and be more motivated. I also felt if they began to eat right and exercise, their energy levels would increase. This, I saw as a plus for everyone. I knew I could not tell people how to eat right, so I decided to hire a Nutritionist to meet with all the participants. I also knew that each individual would need to be on an exercise program. Some may have never exercised and some may not be doing it right. So, I decided to hire a personal training to help each person to begin an exercise program that was right for them.

NYCT had 55 people interested in the challenge when we began. Each person met with the Nutritionist and Personal Trainer. After 20 weeks we had 35 people that remained in the challenge. These 35 people lost a total combined weight of 703 lbs.

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“The Safety of Employees is an Investment in Success”

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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.

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