

HOMESAFETYMATTERS

SUMMER 2019

SPOT A HAZARD? SPEAK UP

Peer-to-peer communication isn't just for the jobsite

On RLG jobsites, if we see an unsafe condition, we stop and correct it before continuing with the task.

And if someone is working unsafely, we stop that person and talk about how to do the task safely.

It's called peer-to-peer communication and it's highly effective at preventing safety incidents.

Use it outside work, too, to help someone else stay safe.

When giving feedback:

- Be calm and positive.
- Show that you are concerned

about the other person's safety.

- Explain the consequences of the hazard or at-risk behavior.
- Be specific with your observations and suggestions.
- Offer to help if feasible.

When you're the one receiving feedback:

- Keep in mind that the other person is speaking up because they care about you.
- Stay calm and don't let yourself become emotional.
- Avoid becoming defensive.
- Be open-minded and listen to what the other person has to say.
- Don't be shy about accepting help.

The sun's ultraviolet rays can damage your skin in as little as 15 minutes. Follow these

SUN SAFETY TIPS:

Put on sunscreen with at least SPF 15 before you go outside.

Wear a hat with a brim all the way around that shades your face, ears, and neck.

Wear sunglasses to protect your eyes from ultraviolet rays.



RUDOLPH
LIBBE
GROUP

OPERATIONAL
SAFETY
EXCELLENCE

PREVENT FALLS AT HOME

On May 6, we paused work at all RLG jobsites to participate in OSHA's national fall prevention safety stand-down.

Make fall prevention part of life at home, too.

- Check the railings on stairs and decks – and tighten or replace

them if necessary.

- Check carpet for worn areas or loose seams.
- Use nightlights in bathrooms and hallways.
- Secure small rugs with tape or non-slip pads.
- Wipe up spills immediately.
- Consider adding motion-sensing lights in garage and storage areas.

- Pick up clutter in your house, basement and garage.
- Use a step stool to change a light bulb or reach in a cabinet, not a chair.
- Check your ladders. It may be time to replace the ladder you got from Dad or Grandpa with a modern, safer model.

SUMMER FOOD

Whether you're grilling or picnicking, follow these tips

Eating outdoors is one of the joys of summer. Here's how to picnic and grill safely:

- Perishable food should not sit out for more than two hours. In hot weather (above 90°F), one hour is the limit.
- Serve cold food in small portions on ice and keep the rest in a cooler.

- Keep perishable food cold until it is ready to cook.
- After grilling meat and poultry, keep it hot until served, at least 140 °F.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where it could overcook.
- Use separate cutting boards and utensils for raw meat and ready-to-

- eat foods like vegetables and bread.
- Use a food thermometer.

Safe cooking temperatures for:

- Beef, pork, lamb and veal - 145 °F
- Ground meats - 160 °F
- Poultry - 165 °F

Source: www.foodsafety.gov



RUDOLPH LIBBE INC
GEM INC
GEM ENERGY
RUDOLPH LIBBE PROPERTIES

SAFE ON THE WATER

Alertness, common sense are key when you're boating

Boating safety is a combination of common sense, alertness and knowledge of the boat and rules.

- Check the weather before leaving shore, and get off the water if there are dark clouds, rough winds or sudden drops in temperature.
- Operate at a safe speed at all times, especially in crowded areas.
- Stay alert and keep a safe distance from other vessels and swimmers.
- Make sure more than one person on board knows how to handle the boat.
- Make sure someone knows the names/addresses/phone numbers of all passengers, boat type, where you're going and how long you plan to be gone.
- Make sure all children wear life jackets, and keep life jackets available for all adults.
- Don't drink alcohol before or while you're on the water.
- If you can't swim or you're not a strong swimmer, register for a local class.
- Brush up on your knowledge of boating safety rules by taking a local community or online course.
- Get a free vessel safety check from the U.S. Coast Guard.

Source: discoverboating.com

An estimated 30 million American kids play some form of organized sports! Check out these

SUMMER SPORT SAFETY TIPS:

Suit up with proper equipment and make sure it fits!

Know your child's skill level.

Remember that hydration and sun protection are essential.

Remind children to "watch your head" to avoid concussions.



OPERATIONAL
SAFETY
EXCELLENCE

FIND IT-FIX IT AT HOME

What are your 'finds' for staying safe outside work?

When you and your family eliminate a safety hazard at home, fill out a Find It-Fix It form at work. Our coworkers shared these home safety Find It-Fix Its:

- An associate bought a carbon monoxide detector after realizing he didn't have one for his house.
- At a restaurant, a rubber mat was rolled up in the path of customers, cre-

ating a trip hazard. An associate talked to the manager and unrolled the mat for the busy staff.

- When an outdoor fire started getting out of control, an associate put it out with a fire extinguisher.
- When an associate found three nails sticking out of a pallet at his parents' home, he bent them with a hammer.

SEEKING STORY IDEAS

What has experience taught you about home safety? Share your best practices, successes and lessons learned with your coworkers here at RLG.

Submit ideas, either with your name or anonymously, to:

June Remley
419/725-3119
june.remley@rlgbuilds.com

Planning to break out the grill this weekend?

Keep these **GRILLING SAFETY TIPS** in mind:

Place grill well away from home, deck railings and overhangs.

Keep children and pets away from grill area.

Keep your grill clean.

Never leave your grill unattended.



Try this quick and easy recipe from the **RLG Wellness Committee's** Healthy Eating Class!

SUPER SEED BITES

1 cup of pitted dates

3 - ¼ cup of your favorite nuts or seeds

¼ cup of cocoa powder

Optional: ½ tsp vanilla extract and ¼ tsp cinnamon

Instructions:

Chop in a food processor until ingredients in small bits. If not sticky enough to press into bites, mix in a bit of water.

These will remain fresh for 3-6 days minimum in the fridge.

Makes 16 bites



OPERATIONAL
SAFETY
EXCELLENCE