

## Message from the Regional Manager

Hello to all in the West! As many of you are aware, we held our annual West Region HSSE Expectations Conference last week. Thank you to all who attended and participated – your questions and suggestions are continuing to shape the way we do HSSE here in the West. For those of you who were not able to attend, be sure to request a briefing from your EBM or company delegate. As winter weather changes over to spring, be particularly mindful of driving conditions. While we all know that driving is one of the most dangerous activities in which we engage on a daily basis, make sure your team understands the priority of safety over job timeliness and the implications this may have on completing work in a routine and timely manner.

– Chris Winsor, Regional Manager

## FROM THE FIELD . . .

**“It can happen to me; it can happen today”** (from the ITCH program, used in several BP units across the world). Most of us do not get in the car thinking that today is the day we will have a head on collision, hit a pedestrian, or lose our life. Yet statistically speaking, our lifetime odds of being involved in a major motor vehicle accident are significantly high, according to Joe Bookout of BP HSSE and BP Latin America. Motor vehicle accidents are the 5th leading cause of death in the U.S. Statistics tell us **80% of accidents occur at or near intersections**, most commonly **during a light change**. Intersections are extremely and deceptively dangerous places! How many of us have run a red or yellow light? Or jumped a green light? Safety starts with thinking, and Mr. Bookout offered a few practical suggestions. Rather than focusing on “making the yellow light,” what about considering **“can I safely slow and stop for this yellow light?”** When the light turns green, what about waiting a couple seconds to make sure there is no cross traffic trying to run the red? Honking your horn, while seemingly rude, can actually catch the attention of other drivers and pedestrians at all four points of an intersection and alert them that someone is running a red. Remember, we’re looking forward to seeing you at work tomorrow – even if it’s a couple minutes late.

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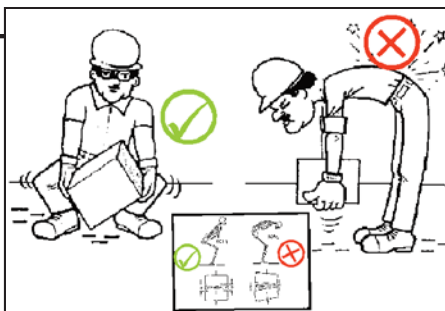
## Contractor's

At Broadbent & Associates, Inc., **engineering controls are the preferred first line of defense** for safety. A seemingly endless supply of near misses and incidents come from the handling of monitoring well vault lids, especially from the oversized vaults that are required for many remediation systems. For a recent installation of a dual phase groundwater remediation system at an Atlantic Richfield Company retail site in Las Vegas, Broadbent chose to have **custom 2' by 2' well vaults constructed with hinged lids** that open with built-in mechanical assistance. The vaults open easily with the mechanical assistance (reducing the potential for strains) and are designed to not fall on fingers or personnel. No custom tools are required to operate the vault (only a ¾ inch socket wrench to loosen two security bolts). This is a great example of how a **little extra expense on initial design can help protect employees** down the line. – special thanks to Jason Hoffman and BAI for contributing this article



## Consider This . . .

Whether hand augering or mowing the lawn, your **muscles work best with proper body posture and plenty of oxygen.**



As we begin 2009, here are a few thoughts.

- **Prepare** your body by stretching and flexing first
- During prolonged physical labor, **take breaks** more frequently, especially after lunch as the muscles fatigue more easily
- **Watch new workers** whose muscles aren't conditioned yet and may injure
- Be specifically cautious during repetitive motion jobs (stooping, crouching, lifting, augering). **Stop work AS SOON as you start to feel pain.**
- Whenever possible, **use tools** to assist with the workload
- Practice proper posture. **Keep your back straight – always!**
- **Exercise STOP WORK authority ANY TIME** you question the safety of the position of your body in a proposed task. Get someone to help you.
- **Plenty of rest and regular exercise** also help maintain muscular resilience and ability to provide oxygen support. For more information, check out the SOCs resource site.

## Additional Resources

**HSSE Bi-weekly Communication** <http://rmhsse.bpglobal.com/communication/hsseweeklycommunication/2008/>

**Shared Learning** <http://rmhsse.bpglobal.com/communication/sharedlearninglessonslearnedsafetycommunicationsuccessstories/>

**SOCs Minute Resource Site** <http://socs.dataaccel.com/> (user ID: socs, Password: safety)

To comment, inquire, or obtain information on any item in this publication, or to submit an item for publication, please contact May Marcinek at [mmarcinek@envirosolve.com](mailto:mmarcinek@envirosolve.com), or 818.889.0090.

## @Traction

While 7 of RM West's 2008 31 occupational injury and illness incident reports were related to muscle use and strain, there were also 4 related to heat stress, 7 to bee or insect stings/bites, and 9 that may fit into the category, **“routine activity without thought.”** Simple everyday activities, such as walking, can become painful first aid cases when a cell call to the supervisor distracts us, causing us to trip over uneven terrain. Take the time to **not do two things at once**, and **pay attention to your surroundings** – whether head, hands, feet, or while crouching. Also remember that a **healthy night's sleep** directly affects your ability to react, balance, and think clearly. While the advice seems pretty basic, please take a moment to review it with your field team.