

## Message from the Regional Manager

We are now in the midst of summer, with temperatures in parts of the West exceeding 100 degrees. Traditionally this is a time of year when outdoor workers across a variety of disciplines are more subject to heat rash, illness, stroke and dehydration. Make sure your crew members are **well hydrated** and well rested, and schedule more **frequent, shaded breaks** as a routine practice for these hot weather days. As always, **watch out for each other** – sometimes it is easier to admit illness or exhaustion when someone else calls us out on it than if we are just trying to monitor ourselves. Whether your region is seeing temperatures in the 70s or over 100, make a concerted effort to not take the heat for granted! I look forward to seeing you out in the field. – *Chris Winsor, Regional Manager*

## FROM THE FIELD . . .

3400 acre abandoned mine site with physical, chemical, biological and radiological hazards. Site safety personnel at the Yerington mine site have a lot of information to **communicate clearly and with consistency** to a steady stream of new workers and visitors. “It wasn’t clear that everyone arriving on site was grasping the information necessary for their safety and those around them,” says PM, Roy Thun. The solution? Thun and his team developed an **HSSE Orientation video** to provide a comprehensive, uniform message covering the four primary learning media: **visual/nonverbal** (staged safety examples, site footage), **auditory/verbal** (narration provided throughout), **visual/verbal** (key points bulleted on screen) and **tactile/kinesthetic** (viewers are required to fill out a key points “take-aways” form). “The Yerington orientation video accommodates presenting the content in multiple ways, reinforcing our message, resulting in a safer work environment,” says John Batchelder, assistant PM with EnviroSolve. The Yerington site safety orientation video reached this year’s Commended level in the BP Helios Awards, and can be viewed along with the *pre-trip planner* and the *take-aways* at [www.fetchdata.com/YeringtonSafety](http://www.fetchdata.com/YeringtonSafety).



## Contractor's

EBM Sergio Morescalchi notes that his biggest concern regarding the safety of his crews is **complacency** – going through the motions, mindless of the little things . . . an uneven surface, an “unrelated” site feature. One of his

Sacramento crews **inadvertently became aware** of one such hazard and was able to **quickly respond, prompting a procedural change** on all similar projects. Adjacent to

an existing remediation compound at a former retail facility (now a vacant lot), Stratus personnel and a subcontractor crew were laying out locations of fence poles for installation of additional chain link fence. While a utility locating subcontractor was performing locating services for the ground disturbance permit, the subcontractor crew sprayed soap solution on fittings at a natural gas meter adjacent to the work area, approximately 20 feet from where fence posts were to be installed. A bubbling of the soap solution identified a leakage on the gas meter at the regulator. **Work was stopped** immediately, SVE and air sparge systems were shut down and the crew evacuated to the muster area. A crew from PG&E, the natural gas supplier, responded, verified the leakage, replaced the meter, restored gas service and verified there was no longer gas leakage. It is important to note that **there had been no odor or sound** suggesting a possible leak. The meter was **checked only because of its proximity** to the work area. Because of this, Stratus amended its system operation and maintenance procedures to include routine checks of gas fittings at all sites on an annual basis and after earthquakes.

## Consider This . . .

Did you know that Red Bull has been banned in France, Denmark and Norway? While 250 mg **caffeine** a day can cut drowsiness, promote mental alertness, diminish reaction time and improve motor skills, studies show that **excess consumption** causes the reverse, and **can actually hinder** rather than help (promoting anxiety, inability to focus, decreased motor skills). A 250 mg intake of caffeine is equivalent to 1 tall (12 oz) Starbucks drip coffee, 3 shots of espresso, 7 (12 oz) Coca-Colas, 3 Red Bulls or 1½ Rockstars per 24 hour day. However, high sugar content, like caffeine, can also dehydrate you. So when you’re tired at work, what does your body really need? It may not be caffeine or sugar. **Your fatigue may be because you are not properly hydrated.** Try taking a sports drink and cutting it with water. Or take a 10 minute break. Remember, nothing can replace a good nights sleep. See the *SOCs Resource site for web links regarding caffeine.*

## Additional Resources

**HSSE Bi-weekly communication** <http://rmhsse.bpglobal.com/communication/hsseweeklycommunication/2009/>

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

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

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## @Traction

As we push into the second half of 2009, keep an eye out for changing conditions on your sites and in your travels. 4 of RM West’s 12 incident reports for June were directly related to **changing conditions outside of our control** – other entities coming on site to perform work (other BP operations and local government agencies), resulting in a stop work for our field crews, and risky third party drivers (a common theme). With summer upon us also beware of the impact that **changing environmental factors** may have on your projects. Temperature, humidity, hours of daylight and potential for thunderstorms may be issues to consider prior to undertaking work.