



ALLIED SAFETY NEWS

Above all we strive to control or eliminate known or potential safety and health hazards in the workplace.

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Workplace Conflict




Workplace Conflict Awareness Month is observed in April every year. The objective is to shed light on an ever-pervasive phenomenon within American work culture and professionally resolve entirely preventable conflicts. Workplace conflicts cause an increase in stress levels and decrease the organizational health of any workplace. While conflict prevention is a continuous job, Workplace Conflict Awareness Month plays a very important role in pointing out the existing flaws in American corporate culture in a bid to improve work environments and employee productivity. 

Conflict Resolution Strategies for the Workplace

When emotions run high, stress ensues and rational problem-solving is at risk. Cortisol released because of ongoing stress soaks the brain's nerve cells, causing memories to shrink (Leaf, 2008). This affects the ability to think creatively, a helpful component for resolution. In addition, the stress

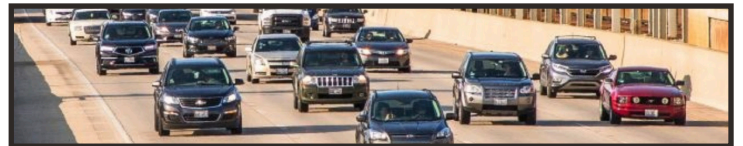


Source: *Workplace Conflict Awareness Month - April*

response increases blood sugar levels, speeding up our heart rate to pump blood to our arms, legs, and brain in preparation to escape (Leaf, 2008). This physiological fight-or-flight reaction saps precious energy. Dealing with emotions first will help reduce emotional arousal and stress. Once the body returns to normal, rational problem-solving skills can resume. Typically, people get into trouble when they address conflict at the peak of emotional arousal. For this reason, acknowledge that the issue needs to be addressed but wait until emotions subside before engaging in a discussion. This ensures the issue is not ignored. In other words, conflict can be scheduled.  Source: *Conflict Resolution*


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Distracted Driving



Source: *Distracted Driving Awareness Month - April*

When you're behind the wheel, your only job is to drive.

At least eight people a day are killed in distracted driving crashes. Distracted driving isn't just risky for you, it can be deadly for every nearby driver, pedestrian, bicyclist and worker. Join us in observing Distracted Driving Awareness Month and help everyone get home safe. 

Work Zone Safety - Backing Construction Vehicles & Equipment

April is National Work Zone Safety Awareness Month. The leading cause of fatalities for workers in work zones is being run over or backed over by construction equipment/vehicles in the work zone. **continued pg. 2**



"Working Safe Is No Accident"



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According to the National Safety Council:

- Vehicle backing accidents are responsible for 500 deaths and 15,000 injuries per year
- The type of equipment/vehicle most frequently involved is dump trucks
- Each month, at least one worker is killed by being backed over by construction vehicle/equipment
- Dump trucks are the most common vehicles/equipment involved in backing accidents in work zones (NIOSH)
- Haul trucks are the most common vehicles/equipment involved in backing accidents in surface mines/quarries (MSHA – Powered Haulage). These trucks are also common on large civil construction projects.




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Many backing accidents occur because drivers may not be able to see people, tools, materials or equipment in their blind spot. OSHA requires all equipment and vehicles with an obstructed view to the rear and bi-directional equipment to be equipped with a back-up alarm that can be heard over other noise on the site. In addition, best practices include using a spotter to signal the driver while backing. Ground guides should wear high visibility outerwear, have a clear view of the back of the vehicle and should always be visible to the driver/operator.

Driver and operator training should include hazards and controls related to backing specific equipment. To assist with that training, the National Institute for Occupational Safety and Health (NIOSH) has developed a library of diagrams showing the size and shape of the blind spots from a variety of heavy equipment/vehicles used at construction and mining sites. The list includes:

- Several types of Dump Trucks
- Graders
- Milling Machines (Cold Planers)
- Scrapers
- Backhoe Loaders
- Hydraulic Excavators
- Road Recyclers – Reclaimers
- Rollers
- Dozers
- Loaders
- Transfers – Shuttle Buggies

The link shown below will take you to the NIOSH list of construction vehicles for which there are Blind Area Diagrams. Once there, click on the vehicle model to view the corresponding Blind Area Diagrams. Printing these charts and using them in operator training and/or posting them inside the equipment cabs may increase operator awareness and help prevent backing accidents that result in fatalities, injuries and property damage.  [Source: cdc.gov/niosh](https://www.cdc.gov/niosh)

The Brag Board

ASG Team Updates



Michael Uzelac - *Field Safety Supervisor, Utility Services Division*

- A team member of Allied Safety Group, LLC since its beginning
- Started in pipeline safety for about 5 years before taking a lead role in our Utility Services Division
- Strives to support and lead a team of Field Safety Representatives to ensure our clients achieve Safety and Health success on their sites



James Lievano - *Field Safety Supervisor, Utility Services Division*

- A team member of Allied Safety Group, LLC since its beginning
- Started in pipeline safety and other various construction sites, to include USACE client projects
- Strives to support and lead a team of Field Safety Representatives for our partners in the pipeline industry



This past month ASG had the opportunity to:



- Provide OSHA 10-Hour for the Construction Industry Outreach training for our clients
- Provide numerous certifications in the American Red Cross Adult First-Aid/CPR/AED Training Program
- Assist multiple clients with needed OSHA consultations
- Gather, engage, and show appreciation for the Allied Safety Group, LLC team members on Employee Appreciation Day, 3/3/2023
- Implement and support all new hardware for our team members increasing field efficiency



Contact Us: Nick Guilfoyle 309.339.8950



info@alliedsafety.org



alliedsafetygroupllc.com



"Your Partner in Workplace Safety"

