



LAMPTON-LOVE, INC

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Date: June 13, 2022

To: All Branch Managers

From: Gene Maddox,
Kelly Meeks
Safety Director

Subject: Branch Office Monthly Safety Meeting – June 2022

Company policy requires that each branch office hold a minimum of one safety meeting each month with the documentation of the material covered and the attendance being recorded on the “Monthly Safety Meeting Minutes and Attendance Record” (see attached form). **Please detach the Monthly Safety Meeting Minutes and Attendance Record, fill it out and e-mail or fax a copy to Lynn Eldridge. Please keep the original for your records.**

NOTE: ONLY the Monthly Safety Meeting Minutes and Attendance Records is to be sent in.

To assist you in complying with this requirement, the following subjects are for your Monthly Safety Meeting, for the month of June 2022. You may add topics, but please document the following topics:

1. News Briefs!!! (Dealing With Seasonal Allergies; How Workers Can Cope)
2. Safety Meeting: (Safety Alert: Overturned Track Hoe)

It is recommended that you thoroughly read this material prior to your meeting.

It is strongly recommended that you use the 3-ring binder to store the last 12 months of the Safety Meeting Minutes and Attendance Record Form!!! This material should be referred to or used to train new employees from the website. This manual should be kept in an area of the office that is easily accessible to all employees.

Be Smart...Be Safe and Be Courteous!!!



PROPANE
EXCEPTIONAL ENERGY

NEWS BRIEFS!!!

(This monthly “column” will include short newsworthy topics, which will serve as a friendly reminder to us all)

Dealing With Seasonal Allergies; How Workers Can Cope

A message
from Health
and Safety

Allergies

Spring Readiness

Dealing with
Seasonal
Allergies; how
workers can cope.



As spring arrives, so does allergy season and as pollen counts rise, so do the number of workers with teary eyes, sneezing, congestion, runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable.

Allergies to pollen / snow mold / etc. can vary from being an annoyance to a serious condition. A big symptom that people often don't attribute to allergies is fatigue.



Fatigue - Feeling too Tired

Allergies interfere with restful REM sleep, someone with allergies can sleep eight, to 10 hours and still wake up feeling tired, sore and achy.

Allergy medicines can also contribute to fatigue and other conditions:

Some of the older antihistamines such as Benadryl or Dimetap induce sleep in most people.

Decongestants that are stimulants, such as pseudoephedrine (Sudafed), can change people's sleep patterns.

Never mix/combine medication.

Newer antihistamines such as Allegra, Claritin, or Zyrtec are less likely to cause drowsiness.

Doctors can recommend medications that are non-drowsy and don't create safety risks in the workplace.



Reaction time slowed / Impaired coordination

Many drugs carry warnings about drowsiness or dizziness and can seriously impair your ability to operate a vehicle or equipment.

Drugs impair our bodies in a variety of ways:

- blurred vision
- altered depth perception
- feeling tired or too excited
- hallucinations
- fluctuations in blood pressure
- changes in reaction time



Always notify your supervisor if you are taking any medications that may affect your ability to perform work safely.

JUNE 2022 SAFETY MEETING

Safety Alert: Overturned Track Hoe



LAMPTON-LOVE

Safety Alert June 2022

Accidents happen when we least expect them.

What we know:

An employee was digging up an underground tank at a residential property. After digging around and/or loosening the dirt around the tank, the tank was lifted with the track hoe and laid down on the yard. When the operator swung the track hoe back around to start backfilling the hole, the side/bank caved in, and the track hoe slid into the hole on its side.

The operator was not hurt, and we are very thankful for that.

The pictures included were taken after a wrecker pulled the track hoe from the hole.



Overturned track hoe



Things to remember:

- If employees are operating heavy equipment on a job, we require a minimum of 2 people to be on the site when the equipment is in operation. (This is a best practice and for the safety of our employees)
- Most of the soil we deal with would be classified as type C soils (granular soils). It can cave, it will, and it has.
- Keep heavy equipment and soil piles at least 2 ft from trench edge.
- Employees should **never** work under suspended or raised loads.
- After a trench/hole is dug and the tank is set, backfill around the side/sides of the tank a couple feet and then check to ensure tank is level. After that, place anodes, run test, etc.
- We are **NEVER** to stand in a trench 4' or greater in depth. Do not get in the trench/hole to place anodes.
- Attaching regulators, pigtails, etc on tanks can be done after backfilling has happened and the potential for a cave in is eliminated.

It will just take a minute.

It will not happen to me.

I have always done it this way.

JUNE 2022
MONTHLY SAFETY MEETING
MINUTES & ATTENDANCE RECORD

Company Name: _____

City: _____ State: _____

Date: _____ Time Started: _____ Time Finished: _____

Instructed By: _____ Number Attending: _____

Subject Covered and Comments:

1. Briefs: Dealing With Seasonal Allergies; How Workers Can Cope _____
2. Safety Meeting: Safety Alert: Overturned Track Hoe _____

By my signature below, I certify that I attended and participated in this Safety Meeting, and I understand the material presented.

Employee Name (Please print)	Employee Signature	License Expires *	Endorsements**	DOT Physical Expires***
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				

**List driver's license expiration date in this column.*

***Check licenses for proper endorsements and re-testing (For example: "HazMat") List endorsements in this column.*

****List DOT physical expiration date in this column.*

By my signature below, I hereby certify that the employees listed above have been trained in accordance with the applicable regulation and curriculum for this monthly safety meeting.

Instructor's Signature: _____

E-Mail or fax this sheet only to: Lampton-Love, Inc.

Gene Maddox/Lynn Mathis

Date: _____

P. O. Box 1607, Jackson, MS 39215-1507

Fax #:601-933-3417