

SAFETY Newsletter



HEART FOCUS

AMERICAN HEART MONTH

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month."

With this in mind we're focusing this newsletter on inexpensive ways to keep your heart, as well as other necessary parts of your body, healthy.

Keeping aspirin by your bedside is a preventative measure.

There are other symptoms of an heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack..

The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

- Afterwards: CALL 911
- say "heart attack!"
 - say that you took 2 aspirins.
 - awaken or phone a family member or neighbor who lives very close by
 - take a seat on a chair or sofa near the front door, and wait for their arrival and...
 - ~ DO NOT lie down

Bayer makes crystal aspirin which works much faster than tablets.

MANAGE YOUR WEIGHT

Although weight management can be a sensitive subject, it is an important part of living well.

Rather than feel bad about excess weight, we encourage you to focus your energy on taking small steps to improve your health—one meal at a time, one walk at a time, one day at a time.

HAVEN'T GOT TIME FOR THE PAIN

Stretching programs can help prevent strain-sprain injuries.

Athletes warm up their muscles, tendons and ligaments before taking the field, so why shouldn't utility employees – field and office workers, alike – do the same thing at the start of the workday and after lengthy breaks?

Healthy living improves the quality and length of life and includes a stretching component.

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HOLIDAYS



- Memorial Day -Monday, May 30
- Independence Day-Monday, July 4
- Labor Day-Monday, September 5,
- Thanksgiving-Thursday, November 24 & 25
- Christmas-Friday, December 23 & 26
- New Years-Monday, January 2, 2012

WHAT'S UP WITH TARGET ZERO ?

There is a sub-committee of the Safety committee working on updating "Target Zero" and enhancing our overall safety program. Brian Flynn is championing this subcommittee for presentation to senior management. As you may expect, this is a huge undertaking as "safety" is embedded in everything we do, beginning even before



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an employee is hired, continuing throughout the hiring process, the training process, initial audit once employees "solo", to subsequent audits, to ongoing training, to our day-to-day job performance. Once this enhancement is complete and sanctioned by management, it will then be distributed to everyone. You are invited to contribute ideas that may add to this endeavor. As always you are invited to contribute articles for publication in **your** Safety newsletter.

MAKING THE WORLD A SAFER PLACE—ONE INSPECTION AT A TIME!

HEART FOCUS

Continued from page 1

Recent studies have demonstrated that work comp accidents decreased when stretching was included as a consistent habit each day.

GET YOURSELF MOVING

Add years to your life and life to your years with daily physical activity. By exercising for just 30 minutes a day, you can reduce your risk of heart disease.

Studies show that you may increase your life expectancy by two hours for every hour of walking. Start with a small goal and commit to it regularly.

Take the first step. Start with walking! It's easy, simple, free and it works.

Physically active people save \$500 a year in healthcare costs. Fitness programs have reduced employer healthcare costs by 20 - 55%. Reducing just one health risk in the workplace increases productivity by 9%. Reducing one health risk decreases absenteeism by 2%.

Walking isn't your only option. Visit StartWalkingNow.org to find tools and resources to get you on the right path to a healthier lifestyle.

Birthdays are good for you.

Statistics show that people who have the most, live the longest!

INCENTIVES

At the time of this printing, the following folks had found their Employee I.D. Numbers in the January Newsletter and will receive a prize:

- **George Kitzman**
- **Anthony McKoy**
- **Christopher Marks**



Look for your Employee I.D. Number in this issue. Randomly hidden within the newsletter will be Employee ID numbers. (You can find your unique Employee ID number on your pay stub in the top left corner of the payroll details, just under the check or direct deposit advice.)

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KICKING THE HABIT

Cigarette smoking is so widespread and significant as a risk factor that the Surgeon General has called it "the leading preventable cause of disease and deaths in the United States." Cigarette smokers have a higher risk of developing several chronic disorders. Many studies detail the evidence that cigarette smoking is a major cause of coronary heart disease, which leads to heart attack.

"Nicotine is the most addictive substance known on this planet," according to Dr. Virginia Reichert. Reichert directs the Center for Tobacco Control at North Shore Long Island Jewish Health System in New York. She says nicotine is more addictive than caffeine, cocaine or even heroin.

Given the addictive power of nicotine, it makes sense that most people need the help of a team when they want to quit smoking. Recent studies concur that people who have a supportive social network are most likely to succeed at quitting. Aids like patches and gum, prescription medications, and help lines are good tools, but they all seem to work best in conjunction with the encouragement of a group of people.

Clusters of people seem to exert mutual influence on one another. Whether it's the peer pressure or simply the lack of smoke filling the room when they're together, people tend to cut down and finally stop smoking en masse. Subsequently, that successful cluster tends to exert positive influence on additional clusters of people.

The US Surgeon General has said, "Smoking cessation [stopping smoking] represents the single most important step that smokers can take to enhance the length and quality of their lives."

The moment you quit smoking you begin to lower your risk of getting a tobacco-related illness and begin to improve your overall health.



With the wide range of counseling services, self-help materials, and medicines available today, smokers have more tools than ever to help them quit smoking for good.

Diet, exercise and stopping smoking are the least expensive and most important life changes you can make to be good to your heart as well as the rest of your body. Just think of all the money you could save just by accomplishing these three things. With the annual savings of reduced medical costs and the eliminated cost of cigarettes, you could more than likely take a luxurious vacation with your whole family and enjoy yourself much more because you'll feel better. A habit can be created or changed in as little as three weeks.

Speaking from personal experience as a 3-pack a day smoker, it's absolute life changing when you stop.

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Oops! These folks were in the January newsletter but missed an opportunity for a prize:

- Ranford Bowen
- Jake Carter
- Manuel Chavez
- Robert Embry
- Mario Fiallos
- Wilfredo Gomez
- Angel Griffin
- Megan Lewis
- Isa Madyun
- Christopher Wall
- Catherine Neff
- Willie Thompson

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If your Employee ID number appears in the newsletter, contact Libby Walker by email at lwalker@southerncrosscorp.com or call her at 800.241.5057 x111, identify yourself

and the location of your number within the newsletter, and you will be awarded a \$15 Target gift card & ball cap.

(Hint: There are a total of fifteen in this issue). Libby will also need the address where to send your prizes.

You can also receive an award for your valuable input into the newsletter. We need articles with applicable safety information, human interest stories, testimonies of safe or unsafe conditions and/or events that happened to you or that you witnessed.

We want you to participate in this newsletter. **It's for your benefit.** Provide your info to Libby.

WHY WE DO WHAT WE DO

People like these, who depend on us 24/7/365, represent our primary reasons to work and live safe—ALL the time. Envision your loved ones here who depend on your good health and wellness for their day-to-day support.

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Love is the most common miracle.

M31444



Drew DeForrest,
Grandson of Debbie Ferebee

Tristan Head,
Son of Jack & Ivette Head

Daulton & Lillian Johnson,

Michaela & Katrina Houk
Daughters of Carla Houk

Teddy Harshman, son of
OH Supervisor, Ted Harshman

Michaela & John Michael Goetschl
Children of Amy & John Goetschl

Foster Curtin
Son of Keley Faulk



A56596

i'm pretty sure you can
taste love. you can taste
it in home-baked cookies
and on your lover's lips.



Destiny, Denijia, & Daijanae Leonard
Daughters of Carol Smith

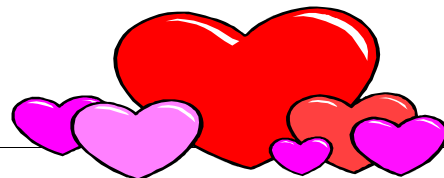


Katelyn Christopher Dennis & Gretchen Mueller
Grandchildren of Pat Dennis



Chris, Genya, Mia & Harper Garrett
Family of Sue Baccus

I86613



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Congratulations to **Ted Harshman** and
his wife who are expecting a daughter
in June, 2011.

C68199

SAFETY is a DECISION.
**Decide each day to work safely -then
put your decision into action.**

Heart Attack Symptoms and Warning Signs

E24890

Common heart attack symptoms and warning signs may include:

- ❖ **Chest discomfort** that feels like pressure, fullness, or a squeezing pain in the center of your chest. It lasts for more than a few minutes, or goes away and comes back
- ❖ **Pain and discomfort** that extends beyond your chest to other parts of your upper body, such as one or both arms, back, neck, stomach, teeth, and jaw
- ❖ **Unexplained shortness of breath**, with or without chest discomfort
- ❖ **Other symptoms**, such as cold sweats, nausea or vomiting, lightheadedness, anxiety, indigestion, and unexplained fatigue.

Chest pain and discomfort are the most common heart attack symptoms for both men and women. But, women are more likely than men to also experience other symptoms, too. These might include shortness of breath, nausea and vomiting, unexplained extreme fatigue, and neck, shoulder, upper back, or abdominal pain.



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Mission Statement:

Southern Cross Corp's mission is "saving lives". We employ the most professional and qualified staff of technicians in the world and apply a work ethic that supports this enormous responsibility. We don't just look for leaks... we prevent catastrophes and save lives.

MAKING THE WORLD A SAFER PLACE—ONE INSPECTION AT A TIME!

SAFETY COMMITTEE members:

- Frank Petroski-Captain
- Larry Smallwood
- Joe Griffin
- Scott Halsey
- Wendy Baker
- Mary Garrison
- Steve Didier
- Brian Flynn
- Matt Reardon
- Nicole Timoteo
- Ted Harshman
- Libby Walker-Editor



Hey
Birthday
 folks—
 Remem-
 ber to
 check the
 expiration
 date on
 your
 driver's
 license.
 Don't
 miss
 work—
 Renew
 online if
 possible.

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Dianne Long
 Carol Rude
 Cynthia Hall
 Bruce Stover
 Owen Fife
 Wayne Palmer
 Mark Springan
 Duane Foltman
 Jon Brown
 Marcus Burget
 Andray Moss
 Brandon Fizer
 Robbie Crockett
 Bruce Degenhardt
 Ian Douglass
 Neil Staples
 Jeffrey Douglas
 Ron Blatz
 Ismael Guerrero

FEBRUARY MILESTONES



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Andy Elum
 Wendy Baker
 Monte Williams
 Matt Reardon
 Jeremy Humphries
 Lawrence Boal
 Thomas Riddle
 Roger Rose
 Mark Springan
 Paul Spadola
 Evin Witherspoon
 John Kersey
 Jim Bradshaw
 Karen Palmer
 Wayne Palmer
 Joseph Turner
 Andray Moss
 Jeromie Edwards
 Phillip Blado
 Anthony Simmons
 Neil Staples
 Ray Clouse
 Wayne Smith

KUDOs KORNER

Near Miss!

Early afternoon on Thursday, Jan. 27th I was walking a high pressure natural gas transmission pipeline, south of Houston, TX. I was attempting to cross a 20 ft. drainage canal, which I had previously crossed twice a year for the last three years. But as the Houston area had recently received over 4" of rain on Monday, there seemed to be more water than before. I was half way across, walking on solid debris that had collected and was testing the footing for another step. As I moved forward the debris gave way and I fell in feet first. I put my arms out to stop my downward motion through the weeds, but I never did touch bottom. Fortunately, I was able to scramble out, soaking wet and muddy but otherwise unharmed. In retrospect, I should not have tried to cross, especially after the recent rains and will now go around instead.

Peter Hartley

This started in the beginning of the year 2010 and stars the whole Ohio Southern Cross staff and features the support crew of **Larry Smallwood, Frank Petroski, Wendy Baker, Bassam Callis, and Dwayne Huisman.** For 2010 the team collectively met all standards and deadlines. Ranging from meeting a time deadline for the cathodic protection reads, getting the interior inspections down to a 199 target out of 63,000+, narrowing the inactive account field down to only excavation orders, and wrapping up an identification project in a timely manner. The hard work of each and every technician here made SCC stand above any competitors. One of the high points of achieving all of these difficult goals for the first time is that the workers performed at high standards ensuring the safety of the public while maintaining an unblemished safety record. Knowing that they were making the world a safer place one inspection at a time, the crew was selling safety with every step they took. For this I would love to thank **Eric Earskine, Dave Fuseck, Carl Hartman, Jerry Hollan, Big Papa, Jazzy J, Jeff Jones, Tom Riddle, Roger Rose, and Brett Turnerator.**

Ted Harshman

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