



Safety Stand Down Newsletter 2008

Southern Contracting Company

Safety Stand Down Newsletter

August 2008

Safety Stand Down in its 6th year

Southern Contracting's (SCC) consistent focus on safety awareness exemplifies our dedication to achieve and maintain zero incident performance. Safety is a culture at Southern Contracting, and this attitude is shared throughout our entire company. It is present from the very first job walk, to our daily job site inspections to our tail gate safety meetings, and on throughout each project.

Southern's management team is held accountable for all activities associated with safety.

Our safety culture is focused on keeping our work force safe. Safety is addressed in pre-employment training, and continues daily, weekly, and monthly with an aggressive training regimen. It is our goal to complete all projects in an efficient, productive manner that in-

corporates safe work processes and strong safety awareness.

We have developed safety training programs that are at the forefront of the industry. As a result, SCC has consistently maintained an employee injury frequency rate that is better than the industry average.

Our safety efforts are based on our belief that every working person is entitled to a safe and healthy place to work. We train our managers, supervisors, and employees to identify and correct unsafe conditions and more importantly in safe work practices. SCC is committed to achieving zero incidents – the measure of any sound safety program.

Employees must be given the proper resources to work safely. Safety is more than a priority, safety is a value.

Southern held its 6th Annual Safety Stand Down on

5/17/08. We transformed our yard into a giant classroom outfitted with various types of equipment and training. Our employees attended classes and demonstrations and practiced hands on safety techniques. This year's classes included:

- Electrical Code
- Traffic Control
- Flagging Class
- CPR/First Aid
- Small Tool Safety
- Trench Shoring

Over 100 employees attended this year's event to expand their knowledge and skills. Our employees didn't just learn important information, they also enjoyed the learning experience and they look forward to next year's Safety Stand Down.

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Scholars of the day



Southern Contracting and Southern Contracting's safety committee would like to thank each and every employee for giving up their day off and for their participation and interest in expanding their knowledge, training and being a part of Southern's dedication to safety.

Listed here are the scholars of the day:

Dan Alcantar, John Alexander, Eddie Barbano, Brian Bartle, Tony Bernales, Keith Brewster, Carlos Cabrera, Kenneth Callies, Arturo Cancino, Elias Carrasco, Gregory Castellano, John Chadwell, Dennis Conrad, Raymond Creamer, Miguel Delacruz, Alex Desa,



Gordon Dietrich, Rosalio Dominguez, Chad Eaton, Anthony Eaton, Dave EVELAND, Edward Fallivene, Miguel Figueroa, James Filanc, Jesse Garcia, Diego Gil, Tyler Gregg, Wyatt Hansen, James Hash, Joshua Hauk, David Jackson, Dallas Johnson, Raymond Jones, Timothy Kajewski, Steven Lawton, Lewis "Tex" Leach, Antonio Leal, Gregg Lightfoot, Lance Lopez, Vincent Mach, Larry Marler, Ben Mata, Greg McDaniel, Brad McBride, Tim Mendenhall, Nick Mueller, Eric Mueller, Job Olivares, Jose Peres, Darren Phillips, Todd Quillman, Ruben Quintanar, Douglas Reilly, Barry Robison, Rick Robledo, Alex Salas, Gerry

Saucedo, Raymond Schmidt, William Scott, Robert Seymour, Nathaniel Shears, Dee Shoemaker, JR Smith, Jaime Soriano, Mark Sterner, Raymond Stoffel, Joe Teti, Ronald Tomei, Salvador Valdivia, Veale Vazquez, Steve Vickers, Eric Villafana, Sean Vinay, Chris Walker, Gerald Walters, Philip Waterman and Scott Wilyard.

Thanks Guys,
WAY TO GO!!!!

Prize Donors

Southern Contracting, our vendors, suppliers and insurance companies generously donated the VERY COOL prizes for our drawing. A special thank you goes out to each of them for their participation to our great company.

The employees look forward to the prize drawing, it is the highlight of the day.



Each employee is given a ticket at sign in and then a ticket for each class they attend. The more training, the more chances you had to win. Prizes were also given away in each class for participation.

A great big THANK YOU to the following donors:

St. Paul Travelers, Sullivan

Curtis Monroe Ins., Sea-Bright Insurance Co., One Source, Graybar Electric, Crescent Electric, GE Supply, Boyd Fasteners, ESI, Napa Auto Parts, Express Muffler & Hitch, SKS, Ken Grody Ford, Fritts Ford, Cat Hawthorne, Car Quest, Plavan, Quality Chevrolte, Sun State Equipment, Pete's Tire and RDO Equipment.

Grand Prize Winners

Many prizes were given away, prizes included small hand tools, car wash kits, gift cards to various stores and restaurants, radios, CD/DVD players, shop vacuums, clothing, baseball tickets, movie tickets, car parts, gas cards etc. Our grand prize winner this year was:

Grand Prize won by **Steve Lawton** was a color flat screen HDTV Donated by Sullivan Curtis Monroe Insurance Brokers





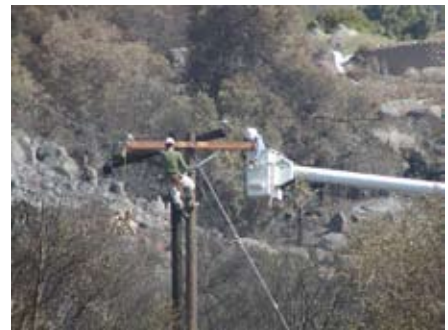
Fire Storm 2007

Southern Contracting Company was very instrumental in our response to a major Southern California Utility Company through the mobilization of Southern's work force within 24 hours to respond to the devastating Fire Storm of 2007. Southern helped restore electric power to their customers during the wild fires. Southern dispatched several crews to hand dig pole holes just hours after the fires had been extinguished. These crews dug pole holes in the side of the

mountains and valleys before the electric line crews arrived to save time. Southern also supplied overhead and underground line crews. These crews worked in various locations: Fallbrook area was very challenging; the crews used a helicopter to set the poles in very rough terrain. Southern had 43 employees with 9600 man hours during the fire storm for 4 to 6 weeks without a single lost time injury, illness or accident. Thank you to all the employees that put in these

grueling hours, hard work and your commitment to safety and the safety of your co-worker. Listed below are the employees that did an exceptional job during the Fire Storm 2007: John Alexander, Eddie Barbano, Tony Bernales, Keith Brewster, Kenneth Callies, Elias Carraseo, Miguel Delacruz, Rosalio Dominguez, Anthony Ebbe, Dan Keck, Gregg Lightfoot, Greg McDaniel, Tim Mendenhall, Nick Mueller, Darren Phillips, Jose Peres Vazques, Ruben Quintanar, Matthew Ramos, Alex Salas,

J.R. Smith, Jaime Soriano, Mark Sterner, Ray Stoffel, Veale Vazquez, Jose Villa, Troy Walter John Williamson, Jeff Williamson, Brad McBride, George Elias, Larry Marler, James Halverson, Brian Mueller, Clinton Lambert, Dean Hollinger, Wyatt Hansen, Sean Donovan, Darrel Croucher, Paul Berta, Robert Vasquez, Ryan Maxfield, Eddie Alcobia, Sam Chiamonte, Eric Mueller, Rick Robledo, Joe Melin and Pat Baker. Thank you again for your hard work and commitment to safety.



Fire Season and Fire Prevention

As we near the fire season we need to remember that with the current weather patterns and drought conditions it is imperative that we do all we can to prevent the chance of wildfires.

Our County is highly susceptible to wildfires: it is our job to take the necessary steps to prevent a wildfire from starting. Here are some steps you can take to prevent a wildfire from occurring:

When working in fire sensitive areas:

1. Park in areas free of brush and dry grass.
2. Make sure all sources of heat are away from brush and dried grasses.
3. Make sure you have a water can, shovel, or some way to extinguish any fire.
4. If a fire should start and you put it out, report it to the fire department anyway, they may want to inspect the area.
5. Know the way to evacuate the area you are in and look for other escape routes as you enter an area.
6. Know where the nearest emergency center is, Fire station, Ranger station, etc.
7. Make sure you check your surroundings periodically so you don't get trapped by a fire.
8. If you see signs of fire and believe the area you are in is unsafe move to a safe location, immediately contact emergency services and the office (in that order).
9. As you enter a work area be aware of where you get Radio service so you know where you can call from in case of emergency.
10. Do not throw cigarette butts or anything else in the brush.
11. On Red Flag Warning Days use extreme caution and stay alert.
12. If for any reason a fire starts near you and you cannot put it out in less than one minute, evacuate and call for help.
13. If you must pull off a highway or roadway in an emergency pull off onto a dirt or paved shoulder, avoid dry grass and brush.
14. Do not allow safety chains or other materials to drag on the ground. Sparks from these materials can ignite a fire easily.



Poison Oak—Leaves of Three, Let Them Be!

Thousands of California workers seek medical treatment for poison oak dermatitis every year. While some individuals are less susceptible than others, no one is completely immune. There are some simple things you can do to prevent or minimize the unpleasant often-disabling effects of poison oak exposure. Learn to recognize, avoid, and prevent exposure, and get rid of it when possible.

RECOGNIZE— The poison oak leaf looks like a miniature oak leaf, a triple leaf pattern leading off one stem with prominent veins and shiny surface. In some regions the leaves remain green during the entire time they are on the stem. In other areas the leaves change to various colors with the changing seasons. After the leaves fall off, the bare wood is also dangerous and so are the roots. It can grow in the form of vines, trailing shrubs, or upright woody shrubs. It may flourish in the deep woods where soil moisture is plentiful or it may be found in very dry soil on the most exposed hillsides.

AVOID— Stay away from vegetation that you suspect may be poison oak. Avoid contact with anything that touched it, whether animal, clothing or tools.

PREVENT— Sometimes you have to enter or work in areas where there is poison oak. When this is necessary, certain precautions can be taken: Wear protective clothing such as long-sleeved shirts, long pants tied around the ankles, leather gloves with gauntlets and neckerchiefs. Several protective creams are available which form barriers to protect against the toxic oil found in all parts of the plant. There are also injections or tablets that provide protection for some people. When removing clothing, take shoes off first and leave them outside for decontamination by washing. Remove all clothing and wash it separately. Any object you touch after having been exposed to poison oak can act as a carrier to contaminate others. If you come in contact with poison oak, wash immediately or take a shower, not a bath, using strong soap or detergent. When dressing, put shoes on last so that any poisonous substance remaining on shoes does not contaminate the inside of trousers. For severe inflammation and itching, consult a physician. No part of the plant should ever be eaten. It is a violent irritant and poisonous. It should never be destroyed by burning. Inhalation of the smoke can be catastrophic. Destroy poison oak by using an approved vegetation spray to eradicate it.





On the Menu



This year's lunch was provided by **One Source Distributors**. Buck Board Caterers came in and BBQ a great spread of food that included Randy Jones BBQ, Tri Tip Sirloin and Grilled Chicken over red oak coals, Homemade Red Potato Salad, Caesar Salad, Ranch Style Beans, Rolls and Tortilla Chips with Salsa. Over 100 employees, vendors and trainers were served. It was delicious and enjoyed by all.



Thank you **One Source** for the great food and your support in making our Safety Stand Down a success.



Safety Awards



This year there were 1-year and 2-year safety incentive jackets given away along with 3-year and 4-year Visa cards. To receive the one year award you have to be injury/accident free and have turned in all your weekly safety minutes throughout the year. To receive the 2-year you had to be injury/accident free and have turned in all your weekly safety minutes for two years. The three and four year award you had to be injury/accident free and have turned in all your weekly safety minutes for three or four years.

The **one year jacket** was a Lime Bomber Jacket with the Southern logo. Congratulations

goes to: Carl Benishek, Gordon Dietrich, Ryan Smith, Jorge Tapia, Mike Talbott, Chris Walker, Nathan Earley, Robert Vasquez, John Alexander, Ron Ball, Michael Gorman, Mark Sterner, Raymond Stoffel, George Elias, Dallas Johnson, Darren Phillips, Ruben Quintanar, Job Olivaras. The **two year jacket** was a brown Carhartt with Southern Logo on front and back. Congratulations goes to: Joshua Hauk, Dave Jackson, Raymond Schmidt, Nathan Shears, Eric Villafana, Jaime Soriano, Veale Vazquez, Jose Villa, Cesario Cerro, Dennis Conrad, Rosalio-

Dominguez, Nick Mueller, Alex Salas, John Williamson, Troy Walter. The **three year** was a Visa card for \$300.00: Congratulations to: John Godfredson, Craig Stephens, Salvador Valdivia, Jewell Williams, Wyatt Hansen, Tony Bernalas, Gregg Lightfoot, Nowell Riemersma.

The **four year** was a Visa card for \$400.00. Congratulations to: Ray Jones, Tim Kajewski, Vincent Mach, Gerry Saucedo, Alex Ortega, Tony Moran, Ben Mata.

Good work to all of you and congratulations guys. KEEP UP THE GREAT WORK.

A Word From Our Safety Director, Pat Baker



“The Safety Side of Things”

I would like to start out by thanking everyone that participated in the Safety Stand Down, it was a big success. We will be looking for ideas from everyone for next years classes. If you have an idea or see an area of need let us know. We really want to keep it informative and interesting. We had a great

year as far as job-site safety is concerned; we reduced our injuries and severity of the injuries over the last year. We continued to see an increase in safety awareness and proactive management of job-site hazards. This year we will face new challenges as the type of work and areas we work in continues to change. We will need to all work together to identify

safety hazards, develop proper procedures to reduce or alleviate the hazards, and work as a team to insure everyone has a safety first approach to their job task. I thank all of you for your dedication to working safely and the hard work you have put forth to reduce our injuries.

Pat Baker

Safety Director



A Word From Our President & CEO, Timothy R. McBride

“Our Commitment to Safety will Stay Strong”

We must continue to keep our minds focused each minute of everyday. Whether you are an Electrician, Lineman, Utility Technician, Apprentice and/or an office employee we need to concentrate on the task at hand. Ask yourself time and time again is what I'm about to do safe? Question yourself every day, every week and every month. Ask yourself is there a safer way to complete the task at hand.

Communicate and share with your fellow co-worker on your findings and thoughts. Report your near misses to your foreman or supervisor. This will allow our safety council to communicate information found company wide possibly saving an injury to another employee.

For those of you who attended the Safety Stand Down you are showing the Company that you have put safety first. Thanks to you and your families for giving

up the long but educational day as “Our Commitment to Safety will Stay Stronger then ever.”

Timothy R. McBride

Timothy R. McBride

President / CEO



Good House Keeping

Picture your construction site in your mind. Construction sites can be busy and hectic with many workers and multiple contractors carrying on different yet simultaneous operations. What would happen if these groups never cleaned up after themselves? Trash and debris would pile up to become one large hazardous obstacle course. Imagine how difficult it would be to maneuver around such a site. How would you dodge the falling materials thrown or accidentally pushed over the sides of the building? How would you find your tools and supplies if they were covered by debris from other workers? A construction site with poor housekeeping is not productive nor is it a safe working environment.

It's every worker's respon-

sibility to practice good housekeeping, follow recommended work practices, and promptly report and/or correct hazards at the worksite.

If you're a construction site worker, you must do your part to keep the worksite free of unnecessary clutter and debris that could cause an injury or accident. Try to limit the amount of materials and chemicals onsite to the quantities that you will need. As you go about your daily work, place trash and debris in the proper receptacles located conveniently throughout the jobsite. Remove combustible materials such as wood and paper from the site promptly. Keep form and scrap lumber with protruding nails cleared away from work areas, passageways, and

stairs. Remove or bend over protruding nails prior to disposal and storage.

Keep storage, staging and work areas, along with all stairs and walkways on the construction site, free of obstructions, and debris. Store tools and materials neatly and out of the way in storage bins or lockers and keep flammable or hazardous wastes in covered, segregated waste containers. Ensure that materials stored on roofs or at heights are secured. Never throw waste, materials, or tools from a building or structure. Debris chutes are safe means of removing this material from an elevated work site. Guard the area where material could fall and post signs around the workplace to wear hard hats and watch for falling

debris. Place protective guards across areas where workers could fall or could face an impalement hazard. Control muddy areas using fill, gravel, boards and plywood, or other means.

You can do your part to keep the worksite a safer place for yourself and your coworkers, if you just remember to clean up as you go and at the end of each shift.





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Were on the Web!
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www.southerncontracting.com

Trainers of the day

Southern couldn't have done it alone. With out the help of the industries leading expert venders, union training centers and insurance companies/brokers, this annual educational event wouldn't have been the success it was. A special thank you goes out to our trainers who gave up their day off to teach all our men and women and shared in Southern's Commitment to Safety. Listed below are the names and companies who participated. Thanks for your dedication and support.

Mike Meandro, Tool-Up, Small Tool Safety Awareness, **Steve Lomdardo, Milwaukee Tools**, Small Tool Safety Awareness, **Greg Shreenan, Trench Shoring Co.**, Trench/Shoring Demonstration, **Bonnie Henderson, Save-A-Life Educators**, CPR / First Aid Training, **Alan Coppola, Travelers Insurance Co.**, Traffic Control/ Flagger, **Chuck Skinner**, Electric Code Class, **Tifani Swink, R.J. Safety Co.**, Vender Booth,



Chuck Skinner, Electric Code Class



Alan Coppola, Traffic Control Class

Southern Contracting Wins Top National Construction Safety Award

By PRITISH BEHURIA (The Daily Transcript)



San Marcos-based Southern Contracting Company, known for its focus on renewable energy technologies in geothermal, hydro-electric, biomass, tidal flow energy and photovoltaic installation, was the only contractor from the Western region honored recently with the prestigious "Zero Accident Award".

The award, which was presented by the National Electrical Contractors Association (NECA), was earned by a total of eight contractors throughout the United States.

"Southern Contracting has always prided itself on its incredible safety record," commented company President and CEO Tim McBride. "Our employees are like family to us and we do all we can to ensure their safety. This award confirms to our customer base, our peers and most importantly ourselves, that the time and emphasis we put on safety is well worth the effort. Electrical contracting can be a dangerous business, but we pride ourselves in creating an accident-free environment."

Southern Contracting Company hosted its annual "SAFETY STAND DOWN" program for its employees.