

McSafety's *Corner*

By Dennis R. McFadden • Safety Director

Important Safety Reminders as Paulsen Crews Move into Summer.

It's been a strange year already, more snow than usual followed by record setting rain and flooding week after week. Obviously we are behind schedule, but taking shortcuts is not the answer.

Stop. Look. Analyze. Manage.

We have had several incidents already where we did not evaluate the hazard, or we did not follow the correct procedure, or we did not take the time to look for what is behind us.



Remember to **Stop** to see if something could go wrong. **Look** to see what the hazard is. **Analyze** if there is a way to eliminate, control or protect yourself from the hazard. Then, **Manage** the hazard before you perform the task.

Follow Lockout Tagout Procedures

We all need to make sure to fully follow Lockout Tagout procedures. Missing a step can result in serious injury or death. Tagout the equipment, identify all possible energy sources, lockout the sources and test to make sure there is no residual energy present and block against movement. Anytime you work on a vehicle or heavy equipment place it in park, set the parking brake and chock the wheels, remove the key and place the Lockout Tag at the point of operation.



Report Within 24 Hours

Make sure that you turn in a report on all incidents that occur within 24 hours. You are required to call Scott Holbrook (308-325-1344) **as soon as possible** after the incident. If Scott is not available, call me at 308-325-1911 or Carlos at 308-529-2504. Not doing so is subject to disciplinary action.



Stay Hydrated

STAY hydrated



As the temperatures heat up we need to remember to drink plenty of water or sport drinks to stay hydrated. Make sure water is readily available at all jobsites and remember that we have Gatorade packets available at the office. Let your supervisor, Scott, Carlos or myself know if you need water or Gatorade brought to your location. Heat stress, exhaustion or stroke is a very serious matter; make sure you stay hydrated!

Never Drive Distracted

Distracted driving and for that matter being distracted while doing any part of your work is a major contributor to accidents and injuries and make sure you are driving defensively looking down the road as to what might happen and to what someone else might do.



Remember to **SLAM** Hazards: Stop - Look - Analyze - Manage and have a great summer!



Know what's below.
Call before you dig.

Department Notes

Asphalt

Jim Jewell

What a wet spring! In between raindrops we have gotten some work done, and with better weather we should be back on track soon. Tom has finished the I-80 North highway 27 project, which is a carryover from last year. He has about a week to go on the Colorado Line to Brandon job on highway 23 as of this writing. We still have the Keith County overlay to do before we move to Lexington for Elwood North and Platte River South jobs.

Carl finished up the Lake McConaughy project this spring and has since moved to Indianola for the Indianola to Cambridge job on highway 6. When finished, about mid-July, the plan as of right now is to have that group

move up to Cozad for our new project which is Lexington North on highway 21, about 72,000 tons.

Somewhere in between, we have Cozad North asphalt, North Platte Scales and Broken Bow Airport all for Paving. Then we have Elm Creek North and Mason City Southeast to do. We'll assign these projects on a "who's available" basis. As you can see, we're busy.

The projects north of Newport have been moved to next year due to that road being a detour route for other areas that had extensive flooding.

Hope you all have a safe and productive year!



Paving

Dennis Sandrock

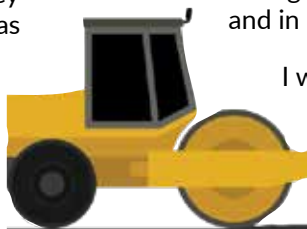
Darrell, Mike and Sam paved the mainline in Overton and are doing the Kearney Highway 30, 7th Avenue to 12th Avenue project. From there they will go to Broken Bow to do a 30,000 s.y. airport runway project, and possibly do some work at the North Platte I-80 Scales.

Justin, Steve and Don have done some minor finishing work in Grand Island on Highway 281 and also some emergency work at Fullerton and Genoa. They are just finishing the Aurora Airport which was a 36,695 s.y. runway project. They will be coming to Cozad for a 12 mile, 172,800 s.y. county white-top project.

Jed and Cesar finished paving in Oxford on a city paving project along with finishing up the sod and miscellaneous items in Holdrege. They also finished helping complete the Overton paving project. They moved to Alma and did a small subdivision for Van Kirk's, and are moving into Cozad for a 7,500 s.y. subdivision in the northeast part of town.

For right now we also have projects at the I-80 Scales and in North Platte on Phillips to pave.

I want to stress that any and all accidents and injuries need to be reported to your supervisors immediately so that the office is aware and can take action on the claim.



Department Notes

Tim Dean

Building

Summer has finally arrived and the Building Department is busy trying to make up for lost time.

Dan Schwarz and crew are making progress at Mount Calvary Lutheran Church in Holdrege. This project has extensive demolition and renovation as well as a nice addition.

Dan Niles and crew have erected the structure for the new addition to the Berean Church in North Platte. This crew will continue to work towards getting closed in and tied into the existing structure.

Shane Schutte has been busy as Midwest PMS in Lexington. Shane and the crew were able to bring the facility back on line in three short weeks following a catastrophic liquid tank failure.

Tim Hemmingson was able to take advantage of a few rain days. The crew was able to complete the interior demolition for Mid Plains Community College in McCook. Tim will be working on the 10,000 sf library remodel with completion set for the middle of August.

Jeff Pickinpaugh and crew are currently working on several projects at once trying to dodge the rain. Jeff's



Berean Church in North Platte

crew has work in progress at Gothenburg Hospital, Roberts Cattle, Country Partners and Gothenburg Schools.

Aaron Stark and his crew have gotten a lot of foundation work done this spring and are currently shuffling around keeping all the major projects moving forward.

Remember to work safely and efficiently.



Department Notes

Ready Mix

Brian Engel

The Ready Mix Division is clipping along at a much faster pace than this spring, the rains have slowed and we are able to get some work done. We are very thankful to be out of Aurora now and on the Dawson County paving job. Matt has pumped enough water to try to dry a plant site up to last him a few years!!

I would like to thank all of our drivers for the effort they are putting into keeping their trucks clean! In my travels recently, I think you guys are putting great effort in with awesome results. Thanks and keep up the good work!



I would also like to welcome all of our new drivers this year, we have a great group of experienced drivers so please use those guys to gain some of their knowledge of the industry. We all are happy to help you guys out at any time.

Looking forward to a good Summer run in the Ready Mix Division. Remember to stay safe and never get your truck into a situation that you do not feel comfortable with. Call the Plant Managers!

Gravel

Chris Hunke

Tis the season to be busy and we are busy pumping and hauling at all locations.

Lexington-pumping for asphalt jobs from Lexington to Elwood. Indianola-pumping for asphalt job between Indianola and Cambridge. Ogallala-pumping for asphalt jobs.

All locations are busy pumping and hauling for counties, local customers, and redi-mix plants.

I'd like to welcome our new gravel employees, Kory

Gerken, who is a driver at Lexington, Gary Hardin, a driver at Cozad, Jim Green, loader operator at Lexington washer, Brad Miller, driver at Gothenburg, and Mike Mannel, a dredge operator at Gates. Welcome to Paulsen, Inc.!

Remember: Safety is part of Everyone's Job. We want you and your co-workers to go home safe and sound each day.



Welcome Ariana Rivas

Please welcome Ariana Rivas to Paulsen, Inc. She joins the team as our new bilingual Human Resource Manager. She is a graduate from UNK and will be getting married this winter.

She is a wonderful addition to the company, and she is going to try to visit the various job sites, so please take the time to introduce yourself to her.

PLAYING IT SAFE



Preventing Sprains and Strains

Tips for avoiding workplace injuries

Over **six million** injuries occur in the workplace every year. Sprains, strains or tears to muscles and connective tissues are some of the most common injuries workers experience.

Sprains and **strains** can result from lifting injuries, being hit by fallen objects or even a simple misstep. Overusing your muscles can also cause these injuries. Protect yourself and others from these painful injuries by always practicing safety on the job.

Sprains

Sprains occur when a ligament has been stretched too far from its normal position. Sprains of the fingers, wrists, knees and ankles are most common.

Strains

Strains are the result of pulling too far on a muscle or by pulling a muscle in one direction while it is contracting. Strains can also be caused by repetitive movements that lead to an overstretching of muscle fibers. Strains of the back, neck, groin and hamstring are most common.

Tips for Prevention

To help reduce your risk of sprains and strains while on the job, keep these tips in mind:

Follow Paulsen, Inc.'s guidelines for safe lifting, especially if your position requires you to lift heavy items.

If you are lifting something particularly heavy, use extreme caution. When in doubt, ask for help with the lift.

Reduce repetitive movements if possible; chronic strains are usually the result of overuse.

Use proper form while completing tasks—extensive gripping can increase the risk of hand and forearm strains.

Practice safety measures to help prevent falls. Avoid slippery surfaces, and always use harnesses and nets if applicable.

Wear proper attire, including footwear, gloves and other applicable protective equipment.

Consider your posture when sitting for long periods of time; maintain an overall relaxed position.

Maintain a healthy fitness level outside of work to keep your body strong and flexible.

Stretch before you begin working, and take short breaks throughout the day to stretch and rebalance your body.

Let's have the safest season ever! If we all look out for ourselves and those we are working around then we should be able to return home every night free of injuries!

“Sprains are injuries to ligaments. Strains are injuries to muscles and tendons. Taking proper safety precautions while on the job is your best defense against these injuries.”

This flyer is for informational purposes only and is not intended as medical or legal advice.

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Scott Holbrook
Loss Control Manager
308-325-1344

scott.holbrook@cozadtel.net



July Birthdays

ISAAC SANCHEZ	1
GARY L. SMITH	1
DENNIS R. FLEMING	2
HERSCHEL G SMITH	2
KELLI A CULLERS	3
AUSTIN J GRENIER	3
MARK ALVARADO	4
STEVEN J. BREWER	4
JEFFERY E PICKINPAUGH	5
GARY W WENDT	5
FERMIN LOPEZ	7
JAMES L WARTA JR	7
PABLO MIRANDA RODRIQUEZ	9
PATRICIA PHROPER	11
LUIS A RASCON	14
FERNANDO J VAZQUEZ	14
CESAR N. AGUADO	15
KEITH Q ROBERTS	15
THOMAS A. BREWER	16
DAKOTA MARSHALL	16
DOUGLAS L WALTON	16
GERARDO SOTO	17
DUSTIN W. EVANS	20
GREG GIRDNER	20
MERLE L POPPE	23
JAMES E. SONGSTER	23
JOSE A MENCHACA	28
OSCAR OCAMPO DEL PINO	30

August Birthdays

RICHARD S PAULSEN	1
RAFAEL A. CUELLAR	3
JOSE MARTIN MENDEZ	3
SCOTT W SKALA	7
ROY A CHAMBERLAIN	9
STEVE ARMOUR	10
PAUL D. HALOUSKA	11
JUSTIN S MORROW	12
STUART D. PRENTICE	12
MARK LOWERY	13
DEIDRE D HEATH	15
URIEL RODREGUEZ HUERTA	16
GORDON L. STRICKLAND	16
JUAN J ORTIZ JUAREZ	17
JOHN L PIERCE	17
KIRK B HLADKY	18
MARCO A REVELO	19
LARRY D PFLASTER	20
ROGELIO MENDEZ	21
YOSUANY ESCALONA TORRES	24
ABEL ALVIDREZ	25
CHARLES A. DeWOLF	27
RODNEY HILKER	30
VICTOR A ROMAN	30

September Birthdays

LARRY PAULSEN	4
ISRAEL JACINTO	5
JESIE ROMAN FLORES	5
STEVEN M. KVASNICKA	7
JOSEPH J KAPPES	8
SKYLER E SHILL	8
JOSE A. LOZOYA AVITIA	10
MICHAEL W. KAPS	11
MICHELLE A BARNES	19
JIMMY J WACHTEL	20
SERGIO MENDEZ	21
SHAWN M MORRISON	22
ALEJANDRO FIGUEROA	23
DANNY L. KEEZER	24
DELORES J DELIMONT	25
PAUL W. HILL	27
MIGUEL VAZQUEZ OSEGUERA	29
TRISTON CORWIN	30

Happy Anniversary!

20 Years

15 Years

10 Years

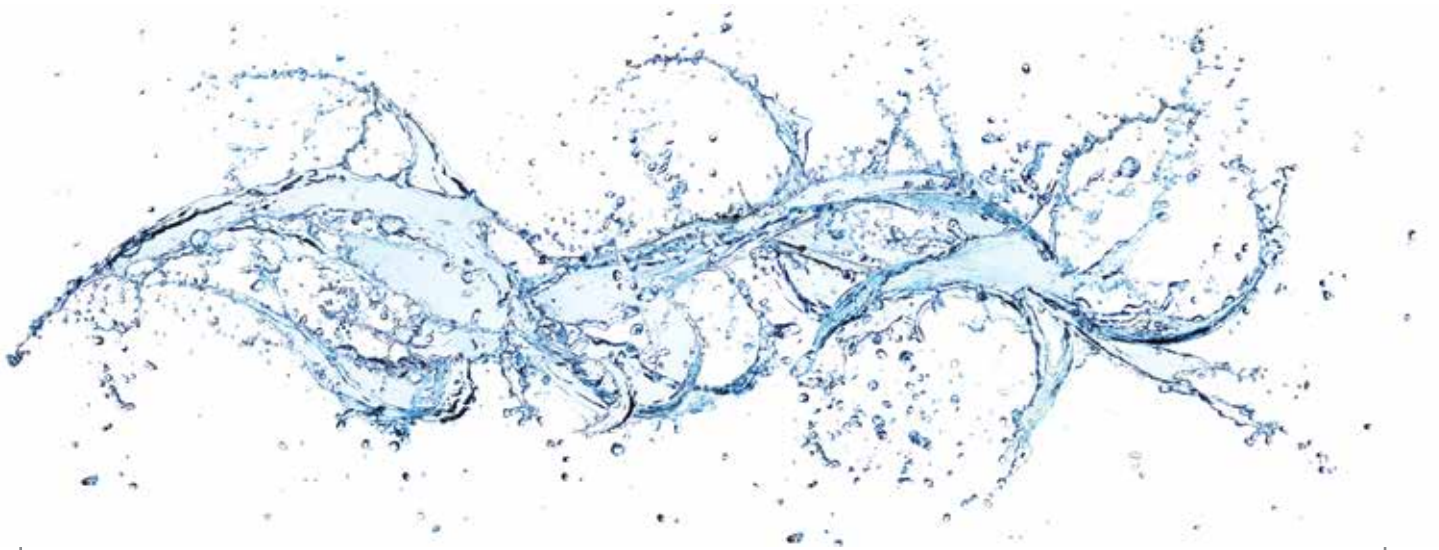
5 Years

TIMOTHY P. KUMM

MATT W. COVER
SHANE A. SCHUTTE
STEVEN J. BREWER

ROGELIO MENDEZ

FIDEL AGUADO
BONNIE L JENKINS
JOHN A VANG
JOHN L PIERCE



WATER: ARE YOU GETTING ENOUGH?

There are many health benefits from drinking water including weight loss and reduced fluid retention, but above all, the body simply cannot function without it. But how much water do you actually need to drink each day?

No Easy Answers

The truth is, your water needs depend on many factors, including your health, how active you are and where you live. No single formula fits everyone, so understanding your body's individual needs is essential in helping to determine how much water you should be drinking each day to maintain optimal health and stay hydrated.

Health Benefits of Water

Understanding how your body and health can benefit from water is the first step to determining how much water you need each day. Water is your body's principal chemical component, comprising, on average, 60 percent of your weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to fatigue, dizziness, cramping and other symptoms of dehydration.

The replacement approach refers to replacing the normal amount of fluids you typically lose each day. On average, two liters of water or other beverages a day (a little more than eight cups) along with your normal diet, will replace lost fluids.

Another approach to staying hydrated is to follow basic dietary recommendations. On average, men should consume three liters (about 13 cups) of liquid a day and women 2.2 liters (about nine cups). As a rule of thumb, if you drink enough fluids to rarely feel thirsty, and always produce colorless or slightly yellow urine, your fluid intake is most likely adequate. It is important to remember, however, that you may need to modify your total fluid intake depending on how active you are. To help your daily water intake, consider drinking a glass of water with each meal and between each meal.





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like weddings, new babies,
graduations or other honors?

We want to know!

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at 308-784-3333 or email her
directly at
jane.paulsen@cozadtel.net

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What Were They Thinking?



I can do anything with a little help from my friends!!!
Always get the right equipment for the job
and then use it!!!