

IN THE

ZONE

# NATIONAL WORK ZONE AWARENESS WEEK 2014

Since 2004, when Flagger Force began, our top priority has been safety. We take pride in the fact that Flagger Force has never had a fatality. That's why each year during National Work Zone Awareness Week, Flagger Force pays tribute to the men and women who put their lives on the line for safety.

This year, the week (April 7-11, 2014) kicked off with an event hosted in Seattle, Washington by the Washington State DOT. Several executive level transportation officials attended and participated in the event. This year the focus was on getting the public to slow down when entering a work zone.

At Flagger Force headquarters, we created a memorial with illuminated traffic cones wrapped with black ribbons, one cone for each of the sixteen individuals who lost their lives in work zones throughout Pennsylvania in 2013. The memorial acts as a reminder of the importance of our responsibilities everyday and



**While Flagger Force takes pride in the fact that we have never had a fatal accident, we wanted to honor others who lost their lives in work zones with a memorial at our PA headquarters. Also to remember the importance of staying focused and to look out for each other - 24/7.**

reinforces our compelling vision - **we exist to make a difference, we believe that what we do matters.**

Work zones can create potentially chaotic situations. This is why we focus on setting up work zones in an organized manner - turning chaos into calm. Our commitment to safety

has helped advance the standards for our industry and potentially limit the possibilities for work zone incidents in the future. Thankfully in 2013, there were five less work zone related fatalities than in 2012 - a trend that we are working hard to ensure continues.



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Cones are replaceable. **People are not.**



10 Simple Work Zone Safety Tips (that are often ignored)

- |  |   |
|--|---|
| 1. Turn on your headlights                         | 6. Obey road crew flaggers  |
| 2. Pay attention - put away the phone              | 7. Allow extra time to get to your destination if traveling through a work zone |
| 3. Slow down                                       | 8. Keep up with traffic flow  |
| 4. Don't tailgate                                  | 9. Be patient   |
| 5. Keep a safe distance from workers and equipment | 10. Expect the unexpected   |

According to a 2010 study by the U.S. Department of Transportation - Federal Highway Administration:

There is one US work zone **injury**

every  
**14**  
minutes

There is one **fatal** motor vehicle crash in a U.S. work zone

every  
**15**  
hours

Based on this data, there are approximately **103 work zone related accidents everyday**, with **one of them resulting in a fatality.**



# Preparing for the Busy Season

Seconds can make a difference, and so can being prepared. As we help our customers stay safe and focused on their responsibilities, it is important to remind everyone about the incident reporting process. Knowing the right course of action improves our performance and can positively impact the outcome if an incident may occur.



- ☒ Call
- ☒ Inform
- ☒ Photo
- ☒ Report
- ☒ Statement

If the incident involves a life threatening injury, **call 911** for emergency services

## Incident Reporting Guidelines

Advance Crew Leader, Crew Leader or Crew Member

### Advance Crew Leader, Crew Leader or Crew Member Procedures:

- ☒ **Call the branch office** operation specialist or field supervisor to report the incident.
- ☒ Provide the operation specialist or field supervisor with **basic information of the incident, including client name and location of the incident**; they will complete a Preliminary Incident Report (PIR).
- ☒ Depending on the nature and severity of the incident, the field supervisor may report to the jobsite to conduct an **incident investigation**. Try not to remove or move anything involved in the incident.
- ☒ Once the work zone incident scene is under control, the Advanced Crew Leader (ACL) /Crew Leader (CL) /Crew Member should **take photos** and **complete the appropriate report forms**: either the Vehicle Accident Report Kit from XL or the Field Employee Incident Notes (FEIN) sheet, depending on the type of incident.
- ☒ CL or ACL **delivers reports** and **disposable camera** to the branch office or gives to the field supervisor that was dispatched to jobsite. If photos are digital, **e-mail to branch office**.
- ☒ Field employees involved, or who witnessed the incident, are **required to complete an Employee Witness Statement Form**.





## Reducing the Effects of Pollen in the Work Zone

Warmer temperatures promotes new tree growth, green grass, buds and blossoms. These friendly reminders of nicer weather introduce an element that can be both irritating and distracting - pollen. There are roughly 35 million people affected by allergy symptoms every year, and the leading cause is pollen. Pollen is at its peak during the months of March through September from 5AM-10AM. When there are higher winds and lower humidity, more pollen is able to circulate and get into your system - making you drowsy, irritable and slow to react.

Over one thousand Flagger Force employees work outdoors every day. Here are some useful tips on how to reduce the effects of pollen while on the job.

1. **Shield Your Eyes** Wearing safety glass that are marked with the ANSI "Z-87" ensures your glasses are of the upmost protection. Your glasses will help deflect pollen that may be carried by the wind.

2. **Roll 'em Up** Roll your vehicle windows up in the morning hours from 5AM-10AM, when pollen counts are the highest.

3. **Wash it Out** Make sure to wash your clothing to remove pollen that could build up during the day.

4. **Shower Off** After returning home from being outside all day, shower and change your clothes right away to rid yourself of the pollen that was able to cling to you throughout the day.

5. **Ready to Rinse & Repeat** Keep a small bottle of saline rinse or artificial tears with you to use as a rinse if your eyes are feeling dry or irritated.

**When allergy symptoms are kept under control, you can remain focused while on the jobsite.**

## YOUR GUIDE TO POISON IVY

**Urushiol** is an oil produced by poison ivy that causes a rash after coming in contact with skin. The urushiol is found in the leaves, stems and roots of poison ivy. It is also found in the same parts of the poison oak and sumac plants. Since the urushiol is in all parts of the plant, you can get a rash even in the winter, when a plant has lost all of its leaves.

To the right is a field guide to help you identify the phases of poison ivy throughout the seasons. **Identification is critical in all four seasons of poison ivy.**

Visit [www.poison-ivy.org](http://www.poison-ivy.org) for more information.

### Before Exposure:

**Cover exposed skin** when you are working around vegetation.

You might want to try an over-the-counter skin cream that contains **Bentoquatam** (IvyBlock). Bentoquatam will absorb urushiol and prevent or lessen your skin's reaction to the oil.

### If Exposed:

**Wash with cool water** (warm water opens skin pores) and mild soap within five to ten minutes after exposure. This may help avert a reaction.

After an hour or so, the urushiol has usually penetrated the skin. Washing won't necessarily prevent a reaction, but it may help reduce its severity. Be sure to **wash under your fingernails** too!

**Urushiol can spread**, so wash clothes, gloves, etc. after exposure.

### If Rash Appears:

Promptly apply an over-the-counter **corticosteroid cream**, like Cortizone 10.

Apply **calamine lotion**.

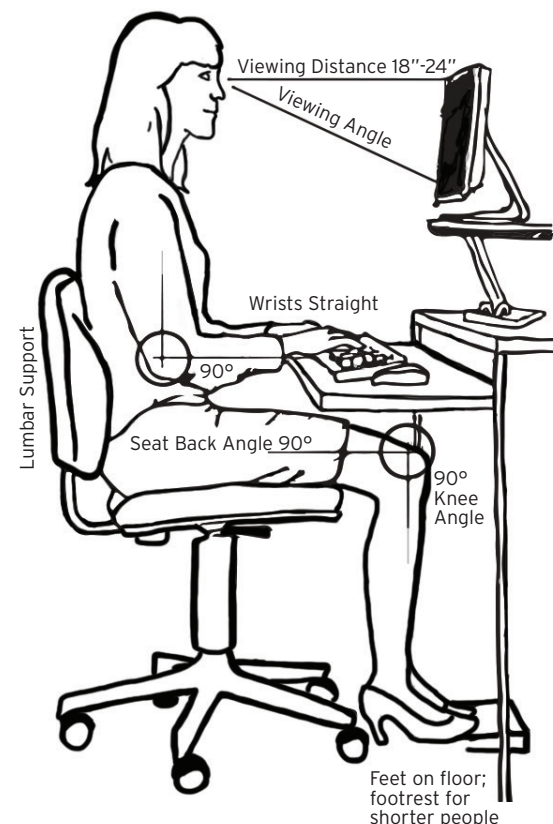
**Take an oral antihistamine** to help reduce itching, such as diphenhydramine (Benadryl).



## COMPUTER ERGONOMICS

After a long day of standing on your feet, many of us like to relax by spending time at home on our computers - whether it's catching up on the latest news, e-mailing a long-distance family member, or browsing social media. In an effort to take a 360 degree view of safety, we've provided some tips for proper computer ergonomics while at home or in the office.

Research from the Center for Disease Control & Prevention, reports that a sedentary lifestyle can cause significant health issues like obesity, heart disease, muscular skeletal injuries, and even a reduced life expectancy. Sitting at a computer for long amounts of time creates different risks from the immediate, more obvious dangers our field employees experience daily.



## Here are some helpful tips on how to improve your wellness at home and at work.

### Computer Station

Throughout the course of a professional career, office employees will spend 90,000 hours at work, most of the time sitting at a desk. At home, approximately 845 hours are spent at a computer per year. If your computer station does not fit YOU, you could experience a multitude of negative effects from fatigue to a shortened life span. Similarly to the field, a properly set up computer area can eliminate your risk of injury. Take a few moments to evaluate your space and make necessary adjustments to gain the benefits of a properly positioned station.

### 20/20/20

Throughout the day our eyes fatigue from the strain of staring at an illuminated computer screen. To combat some of this discomfort and enable you to focus, position your monitor so that your neck and shoulders are relaxed and your back is straight. Tilt your monitor so that you can look straight forward without an excess tilt of your head. Look up and away from your monitor every 20 minutes!

every **20** minutes  
look **20** feet away  
for **20** seconds

Doing this exercise relaxes your muscles, helping you focus while protecting your vision.





# YOU'RE MAKING US BLUSH KUDOS

**Allen Hamm, Kevin Sweger, Jeffrey Motter, Dale Mateer** and **George Mateer** have been doing an outstanding job for Dawood Engineering. Dawood has been a Flagger Force client for years. I have put your team through some really busy days, and they handle the job with no problems or issues. **Brandon Smith** has been a great help to me with coordination. He has even been out in the field with us almost every day that we have and is there setting up patterns with his guys at 5 AM (Saturday and Sunday). - Dan Durr, Dawood Engineering

Keystone Clearwater is very impressed with Flagger Force and **Randy Stanley**. We will gladly spread the word about this great organization. - Luke Beachy, Keystone Clearwater

**Ashley Emerich** and **Ashley Hume** leaped into action to fulfill a same-day request for Warfel Construction, a much respected firm in the heart of our footprint. I was impressed with their sense of urgency and professionalism in accomplishing a job well done. - Ricky Ueberroth, Business Develop Specialist, Flagger Force

Many thanks to crew leaders **Robert Cairns** and **Herbert Moyer**. They do a very good job, our crews always feel safe with them. - Steve Shipe, Supervisor, PPL

The team of **David Pearson, Joseph Gibbons, James Shaffer, Charles Randall, Glenn Stitt**, and **Randall Miller** worked well together on a Rolling Stop for Verizon on I-80. The crew was very professional and super safe. I have never felt safer standing in the middle of I-80. - Bill Wojick, Foreman, Verizon

**Anthony Preacher's** dedication to his job shows through his strong work ethic and warm personality. He is eager to help in any situation when called upon. I believe Anthony has far exceeded the goals and values set forth by Flagger Force in attendance, attitude, and work site safety, given the fact that he has been here for almost 3 years. I appreciate him being a great co-worker and friend. - Dianne T Miller, Crew Leader, Flagger Force

**Ashley Wolfe** caught the attention of Columbia Gas by "doing an outstanding job" at a jobsite in Glen Rock, PA. - Doug Hocuk, Foreman, Columbia Gas

The team of **Courtney Santiago** and **Clarence Washington** worked well together and did outstanding work while being very professional and polite on the jobsite. - Greg Slater, Video Pipeline Services

The Team of **Kim Abbott, Ben Johnson**, and **David Pearson** "did a fantastic job." - Bret Kreis, Three Phase Line Construction

Your crews **Bruce Plewinski, Robin Atkinson, Felton Jones, Jules Bauer, Zeron Moten**, were excellent on a two day job in tough winter weather. The crews worked right through the snow and never complained. -Verizon Trevoise Splicing

**Jennifer Hall** did an "outstanding job." - Greg Smith, PECO Phoenixville Electric

**Derrick Terry** impressed Miller Pipeline foreman by having "everything staged to set up the pattern and get right to work" and overall it was "a job well done." - Sue Kirby, Flagger Force Field Supervisor

It was a true pleasure working with your team and I look forward to utilizing your services in the future. - Kevin Williams. Sr. Project Manager, Exelon

Thank you to **Aaron Sienicki, Jay Orwan, Louis Sulsona, Kim Abbott**, and **Dan Guth** for the outstanding work you all have done, we are enamored with the results of your efforts. - Brittany Vokoun, South Third Street Project Manager, Kinsley Construction

It has been a pleasure working with Flagger Force. Everyone in our work zones, **Geraldo Pabon, Beth Stoner, David Parker, Matthew Clarke**, have been very helpful. I am very happy that your team is punctual every day and it was truly a pleasure working with Flagger Force. - Jason Walker, S&ME

**Maurice Smith** is the best Flagger Force employee I have worked with. He was constantly up and down the street monitoring traffic and fixing cones. Maurice made the team feel very safe and he is definitely on his game. I would love to have him on the team all the times. - Rich Schamber, Miller Pipeline

## WE WANTED TO LET YOU KNOW ...

### Flagger Force's performance during a storm.

We're always quick to be critical at times, so I wanted to inform you that we received outstanding service during the storm without hesitation and were provided everything that we asked of you. During the heart of the storm, we asked for upwards of 65 to 70 crews for the Lancaster Region and you made it happen. Personally, we want to thank **Brad Grenoble** and his team of dispatchers at Flagger Force for checking in multiple times a day to make sure we were taken care of for our flagging needs. - Jason Herr & Todd Gohn, PPL, Lancaster, PA

**Vernon Richardson** and **Maurice Smith** did a commendable job watching wires in front of our home - they are real professionals at what they do. Maurice was especially outgoing, helpful and personable during this process. - Homeowner, Chadds Ford ,PA

**Mic Miller** and **Gregory Garber** did a wonderful job wire-watching outside my home. When I had to leave the house, Mic called to let me know the electric company was able to turn our power back on. - Homeowner, Spring City, PA



TO:

**kudos@flaggerforce.com**

SUBJECT:

**KUDOS!**

We are making it easy to show your appreciation! Email your acknowledgments to Flagger Force at **kudos@flaggerforce.com**

We want to say a special thank you to all of the field employees and office teams that guided our customers through this rough winter season. It is your dedication to safety and focus on our customer's needs that makes Flagger Force a leader in the traffic control industry.





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## 6 Spring Cleaning Tips for a Safer Vehicle

Spring is a great time to get outside, enjoy the warmer weather and take care of maintaining your vehicle from the inside out. Materials scattered about the vehicle cab and bed can cause incidences of tripping, falling and other driving hazards. Miscellaneous trash or debris can move and shift while you are driving, rolling under your feet and pedals. This debris can cause distractions and possibly get in the way of your pedals functioning properly.

### Here Are 6 Helpful Vehicle Housekeeping Tips:

- 1** Keep your dashboard clear of papers, maps and other materials that may cause distracting reflections on your windshield.
- 2** Keep your windows (inside and out) and mirrors clean for a clear sight path at all times.
- 3** Store tools neatly in the proper storage unit.
- 4** Secure any loose items, such as cell phones and GPS systems, in a mounted holder.
- 5** Regularly check all storage units, locks and straps for proper functionality.
- 6** Maintain a clean, organized vehicle bed, keeping a clear path to access tools, equipment and other materials.

