



# NEWS

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## **IMPORTANT Dates to Remember**

- **Safety Awards Program -**  
Reporting forms  
Due April 1st

### **OSHA 300 LOG**

The Occupational Safety and Health Administration (OSHA) requires employers to post the 2017 OSHA 300A Log on all jobsites from February 1, 2018 to April 30, 2018.

This form is a summary of all occupational injuries and illnesses throughout the previous year logged on the OSHA 300 form.

Please be certain the individual responsible for preparing and signing the form can certify the totals are correct.

If you have not received the form, you can obtain a copy on OSHA's website at [www.osha.gov](http://www.osha.gov) or call the Marlton, NJ OSHA Office at 856-596-5200.

If you have any questions, please do not hesitate to contact the Association Office.

### **2018 BCA/SJ Officers and Directors**

President:	Mike DePalma DePalma Contracting
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## **Tool Box Safety Talk**

### **Tips to Protect Workers During Winter**

Workers in cold weather could be exposed to serious health problems such as trench foot, frostbite, and hypothermia.

Protective clothing is needed when work is expected to be executed at or below 4 degrees. Proper clothing should be selected to suit temperature, conditions, duration of the activity and place where the job will take place. Wearing proper clothing will reduce the possibilities of excessive sweating thus reducing the risk of a possible injury.

Below are some tips and general recommendations on how to keep your construction crews warm during the winter season.

- When possible wear multiple layers instead of a single layer.
- The inner layer must provide insulation and be able to repel moisture from the skin.
- Thermal underwear made from polyester is recommended.
- External layers should be easily detachable.
- The outer layer must be waterproof.
- If possible, a wool cap or a liner under a hard hat can reduce excessive heat loss.
- Remove snow before entering a warm shelter.
- Gloves should be used when the temperature is below 4 degrees. Mittens should be used for work below -17 degrees.
- Avoid cotton cloth because it tends to get damp or wet.

Workers in cold weather also need to wear proper footwear protection. When the work involves walking in water, waterproof boots must be worn. Leather boots can be treated and waterproofed with special products that do not block the pores in the boot surface. The Best suited shoes are leather topped boots with removable felt insoles..



### Don't Let Too Much Sitting Set You Back

Did you know that sitting for long hours increases your chance of diabetes, dementia and varicose veins? If you sit a lot, you are also twice as likely to get heart disease and increase your odds of colon, endometrial and lung cancer.

Most people assume that working out can counteract the effects of all that sitting. Unfortunately, this is not so. Even working out seven hours a week cannot reverse the effects of sitting seven hours at a time!

#### What Can You Do If you Have a Sedentary Job?

- Stand up and stretch every half hour or so
- Touch your toes
- Stroll around the office or workplace
- Stand at your desk while on the phone
- Get a standing desk or put your computer on a box

Being conscious of the negative effects of too much sitting with help you increase your movement at work or home.

When in doubt, get out of your seat and MOVE!

(Cumberland County). The 110-year-old company produces fresh vegetables and sells them whole, as side dishes and as snacks to Walmart, Target, Wegmans, Whole Foods and other retail stores. No construction timeline has been announced.

**Camden Mixed-Use Parking Garage Plans Changed:** Plans for a retail and parking garage originally proposed for a site near Camden's waterfront have been significantly revised. A \$30.8 million, 217,000-square-foot structure with 20,000 square feet of retail and 740 parking spaces will go up next to the Rand Transportation Center on a 1.5-acre lot at South Broadway and Federal Street, across from the Camden County Aletha Wright Administration Building. The garage project, aided by \$14 million in funding from NJ EDA, is under the direction of the Camden Parking Authority, which owns the lot.



#### What is Your Emergency Plan?

It's not always possible to avoid a disaster—but there are ways to be prepared. Plan ahead with these five steps:

1. **Have a way to get emergency alerts.**  
You may be able to receive warnings and instructions by email, text, phone, radio or mobile app.
2. **Know how you will evacuate.**  
Choose several places to go in an emergency. And work out what help you might need to get there.
3. **Create a support network.**  
See if people you know can check on you after a disaster. Give them an extra set of keys for your home.
4. **Figure out how family members will get in touch.**  
Carry their phone numbers and email addresses with you and pick an out-of-town person you can contact to check in.
5. **Prepare for your medical needs.**  
Have a seven-day supply of your medicines on hand. Store backup batteries for equipment you use. And if you have treatments at a hospital or clinic, find out where to go if they have to close.



#### As Reported From ACCNJ

##### NJ Transit Director Stepping Down:

NJ Transit Director Steven Santoro announced he is stepping down from the position on a date to be announced. Santoro has worked for NJ Transit for 18 years, serving as director since October 2016.

**Pero Family Farms Expanding in Vineland:** Approved in December for an NJ EDA tax incentive of nearly \$19 million over 10 years, Pero Family Farms of Delray Beach, Florida, wants to invest \$13 million in a new 118,400-square-foot facility at the corner of North Mill and Weymouth roads in Vineland (continued)

