



**E n v i r o n m e n t a l , H e a l t h
a n d S a f e t y N e w s**

October 2012

We ' r e P r o u d o f O u r W o r k

Something to Think About!!

You may be disappointed if you fail, but you are doomed if you don't try.
- Beverly Sills

NRMCA Excellence in Safety Awards

Deeper into SAFETY AWARENESS we should delve.

Welcome to the new year, 2012.....

NRMCA recently announced the 2012 National Ready Mixed Concrete Association Excellence in Safety Awards. We have 85 plants recognized in the Gold category! Congratulations are in order in every Division! Southwest Division had 11 winners: Sheldon and Lawrenceville in Illinois; Lloyd Expressway, Oakgrove, Huntingtonburg, Paoli, and Mt. Vernon in Indiana; and Henderson, Central City, Madisonville, and Morganfield in Kentucky. Tennessee had 15 winners: Columbia, Cookeville, Crossville, Dayton, Dickson, Fayetteville, Jamestown, Manchester, Morrison, Nashville, Smithville, Springfield, Tullahoma, West Nashville, and Winchester. Indiana had 26 winners: Hamilton and Oxford in Ohio; Elnora, Bloomington, Brazil, Brookville, Clinton, Connersville, Crawfordsville, Frankfort, Grant County, Kokomo, Lebanon, Logansport, Marion, Martinsville, Mooresville, Mt. Summit, Peru, Remington, Spencer, Sullivan, Tipton, W 96th Street, Whiteland, and Winamac in Indiana; South had 33 winners: Dover in Tennessee; Corydon, Madison, New Albany, and Scottsburg in Indiana; and Campbellsville, Cynthiana, Elkton, Frankfort, Franklin, Ft. Campbell, Georgetown, Glasgow, Harrodsburg, Hopkinsville, Lawrenceburg, Lebanon, Middletown, Morgantown, Radcliff, Russellville, Scottsville, Shelbyville, Taylorsville, Winchester, Brandenburg, Dry Ridge, Horse Cave, Mt. Washington, Owenton, Springfield, Warsaw and Wises Landing in Kentucky.

Bureau of Labor Statistics (BLS) Incident Rate available for the ready mixed concrete industry. The latest BLS data (as of November, 2011) shows the ready mixed concrete industry with an incident rate of 5.0. The 3-tiers of "Excellence in Safety Awards" are broken down in Gold, Silver, and Bronze:

- Gold -- Incident rate equal to zero
- Silver -- Incident rate between zero and 2.5 (1/2 the industry average)
- Bronze -- Incident rate > 2.5 and < 5.0

The 2012 NRMCA Safety Contest received 1153 individual plant entries. There were 823 plants winning Gold awards, 8 Silver award winners and 46 Bronze winners. You can see that imi had more than 10 percent of the Gold winners nationwide of all entries. Something to be very proud of!!

I am not able to track all of the winners for all of our Divisions, but do track winners in the Indiana Division. A special recognition goes to the following locations who have won these consecutive awards:

- Connersville—17 years
- Remington—17 years
- Logansport—11 years
- Frankfort—10 years
- Oxford, OH—10 years
- Winamac—10 years
- Brookville—9 years
- Crawfordsville—9 years
- Martinsville—9 years
- Tipton—7 years
- Brazil—5 years
- Clinton—5 years
- Grant County—5 years
- Peru—5 years

The NRCMA Safety Contest has for many years been a safety performance and incentive/award program aimed to foster safe practices at ready mixed concrete plants across the nation and to recognize those plants who have great safety records. In 2008 the program was changed to a 3-tier system and began basing the winning facilities off of the latest OSHA/



Have A Safe and Healthy October!

**We are on the web
www.irvmat.com**

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**Safety is never an accident: it is
always the result of high inten-
tion, sincere effort, intelligent di-
rection and skilled execution! It
represents the wise choice of
many alternatives!!**

Don't Let the Flu Bug Your Work!

Flu season is upon us! Have you been shot yet?

Actually you don't have to be "shot" to be vaccinated for the flu virus anymore, although that is still the most common method. The shots contain inactivated influenza vaccine and is injected with a needle.

Another method of being vaccinated is by nasal spray. The nasal spray is referred to as Live, attenuated influenza vaccine (LAIV) and is recommended for healthy people between the ages of 2 and 50, who are not pregnant and do not have certain health conditions.

The Center For Disease Control says, "Everyone who is at least 6 months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated. Those people include the following:

People who are at high risk of developing serious complications like pneumonia if they get sick with the flu. This includes:

- ✦ People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
- ✦ Pregnant women.
- ✦ People 65 years and older.
- ✦ People who live with or care for others who are high risk of developing serious complications. This includes

Location: _____

Supervisor: _____

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household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease."

Getting a flu shot helps in reducing transmission of the germs that cause influenza and that protects us all. While cold weather does nothing to cause flu, the disease is most likely to strike during cold weather when people are spending more time indoors where germs are more easily spread by coughing, sneezing and touching common surfaces. The usual flu season includes the months of October through March.

In addition to the vaccine, there are other steps you can take to reduce the spread of flu (and colds for that matter) in the places where people gather. Frequent hand washing may be the best protection available. Be sure to catch a cough or sneeze to prevent broadcasting the germs. Many times people spread the flu virus before they realize they are infected. The virus can be spread the day before symptoms appear and for three or four days after.

Once the symptoms (tired, fever, aches, chills, and coughing) appear it is best to stay at home. A fever is your body's way of telling you that rest is needed and you run the risk of infecting others.

If you would like to learn more about influenza and what the Center for Disease Control has to say please visit: www.cdc.gov/flu

