



# Environmental, Health and Safety News

November 2010

We're Proud of Our Work

Your Safety and Health, Yet Again;  
Make it #1 in 2010

### Something to Think About

#### How Fights Start

My wife sat down on the settee next to me as I was flipping channels. She asked, 'What's on TV?' I said, 'Dust.' And then the fight started...

Have a safe and Happy Thanksgiving!!



## Shoulder Injuries?

Over the years it seems to me that there have been increasing numbers of shoulder injuries that are occurring in the workplace. I wish I knew why this is and I have tried to do some research and it seems that as medical science has advanced, doctors are more willing and capable of performing surgeries on shoulders to repair damage that used to be treated in a less invasive manner.

I know a little something about treatment of shoulder injuries because on Sunday of Memorial Day weekend my wife took a nasty fall that resulted in all four rotor cuff units being damaged and in addition the bicep was pulled loose. Three different orthopedic surgeons had differing opinions about the treatment. They did agree on one thing: recovery is slow and takes a long time. They all warned that a full recovery would take at least a year and then would depend on how well the prescribed physical therapy was followed.

A traumatic injury such as my wife's almost certainly needed surgery, although one doctor said no. She did have surgery. But how can we reduce the day to day injuries that we are seeing at work that did not result from trauma? Well go the web for the answers! These preventative tips are from [www.webmd.com](http://www.webmd.com).

### Prevention

The following tips may prevent shoulder problems or injuries.

#### General prevention tips

- Stay in good overall physical shape. Strengthen your wrist, arm, shoulder, neck, and back muscles to help protect and decrease stress on your shoulder. Do stretching and range-of-motion (ROM) exercises for your arms and shoulders.
- Maintain good posture. Stand straight and relaxed, without slumping.
- Warm up well and stretch before any activity. Stretch after exercise to keep hot muscles from shortening and cramping.
- Wear protective gear during sports or recreational activities, such as roller-skating or soccer.
- Wear your seat belt when in a motor vehicle.
- Do not use alcohol or other drugs before par-

### Green Key Toolbox Talks



By Kevin Yaney

#### Keys to Environmental Stewardship GREEN KEY 3: How we produce

We are committed to manufacturing products in an environmentally responsible manner. It is important to recognize that the methods we use to produce our building materials can have a major impact on our environment. Our operational efficiencies make a difference in the communities where we live and operate and on our bottom line. We have identified two areas of focus for operational efficiency.

##### Plant and process innovation

We believe that innovation helps us to be more efficient. These efficiencies, in turn, help us to operate in an environmentally responsible manner. For instance, IMI Tennessee implemented the On-Base imaging system for delivery tickets. They saved \$12,400 per year in paper, toner and courier charges. Besides the dollars saved, think of the positive impact on the environment!

##### Recycling and Conservation

As a business practice, we will work to limit waste materials by re-using and recycling them. We also will strive to conserve our resources. This reduces the cost to manufacture and deliver our products and helps our profit margins.

- Did you know that if a plant had five trucks and they turned off the engine while idling for just one hour per day, they would save 1,300 gallons of diesel annually?
- In the past two years, IMI concrete has recycled 249,000 tons of post-industrial waste.
- In the same time period, IMI aggregates have processed 64,000 tons of recycled concrete.
- E&B Paving has used 320,000 tons of recycled asphalt pavement in 2010.
- Little things have an impact too. IMI Tennessee's regional office saved over \$3,000 annually in utility bills by simply turning off the lights when they left a room, installing motion detector light switches in restrooms, turning off their copiers at night and installing solar shades on windows.

If you have ways to help us turn the Green Key in the way we produce our products, let us know at [greenkey@irvmat.com](mailto:greenkey@irvmat.com)

We are on the web  
www.irvmat.com

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**Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skilled execution! It represents the wise choice of many alternatives!!**

Location: \_\_\_\_\_

Supervisor: \_\_\_\_\_

please sign below, confirming the material was reviewed: November 2010

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icipating in sports or when operating a motor vehicle or other equipment.

- Don't carry objects that are too heavy.
- Avoid catching falling objects.
- Use a step stool. Do not stand on chairs or other unsteady objects.
- Use the correct body movements or positions during activities, such as lifting, so that you do not strain your shoulder. Do not lift objects that are too heavy for you.
- Avoid overusing your arm doing repeated movements that can injure your tendons. In daily routines or hobbies, think about the activities in which you make repeated arm movements. Try alternating hands during activities such as gardening, cooking, or playing musical instruments. Use **rest, ice, compression, and elevation (RICE)** for home treatment.
- Avoid keeping your arms out to the side or raised overhead for long periods of time, such as when painting a ceiling. If you must do these things, take frequent breaks, and use RICE for home treatment.
- Consider consulting a sports-training specialist if you are a competitive or serious recreational athlete. The specialist can recommend training and conditioning programs to prevent shoulder problems or injuries.
- Make sure your child's backpack is the right size with good support. Carrying heavy backpacks may increase his or her risk of shoulder problems or injury.
- If you feel that activities at your workplace are causing pain or soreness from overuse, call your human re-

sources department for information on alternative ways of doing your job or to discuss equipment modifications or other job assignments.

**Reduce falls**

- To prevent falls in your home, remove raised doorway thresholds, throw rugs, and clutter.

**Keep bones strong**

- Eat a nutritious diet with enough **calcium** and **vitamin D**, which helps your body absorb calcium. Calcium is found in dairy products, such as milk, cheese, and yogurt; dark green, leafy vegetables, such as broccoli; and other foods.
- Exercise and stay active. Talk to your doctor about an exercise program that is right for you. Begin slowly, especially if you have been inactive.

As we age, soft tissue injuries occur more easily and take longer to heal. The preventive measure mostly likely to succeed in reducing the frequency and severity of these injuries is regular stretching and exercise. Seriously consider starting a regular stretching regimen with the approval of your doctor. Of course, be careful not to fall. The fall trauma injury that causes damage probably will not be prevented by the stretching workout.

***It is time to start thinking about a safety slogan for 2011, do you have a suggestion for me?***