

# MONA ELECTRICAL SERVICE, INC.

July 12, 1991

## SUBSTANCE ABUSE FACTS

- There are 6 to 8 million cocaine addicts in the U.S.
- There are over 10 million alcoholics in the U.S.
- 19% of all Americans over 12 years of age have used illicit drugs in the last year.

## ATTENTION MONA DRIVERS

Just a reminder that you are restricted to use the company vehicle for business ONLY and for driving directly home to work and directly from work to home. Any employee not acting in compliance with the above rules does so at his own risk and expense and hereby accepts sole liability and responsibility for any and all events which may occur while said employee is using a company vehicle beyond the scope of his employment. Violation of company policy, in the proper use of company vehicles, is grounds to lose the vehicle furnished to you and/or termination of employment.

## FOR SALE

Stereo Equipment - Call Gary Nycum 301/257/9664 after 6:30 p.m. - Sony Speaker System - 99.00 for the pair - Criterion Speaker System - 77780 watt \$55 per pair - Realistic Super Tweeter \$40 per pair - Superscope Stereo Tape Deck \$70.00.

## EMPLOYEE'S OF THE MONTH

Congratulations to **Wade Shelton and Danny Coley** - they are the Employee's of the Month for July 1991.

Wade, Project Manager/Estimator, is a true professional. He is presently running Associated Credit Bureau, NUS and the Ames Building and doing full time estimates. Your efforts and dedication is appreciated! Keep up the good work.

Danny Coley, Service electrician, has been with Mona since June of 1986. As a hard worker, Danny performs tremendously for Charles E. Smith Management and they love him. Continue your great work out at Skyline!

## OSHA'S HIT LIST

- 1. Written Hazard Communication Program - Written hazard program must be at all workplaces.
- 2. Guarding open-sided floors, platforms and runways - Every open-sided floor or platform six feet or more above an adjacent floor or ground level shall be guarded by a standard railing with toeboard.
- 3. Employee information and training - Employers must provide training on hazard chemicals in their work area.

- 4. Head protection - Employees working where there is a possible danger of head injury from impact, falling or flying objects, or from electrical shock and burns must wear protective helmets.
- 5. Branch circuits - ground fault protection - The employer shall use either ground fault circuit interrupters or an assured equipment grounding conductor program.
- 6. Safety training and education - Employer must instruct each employee in the recognition and avoidance of unsafe conditions.
- 7. Grounding path - The path to ground from circuits, equipment and enclosures must be permanent and continuous.
- 8. Material Safety Data sheets - Each work site should have the material safety data sheets for each hazardous chemical they use.
- 9. Tubular welded frame scaffolds - Guardrails made of lumber or other material providing equivalent protection - not less than 2"X4", approximately 42" high with a midrail of 1" x 6, and toeboards shall be installed at open sides and ends on scaffolds more than 10' above the ground or floor. Toeboards must be a minimum of 4" in height.
- 10. Accident prevention responsibilities - It is the responsibility of the employer to initiate and maintain such programs.

## FASCINATING FACTS

Popcorn labeled "air popped" isn't necessarily low in fat. One "air-popped" brand (Bachman's) actually derives more than half its calories from corn oil. Some other brands contain cheese and are even higher in fat. Plain, unbuttered, airpopped popcorn has just 30 calories per cup and almost no fat.

## ENERGY TID BIT

- The average person uses the equivalent of 7 trees every year.
- The average office worker throws away about 180 pounds of high-grade recyclable paper every year.
- If every person recycled one-tenth of his or her newspapers, 25 million trees would be saved.
- There are 140 million cars in the United States. Each is driven on average 10,000 miles a year. Each car gives off 20 pounds of carbon dioxide for each gallon of gas consumed.

## SAFETY NOTE

Avoid heat stress by:

- Drinking plenty of water
- Avoid hot, heavy meals
- Wear light clothing
- Take scheduled breaks to cool off
- Avoid strenuous activity during the hottest part of the day
- Protect yourself against the sun

EOE