

SOUNDINGS

"Self Insurance Group Strength"

"The Safety of Employees is an Investment in Success"

January 2017 Volume XIV / Issue I

PORT OF LOS ANGELES RECEIVES EPA GRANT FOR CLEAN TERMINAL EQUIPMENT

The U.S. Environmental Protection Agency ("EPA") has awarded the Port of Los Angeles an \$800,000 grant to deploy more of the cleanest commercial equipment available for moving cargo. The award will pay between 25 to 40 percent of the cost to replace and upgrade 18 pieces of yard equipment at two Los Angeles container terminals, with the full complement due to be in service by fall 2018.



Two terminal operators, APM Terminals Pacific Ltd, a Signal Member since 1988, and TraPac LLC, a Signal Member since 2007, are

funding the lion's share of the \$3 million project. APM Terminals will invest more than \$2 million to replace 16 yard tractors with new equipment powered by Tier 4 clean diesel engines. TraPac will spend \$174,000 to repower two heavy-duty forklifts with Tier 4 engines.

"The EPA grant is precisely the kind of support that allows our partners to keep trading up to the greenest equipment on the market," said Port of Los Angeles Executive Director Gene Seroka. "We will continue to aggressively pursue these opportunities to further our efforts to use the cleanest equipment available."

The project will further reduce emissions of nitrogen oxides and diesel particulate matter – pollutants associated with asthma, cancer and premature death – from port-related sources. The annual savings in health costs for Los Angeles County alone are estimated at more than \$11 million.

The EPA offers competitive grants under the Diesel Emissions Reduction Act ("DERA") to fund projects that use diesel emission reduction technologies approved by the EPA or the California Air Resources Board. The process favors applicants like the Port that are working to improve the quality of life in neighboring communities disproportionately affected by environmental pollution and helping their regions attain federal clean air standards.

The Port of Los Angeles is America's premier port and has a strong commitment to developing innovatively strategic and sustainable operations that benefit Southern California's economy and quality of life. North America's leading seaport by container volume and cargo value, the Port of Los Angeles facilitated \$270 billion in trade during 2015. Port operations and commerce facilitate more than 133,000 jobs (about one in 14) in the City of Los Angeles and 479,000 jobs (or one in 18) in the five-county Southern California region. The San Pedro Bay Ports support nearly 1 million California jobs and 2.8 million nationwide.



APM TERMINALS  *Lifting Global Trade.*

Source: SAN PEDRO, Calif. – December 15, 2016 –https://www.portoflosangeles.org/newsroom/2016_releases/news_121516_US EPA_Grant.asp



Recognition: The "Pat-on-the-Back"



Best Practices - Setting YOUR Standard of Safety

Best Practices raise the bar for expectations in a company and drive superior results. They work to define or confirm a company's safety commitment and values. In this column best practice examples are offered as next steps in your Safety Management System.

Best Practice – Recognition: The "Pat-on-the-Back"

Incentive and recognition tools are used by many Members as a method to drive behavior changes and ultimately improve safety culture. While Members continually look for the next 'new' idea, a very effective and easily incorporated technique is sometimes lost in the mix...the "pat-on-the-back". It is, by its very nature, the immediate and personal recognition of an observed positive action or activity.

The simple act of the company's leader acknowledging a worker or group of workers by direct and public recognition reinforces the observed safe processes, safe actions or quality production that is seen. The worker is recognized as valued and doing-it-right.

The "pat-on-the-back" can drive improved culture, morale and at its core reinforces safe behaviors through this positive feedback. Drive change with a simple "pat-on-the-back".

Tidewater Tank Terminal Operation Reaches One-Year Anniversary and One-Year Safety Milestone

On November 23, Tidewater Tank Terminal company, a Signal Member since 2013, reached the one-year milestone of zero recordable incidences. This is a great achievement for a start-up operation with high volumes, ranging from 100 to 144 trucks and exceeding 850,000 gallons of transferred product daily. This, in addition to loading two 50,000-barrel barges per week, requires committed, professional, and focused employees.



Core team members Anthony Baranowski, Craig Harrison, Josh Waide, Aaron Williams,

James Reynolds, and Damien Wathen were instrumental in reaching the one-year milestone reported T. Parker Host executives. They added, "We would like to send a big thanks to Anthony Cleveland, who managed the terminal at start-up and throughout the first five months of operation. He laid the groundwork for continued success. Regional members Matt Horne, Tim Hobbs, Curtis Jaffeux, and Will Gray also contributed to the terminal's safety achievement."

The crew celebrated with a pizza lunch and a small dinner.

HOST

Source: www.tparkerhost.com

Port of Virginia has Second-busiest Month in its History

The Port of Virginia® in November 2016 handled 236,155 TEUs (twenty-foot equivalent units), making it the second-busiest month in the port's history.



In comparison with last November (2015), TEU volumes are up 16 percent; rail units, up 35 percent; truck volume, up 8 percent; Virginia Inland Port volume, up 3 percent; and Richmond Marine Terminal (RMT) volume, up 20 percent. "November was a strong month and we experienced solid growth in import and export volumes, which were up 17 percent and 15 percent (respectively); our peak-season volumes will begin tapering off in December, which is normal," said John F. Reinhart, CEO and executive director of the Virginia Port Authority, a Signal Member since 1999. "We were in positive territory in many categories, but one exception is vessel calls and this is in keeping with the era of fewer calls, but larger

vessels and corresponding cargo volumes.”

“Combine our performance in November and the volume we handled in October – our single-best effort on record – and we moved 475,000 TEUs. It is important to recognize the fact that we processed this amount of volume safely and efficiently.”

November marks the tenth consecutive month in 2016 of TEU volumes exceeding 210,000 units. “We believe developments like the recent expansion of the FTZ (Foreign Trade Zone 20) into seven counties and one city in northeast North Carolina will be of long-term benefit to The Port of Virginia,” Reinhart said.

“The expansion of the FTZ – across state lines — is another way we can leverage the port as a regional catalyst for commerce, job growth and investment.” Year-to-date, the port’s TEU volume is up 3 percent; rail units up 14 percent; VIP volume up 3 percent; and RMT volume, up 30 percent. The import volume has grown by 5 percent and exports are up 2 percent.”

Reinhart said the focus “will be maintaining momentum” as the port gets underway with the expansion of Virginia International Gateway later this month and late next spring at Norfolk International Terminals. Combined, these expansion projects will boost annual throughput capacity by 40 percent when complete.

The Virginia Port Authority (VPA) is a political subdivision of the Commonwealth of Virginia. The VPA owns and through its private operating subsidiary, Virginia International Terminals, LLC (VIT), a Signal Member since 1999, operates four general cargo facilities Norfolk International Terminals, Portsmouth Marine Terminal, Newport News Marine Terminal and the Virginia Inland Port in Warren County. The VPA leases Virginia International Gateway and the Port of Richmond. In fiscal 2013, The Port of Virginia provided more than 374,000 jobs and generated \$60.3 billion in total economic impact throughout the Commonwealth.



Source: <http://www.portofvirginia.com/november-cargo-volumes-strong-peak-season-nears-close-port-moves-475000-teus-two-months>

Port Panama City Sees Investments Benefit Growth

Port Panama City is a growing port, located on Florida’s Gulf Coast. In 2016, the Port handled over 1.8 million tons of cargo and supported 8,600 jobs in the region. Key commodities handled by the Port Authority include copper, forest products, steel, wood pellets and containerized cargoes.



In recent years, the Port Authority has invested over \$40 million in new facilities and has committed to \$50 million in improvements over the next five years. These investments include the purchase of a second deep-water terminal. In April, 2017, the Port will begin constructing a modern forest products terminal at this site.

For the last fifteen years, the Port Authority has experienced an average growth rate of seven percent. With the recent completion of a near-port distribution center and the planned development of the new forest products terminal, the Port of Panama City expects to continue its steady growth. With modern facilities and a location that provides a Gulf Coast gateway to the Southeastern U.S., Panama City is emerging as an important Gulf Port. The Panama City Port Authority has been a Member of Signal Mutual since 2006. The Port Authority feels it has benefited greatly from being in the Association, and looks forward to working with Signal going forward.



**PORT PANAMA CITY
U.S.A.**

Submitted by John Miller, Accounting Manager, Panama City Port Authority

BodyKnowledge

By: *Steve Schall MS, PT, OCS, CWSE, CCI*
Norfolk Physical Therapy



As a physical therapist that has treated thousands of injuries over more than three decades of practice, I have repeatedly seen many of the same hand, elbow, shoulder, neck, back and knee conditions. During the course of rehabilitation for these injuries, we strive not just to make each person well, but to teach them how to avoid

experiencing the same injury again. One logical question that comes up from time to time is "Why did I have to get injured to find out how not to get injured?" It is a good question and one which I intend to answer over the next year in this column – so stay tuned. I have been given the privilege of addressing you on these issues for the next 12 months starting with this issue and trust you will find the text and video presentations helpful. I hope you will share these articles with management, coworkers and friends. Please let me know what you think as well as what topics you would like me to address in the coming months. I can be reached at www.norfolkphysicaltherapy.com or 757-459-2112.

"The Quick Six"

The kind of work done in shipyards, terminals and other industrial sites often puts a heavy load on hands, arms, and shoulders. I have been asked for some easy warm-up exercises to prepare and protect the upper extremities to keep you limber and reduce the chance of injury; so here it is! I call it **"The Quick Six"** and these exercises ought to take just a few minutes. As always – do not do anything that hurts or causes undue stress - take it easy and good luck!

"The Quick Six" video demonstrates six exercises that you can do to warm-up for the day ahead. There are two ways to access **"The Quick Six"** 1) view the video by clicking on this link: [The Quick 6](#) and/or 2) to print a hardcopy, go to the Signal website Safety Center at <https://www.signalmutual.com/safety-center/wellness-new/> to access **"The Quick Six"** Step by Step Directions handout.



Stay tuned for next month's topic - Taking care of your hands, why you should not - Smash, Mash, Bend or Bash

Steve Schall, MS, PT, OCS, CWSE, CCI
Norfolk Physical Therapy

Steve Schall received his undergraduate degree from Duke University and his Masters in Physical Therapy from the Texas Medical Center Branch of Texas Women's University. He was among the first Physical Therapists in Virginia to be Board Certified as an Orthopedic Clinical Specialist and has extensive experience in pain control and orthopedics using a variety of hands-on techniques. Working closely with a number of businesses and industries, Steve has utilized his knowledge and experience to heighten awareness of injury prevention and optimization of Workers' Compensation programs nationwide.

Steve is a member of North American Spine Society, International Association of Rehab Professionals, American Society of Safety Engineers Virginia Self-Insurers Association, Virginia Ship Repair Association and Virginia Maritime Association.

Ho'ona'auao Palekana (Safety Training) in Hawaii

Hawaiian members came together for Successful Safety Training. Signal Members came out to work together and to learn together. Members learned about Risk Assessment, Slips, Trips, Falls and Accident Investigation. This is the beauty of mutuality.

Special thanks to Nathan Kapule and the Young Brothers organization, a Signal Member since 2006, for their hospitality.

Many mahalos and aloha.



2017 Safety RESOURCES SEMINAR List

Dates and/or Locations subject to change

February, 2017

- 8th - Hazard / Risk Assessment ~ Seattle, WA
- 9th - Hazard / Risk Assessment ~ Vancouver, WA

March, 2017

- 2nd - Practical Industrial Hygiene ~ Houston, TX
- 16th - Hazard / Risk Assessment ~ New Orleans, LA

April, 2017

- 11th - Executive Safety Leadership ~ Houston, TX
- 12th - Supervisor Safety Leadership ~ Houston, TX
- 19th - Slips, Trips & Falls ~ Miami, FL

May, 2017

- 9th - Executive Safety Leadership ~ Seattle, WA
- 10th - Supervisor Safety Leadership ~ Seattle, WA
- 25th - Accident Incident Investigation ~ Cleveland, OH

June, 2017

- 7th - Slips, Trips & Falls ~ Mobile, AL
- 14th - Accident Incident Investigation ~ Norfolk, VA

July, 2017

- 12th - Slips, Trips & Falls ~ Staten Island, NY

September, 2017

- 12th - Accident Incident Investigation ~ Tampa, FL
- 14th - Risk Assessment ~ Savannah, GA

October, 2017

- 24th - Accident Incident Investigation ~ Long Beach, CA
- 26th - Accident Incident Investigation ~ San Diego, CA

November, 2017

- 2nd - Executive Safety Leadership ~ Orlando, FL
- 3rd - Supervisor Safety Leadership ~ Orlando, FL

Dates for Your Calendar

SMIA Safety Committee Meeting

South Shore Harbour Resort & Conference Center
2500 South Shore Blvd, League City, Texas

February 28 & March 1, 2017

For information contact:

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Signal Maritime Conference

The Westin Cleveland Downtown
Cleveland, Ohio

May 22-24, 2017

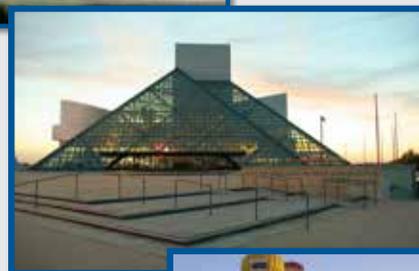
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Signal Mutual Annual General Meeting

Hyatt Regency Tamaya Resort & Spa

1300 Tuyuna Trail, Santa Ana Pueblo, New Mexico

August 3-5, 2017

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“The Safety of Employees is an Investment in Success”



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Please share the successful safety accomplishments of your Company and employees. It will help us continue as the Premier USL&H Insurance Organization in the maritime industry. Email your submissions to Nancyann Griesemer Flood at nancyann.flood@signal-ct.com.

If you would like to receive this newsletter, please e-mail Nancyann Griesemer Flood at nancyann.flood@signal-ct.com. Please include your full name, Company name, e-mail address and telephone number.