

# SOUNDINGS

*"Self Insurance Group Strength"*

*"The Safety of Employees is an Investment in Success"*

July 2019 Volume XVI / Issue VII



PARTNERS IN  
SAFETY FOR  
**35**  
YEARS

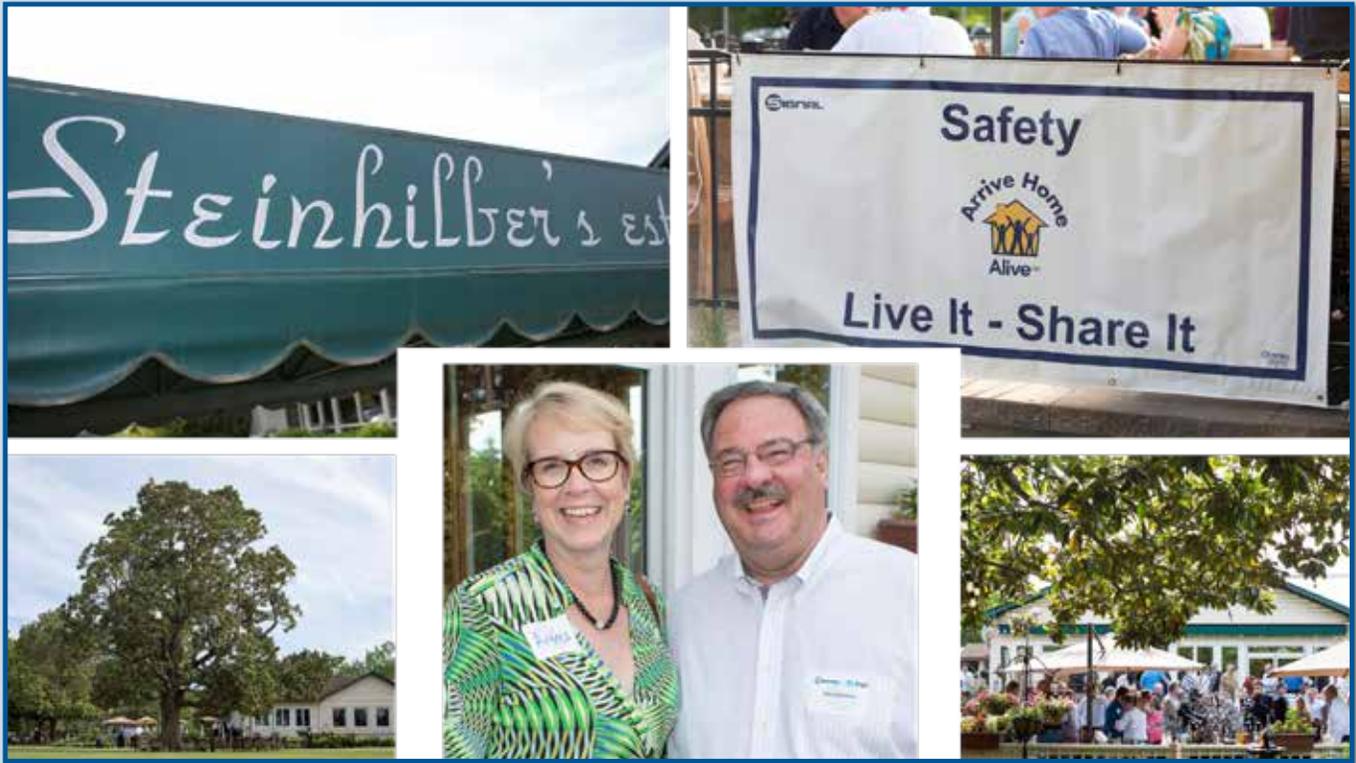
**SIGNAL**

Charles Taylor  **Sage**<sup>®</sup>

 **SafeShore**  
From Signal Mutual

## 13th Annual Signal Member & Broker Appreciation Reception Virginia Beach, VA

On a beautiful evening in May, Signal held its 13th annual Member & Broker Appreciation Reception. Follow this link to view highlights of this wonderful evening [Steinhilber's May 2019](#) – Enjoy!



## Upper River Services Takes Delivery of Triple-Screw Towboat



It took less than six months for C&C Marine and Repair based in Belle Chasse, Louisiana, a Signal Member since 2016, to complete the 2,013 hp triple-screw towboat *M/V Mendota*, the first new construction vessel ever to join the fleet of Upper River Services, LLC, St. Paul, Minneapolis.

Upper River Services is a full-service river operation located on the banks of the Mississippi River in St. Paul, Minnesota. The *M/V Mendota's* unique features and design makes it ideal for navigating the shallow waterways and narrow passages along this stretch of the Mississippi and Minnesota Rivers. On its maiden voyage, the *M/V Mendota* towed a dry dock from Belle Chasse, Louisiana, to St. Paul, Minneapolis.

Established in 1997, C&C Marine and Repair is located on 80 acres along the Intracoastal Waterway. The company designs and builds towboats, dredges, offshore supply vessels, barges, and a variety of other marine vessels. The company's facilities are designed to perform all new construction under roof and perform barge repairs on land.

Source: [marinelog.com](http://marinelog.com)



## 2018 SCA Safety Awards

The Shipbuilders Council of America (“SCA”), the national trade association representing the U.S. shipyard industry, held their annual Spring General Membership Meeting in Washington, D.C. on May 15-16, 2019.

The Significant Safety Achievement, Excellence in Safety and Improvement in Safety awards are given annually for enhancement of operations and promotion of safety and accident prevention. This year at SCA’s Spring Meeting, numerous Signal Members received awards for exceptional safety practices:.

### 2018 SCA Award for Excellence in Safety

- Companies that have a recordable fatality are ineligible to receive the SCA award for excellence in safety for that year.
- Companies must submit a survey for each quarter.
- The individual company total recordable industry rate (TRIR) average for the year must be below the total SCA TRIR average.

Signal Member	Signal Member Since
BAE Systems Hawaii Shipyards	2008
BAE Systems Jacksonville Ship Repair	2012
BAE Systems Norfolk Ship Repair	2012
Bollinger Shipyards	2009
Campbell Transportation Company, Inc.	2012
Colonna’s Shipyard Inc.	2002
General Dynamics NASSCO-Mayport	2015
Southwest Shipyard LP	1988
Tecnico Corporation	1993
Vigor Industrial	2008

### 2018 SCA Award for Improvement in Safety

- Individual companies that reduce their TRIR by 10% or more year-on-year average are eligible to receive the award.
- Note: eligible companies must turn in all 4 quarters of survey for each year to be considered.

Signal Member	Signal Member Since
BAE Systems Hawaii Shipyards	2008
Bollinger Shipyards	2009
Tecnico Corporation	1993
Campbell Transportation Company, Inc.	2012

### 2018 SCA Award for Significant Safety Achievement

- The company must have ZERO recordable fatalities for the year.
- The company must have a Total Recordable Incident Rate (TRIR) of 1.0 or below.
- The company must submit safety surveys for all four quarters of the year.

Signal Member	Signal Member Since
Southwest Shipyard LP	1988
Campbell Transportation Company, Inc.	2012

Source: SCA



## **Pittsburgh Picks Lake Assault to Build Advanced River Rescue Vessel**



Lake Assault Boats, a Signal Member since 2018 (a subsidiary of Fraser Shipyards, Inc, Superior, Wisconsin, a Signal Member since 2001) is to construct a 30-foot EMS river rescue vessel for the City of Pittsburgh River Rescue Unit. The craft's primary mission is to perform rescues in response to water emergencies, administer advanced life support (ALS) services, assist firefighting operations, and provide security for the nation's second largest inland port. The craft will be delivered in fall 2019.

"This is our second craft for the City of Pittsburgh in the past three years, and we're thrilled to receive this vote of confidence from a city known for its vital waterways and iconic riverfront," said Chad DuMars, Lake Assault Boats vice president of operations. "This custom craft features fast response combined with a full toolbox of capabilities to address a wide range of emergency scenarios."

The boat's catamaran style hull is engineered for enhanced stability and maneuverability, and it is powered by two state-of-the-art Yamaha 425 hp outboard engines for maximum response time.

"This new rescue vessel will respond to just about any emergency – from a medical situation on a river cruise ship, to a SWAT team's mission or a fire on a fishing boat," said Division Chief Raymond S. Everitt, a 35-year veteran of the Pittsburgh Bureau of Fire. "In addition, our Unit participates in several mutual aid agreements and there are times we'll need to travel long distances. The craft's 45 mph estimated top speed will greatly improve our response time."

The boat carries an ALS squad on board and is equipped

with the same medical gear found on a traditional ambulance. Its 10-foot long, fully enclosed pilothouse has an 80-inch interior clearance height, with ample room to treat patients in space protected from the elements. There is an operator's captain seat with storage below, additional bench seating, and numerous storage compartments. For firefighting operations, the boat is outfitted with a Darley 750 gpm fire pump (stored in a recessed deck compartment) with through-hull suction into a sea chest, and an Elkhart deck monitor and nozzle.

Source: [marineblog.com](http://marineblog.com)



## **Continental Tide Awarded \$105 Million NAVSEA Contract for Work on Littoral Combat Ships ("LCS")**



Continental Tide Defense Systems, Inc., a Signal Member since 2016, has been awarded a \$105 million contract from NAVSEA for work on Littoral Combat Ships ("LCS").

During the contract work, Continental Tide will provide engineering, technical and logistics services for repair, maintenance and modernization requirements of Littoral Combat Ships located in the San Diego, California homeport.

Most of the work will be conducted at Naval Base San Diego under the administration of the Southwest Regional Maintenance Center ("SWRMC"). However, work will also be accomplished in other states within the continental United States and locations outside the continental United States as specified in the delivery order.

Source: [continentaltide.com](http://continentaltide.com)



## Signal Safety Resources Seminars

*Dates and/or Locations Subject to Change*

August 2019		
Date	Seminar Topic	Location
1st	Executive Safety Leadership (Seminar to be held the week of the AGM)	Southampton, Bermuda
13th	Risk Assessment	TBD
15th	Risk Assessment	TBD
October 2019		
Date	Seminar Topic	Location
9th	Risk Assessment	Long Beach, CA
10th	Risk Assessment	San Diego, CA
TBD	SMS Workshop (Series 1): A Focus on Employee Involvement Through Safety Committees and Training	Portland, OR
TBD	Human Performance	TBD
November 2019		
Date	Seminar Topic	Location
6th	Executive Workshop (Series 1): Shaping Continuous Improvement Through Safety Management Systems	SEATAC, WA
20th	SMS Workshop (Series 1): A Focus on Employee Involvement Through Safety Committees and Training	Tampa, FL

## Anti-Fraud Campaign Has New Modified Posters and a Banner Replace Outdated Versions at Your Work Sites

On the home page of Signal's website, there is a link to [Report a Fraud](#) and the Association's campaign to prevent fraud has updated the campaign poster to support this link. In fact, the website link is not only accessible [here](#) but also listed on the new posters and banner.

There are two sizes of posters: 11" x 15" and 24" x 36" and both are available with weatherproof paper. We also offer a weatherproof banner that measures 4' x 6'.

Upon request, we will send you as many of these posters and banners as you need for your locations. Please send your request to Jennifer Rodriguez at the Wilton, CT office: [jennifer.rodriguez@signal-ct.com](mailto:jennifer.rodriguez@signal-ct.com)



# Arrive Home Alive™





## 5-minute safety talk

### Heat-related illness

The body burns calories and produces heat to keep its temperature at 98.6 degrees Fahrenheit. In a hot environment or during vigorous physical activity, the body will rid itself of excess heat. Two effective ways it does this are sweating and dilation of blood vessels. When sweat evaporates from the skin, you begin to cool off. When blood vessels dilate, blood is brought to the skin surface to release heat.

Problems develop when the body's cooling mechanisms do not work properly. For example, when the air temperature exceeds body temperature, the body cannot easily cool itself. If the air is humid, sweat also does not evaporate quickly. Sweat also does not evaporate from a person who works hard or exercises while wrapped in heavy clothing or protective gear. That makes heat-related illness a concern in any weather, anywhere.

#### What's the problem?

Heat-related illness takes several forms. Heat rash occurs when sweat ducts get clogged. Heat cramps are painful muscle spasms caused by the loss of electrolytes from heavy sweating. If workers develop these conditions, immediately get them out of the heat so they can rest. The next stage of heat-related illness may not be far away. Heat syncope, heat exhaustion and heatstroke develop from prolonged exposure to heat. A victim of heat syncope becomes light-headed and faints when blood flow to the brain decreases. This is because blood pressure is lowered when blood vessels dilate to rid the body of heat. Blood pressure lowers further when blood volume drops as water is evaporated from the blood.

When the body loses too much water and salt, heat exhaustion sets in. Signs include weakness, dizziness, nausea, headache, heavy sweating and clammy skin. A heatstroke victim has a rapid pulse, hot, red skin and has stopped sweating. The victim may show mental confusion, a decrease in alertness and blurred judgment. Heatstroke can be extremely serious and lead to brain damage or even death if not treated promptly and properly.

#### Hot tips to cool conditions

You should know how to recognize a victim of heat-related illness. Evaluate the symptoms, then follow these first aid actions:

**Heat cramps:** Have the worker sip water or a sports drink. Gently stretch, massage and ice the muscle.

**Heat syncope:** Have the worker lie down in a cool area.

**Heat exhaustion:** Lay the worker down on his or her back in a cool area. Remove excessive layers of clothing. Give a sports drink or water. Do not give anything to drink if the worker vomits. Cool the worker with a cool water spray or wet cloths and a fan.

**Heatstroke:** Call for medical help immediately. While you wait for help to arrive, immediately cool the victim with any means at hand, preferably by immersing the victim up to the neck in cold water. Alternatively, move the worker to a cool place and remove clothing down to the underwear, then apply ice packs at the neck, armpits and groin. Or, cover the worker with wet towels or cloths or spray him or her with cool water, and fan the worker to quickly evaporate the dampness on the skin.

#### Catch it early

Awareness is vital to prevent heat-related illnesses. Supervisors need to watch for warning signs of heat illness in workers. Workers also should be educated on what to look for in victims. Many companies that have workers exposed to heat year-round, provide supervisors with lectures, videos and even first aid training to prevent and treat heat-related illnesses. Workers adapt to the heat, but they should know their limits and supervisors should never push beyond those limits. Workers can take other preventive measures to combat the heat:

- **Eat light. The more calories you take in, the more body heat you produce.**
- **Drink plenty of fluids before work and throughout the day. Avoid caffeine.**
- **Wear lightweight clothing. Wide-brimmed hats protect workers from direct sunlight.**

Heat illnesses, especially in the summer, are the consequence of not recognizing the warning signs on the job. Hot conditions don't have to be dangerous if you watch for the warning signs, and get cooperation from workers to prevent heat-related illness.



## Dates for Your Calendar

**GENERAL MEETING**  
**The Ritz-Carlton Golf Resort**  
**Naples, Florida**  
**January 30–February 1, 2020**



**MARITIME CONFERENCE**  
**Hilton Norfolk The Main**  
**Norfolk, Virginia**  
**May 18–20, 2020**



**ANNUAL GENERAL MEETING**  
**Grand Hyatt Kauai Resort & Spa**  
**Koloa, Kauai, HI**  
**August 6–8, 2020**



**To learn more about Signal meetings,**  
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Please share the successful safety accomplishments and news items about your Member company and employees. Email your submissions to Nancyann Griesemer Flood at [nancyann.flood@signal-ct.com](mailto:nancyann.flood@signal-ct.com) and place your Member name in the subject line.

If you would like to receive this newsletter, please email Nancyann Griesemer Flood at [nancyann.flood@signal-ct.com](mailto:nancyann.flood@signal-ct.com) and include your contact details.

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