

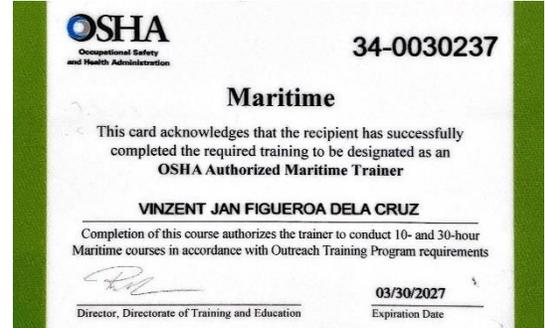


SAFETY NEWSLETTER

San Diego Operations

APRIL 2023

During the last week of March 2023, Environmental Health and Safety (EHS) Manager Vinzent Dela Cruz, attended the OSHA 5400 Authorized Maritime Trainer course. With this new credential, Vinzent is now authorized by OSHA to provide OSHA 10/30 Hours Training course for shipyard employees that do not possess this required training when working in Maritime operations.



Why is OSHA 10-Hour training required? This training course is intended for all entry-level shipyard employees to review potential hazards a worker may encounter on a job site. It proves training on the recognition, avoidance, abatement, and prevention of workplace hazards.

What is OSHA 30-Hour training? OSHA 30- Hour is intended for supervisors and managers that may have some safety responsibility with a greater depth and variety of training.

Starting May 1st 2023, TKS San Diego will be operating in its new corporate office located in Chula Vista, CA. For more information and address, please contact me or San Diego office management for details.

As we are nearing the start of warmer weather, please ensure to remind all employees to stay hydrated during operations. Please review the following information to help prevent heat hazards:

HEAT STROKE	HEAT EXHAUSTION	HEAT CRAMPS
<ol style="list-style-type: none"> High body temperature (103°F or higher) Hot, red, dry, or damp skin Fast, strong pulse Headache Dizziness Nausea Confusion Losing consciousness (passing out) 	<ol style="list-style-type: none"> Heavy sweating Cold, pale, and clammy skin Fast, weak pulse Nausea or vomiting Tiredness or weakness Dizziness Headache Fainting (passing out) 	<ol style="list-style-type: none"> Heavy seating during intense exercise Muscle pain or spasms
<ul style="list-style-type: none"> Call 911 right away-heat stroke is a medical emergency Move the person to a cooler place Help lower the person's temperature with cool cloths or a cool bath Do not give the person anything to drink 	<ul style="list-style-type: none"> Move to a cool place Loosen your clothes Put cool, wet cloths on your body or cool batch Sip water Get medical help if you are throwing up, symptoms get worse or last longer than 1 hour 	<ul style="list-style-type: none"> Stop physical activity and move to a cool place Drink water or a sports drink Wait for cramps to go away before you do any physical activity Get medical help if symptoms last longer than 1 hour

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In the event an employee gets injured during work operations, the injured employee must stop work immediately. Ensure to notify your fellow colleagues within the vicinity, *never* leave your work post during operations without notifying your work partner or team. After you have stopped work and notified fellow colleagues, you must notify your direct supervisor of the injury to determine if first aid treatment is needed. If the injury will require more than first aid treatment, you then must see an authorized medical clinic, designated by your company, to examine your injury.

What TKS documents do I need to fill out?

After you have received first aid treatment or have been seen by a medical professional, you must fill out the **TKS-S-IR-002**, Employee/Witness Statement, to inform your company the description of the injury and other required information. After the **TKS-S-IR-002** has been filled out, the next form **TKS-S-IR-001**, Incident/Injury Report, will be filled out by your direct supervisor or upper management identifying the chain of events in detail, regarding your injury. Both forms are then submitted to the EHS Department.



Will I be able to go back to work immediately?

If your injury requires more attention than first aid treatment and you were seen by a medical professional, you must provide the EHS Department a **Work Status Report (WSR)** or a **Return Back to Work Form** identifying you are released back to full work duty or placed on modified/light duty with restrictions. Without a WSR or a Return Back to Work Form, you are not permitted to return to work.

When should I report an injury?



All injuries during work, big or small, must be reported immediately. By reporting the injury immediately, your company can better assist you by getting seen by a medical professional and receiving the treatment you may need. Do not prolong reporting an injury. (Ex. An employee gets injured on 04/01/2023 but does not report the injury until 04/21/2023.).

Please ensure to report all injuries within 30 days to avoid losing workers compensation benefits.

For more information, please contact the EHS Department for assistance.

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EHS Technician, Anthony Salonga, providing training to TKS SD Employees on 27 April 2023.

Topics of discussion included incident/injury reporting, heat related illnesses, and safety harness (100% tie-off) training. These topics were selected for training to ensure employees understand the process of reporting an incident/injury in the event they encounter an issue. Heat related illnesses training was provided due to the expected warm weather San Diego, CA will be experiencing. With the assistance of a CDC chart sheet, Anthony Salonga was able to describe symptoms employees may experience when working in these weather conditions. By understanding how to identify these symptoms, employees will be equipped with confidence and knowledge to self-assist or care for their fellow colleagues in the event a heat hazard occurs. Safety Harness training (100% tie-off) is always a great reminder to employees to avoid complacency. In addition to the training, recommendations were provided to employees as a tool to ensure a basic harness inspection was conducted, but as a team effort.

For more information regarding the training material, please contact the EHS Department for assistance.

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