

Safety Alert

March 30, 2020

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HOW TO STAY CONNECTED DURING PHYSICAL DISTANCING.

COVID-19: Preventing Loneliness During Intentional Isolation

@EndSocialIsolation
#isolatedNOTlonely
www.endsocialisolation.org/covid19

CONNECT VIRTUALLY

Making sure you stay connected with colleagues, family, and friends can ease feelings of loneliness. Social media, video chat platforms, and telephone calls can all be used to keep in touch with others during physical distancing.



HELP A NEIGHBOR

Running an errand for a neighbor not only helps them, but will also make you feel more connected to your community. Make sure to take extra precautions when coming into contact with others.



MAINTAIN A WELL-BALANCED LIFESTYLE

Eating healthy, exercising, meditating, and maintaining a daily routine can all help reduce stress levels and help one cope with social isolation.



STAY POSITIVE

Focusing on the altruistic reasons for physical distancing can help mitigate anxiety or stress. By physical distancing yourself, you are preventing others from getting sick and stopping the spread of COVID-19 to vulnerable individuals.



No Accidents!

HELPFUL TIPS

TRY NOT TO **FIXATE** ON WORRISOME THINGS

STAY POSITIVE

AVOID INFORMATION OVERLOAD

FIND SAFE WAYS AROUND SOCIAL DISTANCING

But I've bought a big bat.
I'm all ready, you see.
Now my troubles are going
To have troubles with me!



Hours and Accident March 30, 2020					
Accidents/Incidents					
Job	2020 Hours	W Comp Reportable	OSHA Report	Lost-Time	Hours an Accident
Bethel	16,777	1	1	0	16777
JL Aloft	1,546	0	0	0	No Accidents!
Mass X Operations	12,064	0	0	0	No Accidents!
Providence	4,177	0	0	0	No Accidents!
Kodiak PAMC	747	0	0	0	No Accidents!
Aeromed Ph I & II	963	0	0	0	No Accidents!
Small Jobs	2,014	0	0	0	No Accidents!
LRDR - Clear	12,237	0	0	0	No Accidents!
EIE 405 Utiliduct	395	0	0	0	No Accidents!
HDJV UAF CPHR Power	5,276	0	0	0	No Accidents!
Total	56,196	1	1	0	56,196

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A Positive Attitude: Your #1 Asset!



How a Positive Attitude Fits in the Work Environment

- A positive person makes the work more satisfying and enjoyable for everyone.
- Supervisors depend upon the positive attitudes of everyone on a jobsite to establish and maintain a team spirit that is focused on quality, **safety**, and productivity (QSP). Positive attitudes at all levels, in the field and in the office, make it easier for everyone to focus on QSP.
- Some people have difficult personal lives. Where they work can be a place to find positive attitudes that can help them deal with their difficulties.
- Many people have a mission that they pursue through their work performance, and the presence of positive attitudes affects their ability to accomplish that mission.
- One negative attitude can affect everyone.
 - A supervisor with a negative attitude puts a damper on his crew, and through other foremen, he affects the entire project.
 - A small group (clique) of negative workers can split a crew into opposing camps, and everyone loses.
 - A crew can often overcome a negative attitude from one member, but it takes work.

How a Positive Attitude About Diversity Works

Success is No Accident!

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- In construction, you'll be working with people different from you, and *you'll be dependent on each other to achieve common goals*. Your attitude about working together will affect your ability to achieve those goals.
- If you're a construction supervisor—or want to become one—you'll be more successful if you're able to understand and work effectively with all of the labor resources available to you.
- People from different cultures often bring new ideas, talents, and points of view that broaden the perspective of the “core” group.
- People from some cultures seem to have developed characteristics that others might do well to adopt—for example, attitudes toward hard work, self-motivation, and an overall positive attitude that is above the norm.
- On a personal basis, people from other backgrounds and cultures offer opportunities to learn about their customs, music, foods, and other interesting opportunities.

How a Positive Attitude Affects Teamwork

- One negative person in a crew or department can destroy the positive attitude of others.
- Listen to the needs of others, respect what they say, and treat each person as an individual.
- Attitudes are caught, not taught. Your attitude “speaks” so loudly, it overpowers anything you say.
- The foundation for personal confidence is a positive attitude.
- The process of attitude renewal should start whenever something occurs to undermine, decrease, or destroy a positive attitude.

How to Protect Your #1 Asset

- Protect your #1 asset by solving problems.
 - Slow down until you gain a positive perspective.
 - Think the problem through in a logical way.
 - Live with the solution gracefully.
- Protect your #1 asset during a major lifestyle change.
 - View the change as an opportunity.
 - Accept the fact that some refocusing will be necessary.

Be thankful for what we have, not regretful for what we don't have. Compared to all the places and societies in the world we have it pretty good! Be positive!

Success is No Accident!