



**SAFETY**

Nebraska Building Chapter

## AGC Safety Initiative E-News

October 9, 2019

**Allocating money, time and resources for worker safety and health programs can be a challenge. AGC Nebraska Building Chapter has resources available. Register today for Fall Roundtable, Oct 16**

**QUALITY PEOPLE AWARDS-Nominations** are due **October 14**-- Designed to celebrate and recognize achievements of individuals who 'go above and beyond' in their communities, profession or company. As safety professionals, please nominate individuals in your organizations in these categories:

**Groundbreaker Award**—recognizes an individual with five or less years of experience (full-time employment) in construction that has taken great risks to break new ground—someone that has demonstrated innovation, is a trendsetter and has exhibited potential for growth.

**Mentor Award**—recognizes manager/supervisor that supports the professional growth of one or many employees and inspires each to reach their full potential.

**Innovator Award**—honors an exemplary professional that contributes innovation, creativity, skills, responsibility and integrity to the project consistently. This individual is a good role model and promoter of construction careers in the future workforce.

**Community Supporter Award**—recognizes and honors an individual that outside of his/her work responsibilities uses their construction skills and/or leadership talents to support, promote or move the industry forward.

There is NO entry fee. [Click here](#) for details.

### What makes our Safety Initiative different?

- It is driven by our **ENTIRE** Board of Directors!
- The intent is to include **EVERYONE** in the conversation--not just the Safety Professionals!
- The roundtable events are **MOST EFFECTIVE** when **ALL** the players show up--including GC & SC top management, PMs, Superintendents, and Safety Directors.

[Register today](#) **Fall Roundtable, October 16, 3 – 5 p.m.** at Round the Bend Steakhouse, Ashland.

Kevin Cannon, Senior Director of Safety and Health at the Associated General Contractors of America. He currently serves on the Federal Advisory Committee on Construction Safety and Health (ACCSH) which advises the Assistant Secretary of Labor for OSHA on regulations, standards and policies that impact the construction industry. This event includes Kevin's presentation, 'Best Practices from the 2019 AGCA Safety Award Entries and OSHA Updates and Forecasting,' and a facilitated discussion. This program is appropriate for everyone including top management, PMs, Superintendents and Safety Professionals. ***There is NO CHARGE TO ATTEND - non-members are welcome!*** [Register today](#)

**Allocating money, time and resources for worker safety and health programs can be a challenge.**

Keep in mind:

- Investments in safer equipment and training can pay dividends, including expanding the business.
- Creating a culture of safety can be a long road, but persistence pays off.
- Employ a company-wide strategy that positions 'safety as a brand.'
- AGC Nebraska Building Chapter offers numerous free resources.

[AGC Nebraska Building Chapter Safety Resources](#) are designed to help develop and provide support for your safety program. Feel free to share this link with additional team members!

The site offers on-demand, online or on-site training opportunities on a variety of topics including:

- **ON-DEMAND SAFETY TRAINING VIDEOS**



- A selection of short videos, viewable on any device, are available at **no charge** and easy to [preview](#).

- **SAFETY TRAINING STARTER KIT**

For any company that wants to ‘step-up’ their safety training program, or for the smaller and emerging businesses that need assistance in formalizing a safety program. The kit includes:

- *How to Develop a Safety Program* - training course produced by AGC of America
- *New Employee Orientation DVD* - produced by AGC of America – EN or SP
- *New Employee Orientation Handbook* - pkgs of 10, produced by AGC of America – EN or SP
- *Toolbox Talks* - One-year subscription to weekly safety meeting outlines

Available by contacting the Chapter office at [info@agcnebuilders.com](mailto:info@agcnebuilders.com)

### **Make good ergo part of your drive to work**

Good ergonomics isn’t limited to the office: The same practices that can help avoid aches and pains at your desk can be applied to your drive to and from work. Lower back pain is a common commuter complaint, along with discomfort and pain. The same goes for foot cramps and a sore neck and shoulders stemming from poor posture, and stress and tension caused by sitting in one position for an extended period of time.

Make your ride to work more comfortable with these tips:

- Adjust your seat so you can easily reach the pedals and controls. You should be able to reach the steering wheel without stretching your arms.
- Raise the steering wheel if your legs or knees bump it while driving.
- Keep the backrest at shoulder height so it doesn’t interfere with your rearview vision.
- Adjust the headrest so it’s as high as – but not lower than about 2.5 inches from – the top of your head.

[Register today](#) for the Fall Roundtable – see you there!