

# Cleaner. Safer. Healthier.

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## Operational Use/Tips

Don't overreach when climbing a ladder. On a ladder, one wrong step can be dangerous-even fatal. Whether you're trying to change a light bulb, or reach a third story window, remember this advice for getting back to solid ground safely:

- **Always inspect your ladder first.** Look for cracks, breaks, and any other damage that might make it unsafe.
- **Use the right type of ladder.** Don't lean a stepladder against a wall in a closed or semi-closed position. Know how much weight your ladder is designed to hold and don't exceed the limit.
- **Position the ladder correctly.** Place it on a flat, stable, dry surface so it won't slip or trip. make sure all its locks are in place before climbing.
- **Face the ladder at all times.** Whether ascending or descending, face front and hold on.
- **Use the three point rule.** Always keep three points of contact with the ladder-preferably two feet and one hand.
- **Stay centered.** Don't lean over in any direction. keep your hips within the vertical rails. use the "belt buckle" rule-if your buckle moves beyond any rail, you're reaching too far.
- **Don't stand on the top step.** The highest safe rung on a stepladder is two steps below the top.
- **Calculate the right angle.** When using an extension ladder that leans against a wall, use the 4:1 rule: For every four feet of height between the ground and the ladder's highest point of contact, position the ladder one foot away from the wall.

## To Your Health

How to shop so you don't drop. Shopping can be good for your health, if you choose the right foods to buy. Here's a checklist of what to put in your cart:

- **Fiber.** Look for whole-grain breads and cereals, as well as dried beans and brown rice.
- **Green vegetables.** The darker the better. Deeper greens signify a higher concentration of Vitamins A, C, and E,

along with folic acid, calcium, and other important nutrients.

- **Frozen produce.** Check the label carefully. Some frozen fruits and vegetables contain as many nutrients as the fresh variety, especially produce that has been sitting out for a few days.



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## HR Q&A

Do you have a question about a personnel policy, benefit, or the company? Just submit your question to: [hr@cleanforhealth.com](mailto:hr@cleanforhealth.com).

Brad Georgetti, our Senior Vice President of Human Resources, or Lynn Domboski, our Director of Human Resources, will be delighted to help by answering your question.

We are committed to helping you by keeping the lines of communication open.



# Kudos

Great Job! Way to Go! Nice Work!

During the month of July, Matrix employees at Novelis in Oswego were invited to attend a celebratory luncheon in honor of 5 Million Safe Work Hours. Your hard work and dedication is greatly appreciated. Congratulations!

Phil Tryon, of Pall Trinity in Cortland had this to say to Denny Lusht, Regional Manager:

“Denny, please pass along my thanks to Don Hoyt and your crew for working a VERY long day and night to get Cleanroom 1,2,4, HCL, Old E-Grade, and CR-3 cleaned for the certification inspection. Their long night of dedicated working allowed us to open these rooms on Monday evening for production!”

A “thank you” pizza party will be held for the Matrix staff of Pall Trinity.



## Grins & Giggles

### Alphabet Soup

Here’s some interesting anagrams that once the letters are rearranged, say more than we’d ever expect:

Dormitory = Dirty Room

Slot machines = Cash lost in ‘em

Snooze Alarms= Alas! No more Z’s

## Safety First



### Personal Protective Equipment (PPE)

Gloves: Offer protection from chemicals, cuts and abrasions.

Various chemicals may cause skin irritation or damage. Although some of the chemicals we supply do not require skin protection under normal use, others do. Review the effects of both short and long term exposure, and the recommended personal protection found in the Material Safety Data Sheet prior to using any chemical. Also, some assignments may require handling bulk paper or trash, which may pose the risk of cuts or abrasions.



## Quotable

And we find at the end of a perfect day, the soul of a friend we’ve made.

## ECOSMART

### Paper Reduction

Cut down on printing out e-mails, take reusable plastic bags to the grocery store, and take one less paper towel and napkin when washing and wiping your hands. Think of all the many ways that we can each play a direct role in helping to preserve our environment.

**EVERY EFFORT COUNTS!!**



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