

Message from Tom

Summer is gone and fall is here. Along with the changing weather come the onset of the holidays, Halloween, Thanksgiving, Christmas and New Year's. They are joyful times but for many very stressful. As we juggle all the things we do to prepare, along with all of our work challenges it can get very overwhelming. During our hectic schedules we are so focused on our own needs, wants and problems, that many times we forget others who are so much less fortunate than we are. Many of these people, through no fault of their own, find themselves in desperate need of help and assistance. That is why I am thankful to all of you. MF&B is able to do our small part in helping out. All year long MF&B supports numerous charities and organizations such as the Southside Boys and Girls Club and the Southeastern Virginia Food Bank. It is in keeping with our pledge of doing the right thing all the time that MF&B strives to be the best citizens we can be. So with knowing this, I would ask all of you at MF&B during your busy schedules to stop and think of what you can for those less fortunate. Thank you for all you do and will continue to do. In closing please remember this simple message: The only time one human being should be looking down on another is when they are helping them up. Please join me in helping someone up.

Wishing you the best holiday season,

Tom Taylor

MF&B Reminders

☞ Remember this is *your* employee newsletter. If you have any ideas or suggestions we would love your input! Email Nikki at

Courtney@mfbmarine.com

☞ If you need to make any changes to your address, phone # or emergency contact please email Nikki at: Courtney@mfbmarine.com

☞ Nikki is now a Notary Public. If you need something notarized contact her to schedule an appointment.

Calendar of Events

December 20th-MF&B Marine Ton of Fun Holiday Party 7:00pm

December 25th-Christmas, MF&B Marine's office will be closed 12/24 and 12/25.



January 1st-New Year's Day, MF&B Marine's office will be closed.

Southside Heart Walk

Team MF&B Marine raised over \$1800.00 for the American Heart Association! Thank you to everyone who donated and/or walked with us. I would like to give a special thank you to all of our raffle winners (**Luke Tilghman, Bob Fleming, Margaret Marinelli, & Jay Friel**) who generously donated their winnings to the cause.

Team MF&B Marine at the Southside Heart Walk.



SAFETY CORNER

By: Gary Wyatt

PROMOTING A SAFETY FIRST MINDSET IN THE WORKPLACE



We live in a culture that expects fast answers and quick fixes. A patch here, some duct tape there, and the problem is solved, right? Wrong. When you're thinking of ways to promote safety and reduce accident risk in the workplace, the first thing you'll need to do is abandon the idea that one piece (or even multiple pieces) of equipment will answer every safety challenge instantly.

Workplace safety is a "big picture" issue and has many facets. Some are easier to identify than others. So here we'll take a quick look at some of the main factors in reducing the risks for fall-related injuries in the workplace, and some straightforward steps you can put into action.

UNDERSTAND THE HUMAN ELEMENT

You may think at first that the main factor in reducing fall-related accidents is equipment—and choosing the correct equipment is certainly essential. But for a moment let's consider the human element, the men and women who build, assemble, and haul in a coordinated way to maintain workplace flow. Are safe practices at the forefront of their minds? Is there a system in place by which they may identify and report potential hazards? Successful risk reduction begins with people. So the ideas and practices associated with safety should not only be a key element of worker training, they should be reinforced regularly. Mini training and refresher sessions can help reinforce safe practices, while discouraging bad habits and short-cuts. Training workers on the proper use of each piece of equipment is also vital. Fall protection equipment can only do its job when used and maintained properly. Whether you're talking about visual inspection of a full-body harness, checking load capacity on a jib crane, or ensuring that equipment that has reached the end of its work life is retired and replaced—informed workers are your best safety asset. Managers must also be aware of potential hazards and should promote safe practices in the work environment. When managers choose not to drive safety initiatives, a majority of time the initiatives will die.

ASSESS THE RISKS

Often those best acquainted with workplace risks are the workers themselves. Having a system by which workers can report a potential hazard lets you address that risk quickly, before an injury occurs. Another step many businesses find valuable is to order an independent risk assessment. Some risks can best be spotted by a trained eye, so a thorough walk-through and assessment of your facility can help identify those hazards that may not be obvious at first glance. A detailed assessment can also help you make more cost-effective purchasing decisions when the time comes to buy safety equipment.

CHOOSE THE RIGHT EQUIPMENT

Yes, equipment is a vital factor in reducing fall risk, but choosing the RIGHT equipment for the job is essential. Some hazards may be addressed by a passive fall protection system such as a ladder or catwalk. Others may require an overhead system using a body harness and lanyard in conjunction with a portable anchorage. An independent risk assessment can help you make the right purchasing decisions. Also, manufacturers are able to address your needs and concerns as well. A company that engineers and manufactures safety systems, for example, can help to custom-design and install the right equipment for your facility.



MAKE A RESCUE PLAN

Addressing fall hazards effectively means not only selecting the right equipment, but ensuring that workers each know their roles in the event of an accident. A well-planned and thoroughly rehearsed fall rescue plan can save time and lives. It is well known that prolonged suspension can cause lasting injury, even when a fall-protection system has done its job and prevented an impact. With an effective and well-coordinated fall rescue plan in place, a suspended worker can be brought safely to the next lower level before outside aid arrives.

Taken together, these measures can go a long way toward promoting safe practices, reducing risk and injury, cutting the likelihood of OSHA fines, and creating a "safety first" mindset in your workplace.

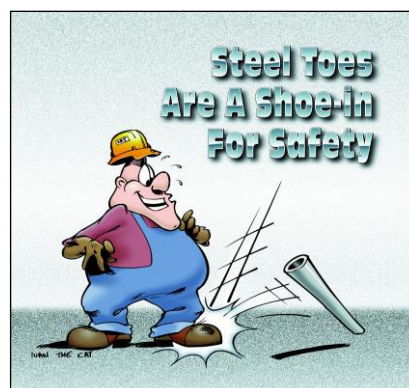
MF&B Marine's Shop does it again!

MF&B Shop has been working hard and has completed fabricating fourteen dry-dock towers for BAE.



Safety Shoe Reimbursement:

Now through December 31st, 2014 MF&B Marine will reimburse you for the purchase of new steel toe safety boots (Up to \$100.00). Please bring in your receipt to Nikki or Margaret and your reimbursement will be added to your next paycheck.



Welcome Aboard!

Alex Arain
Brandon Barnes
Leopold Chambers
Josh Evans
John Grimsley
Derrell Harrell
Justin Hogg
Reginald Humphrey
Rufus Hurdle
Richard Jones
Michael Kirby
Stephanie Lilliston
Carlton Miller Jr.

Lavell Mosley
Tom O'Bryon
Anthony Pellon
Jesus Rocha
Georgie Sears
Charles Setchel
Daniel Taylor
Matthew Thompson
Rodney Vaughan
James Woods

Congratulations to the following employees, who were recognized for their outstanding performance on the USS Nitze by CDR Nakamura: James Woods, William Rowland, Vincent VanDyke, Prince Coles & Nora Blackledge



ALS Ice Bucket Challenge

Tom Taylor did the ALS Ice Bucket Challenge to help raise awareness for Amyotrophic Lateral Sclerosis (ALS), often referred to as "Lou Gehrig's Disease." You can watch the entire video on MF&B Marine's Facebook page!

