

## Message from Tom

Welcome to the first issue of Sparks@815. This newsletter combines our efforts to keep everyone in the MF&B family, customers and others updated on the happenings at MF&B as well as a lot of useful tips and information.

The leaves are changing and the temperature is dropping. It has been a long and challenging FY, 2013. From the early start of possible contract cancellations to an all-out summer you have all lead the way without fail. Your hard work and dedication is unparalleled. We have faced many challenges, there will be more in the future, but with all of us pulling together there is no doubt MF&B will rise to the occasion. Thank you and your families for all of your hard work and sacrifices which makes MF&B one of the best ship repair contractors. I wish all of you and your families a safe and happy holiday season!

Go to this website for easy access to your benefit information! Optima, Humana, Lincoln in one stop!

<http://ebc.ubabenefits.com/mfb/>

Login: mfbmarine

Password: mybenefits

## Calendar of Events

**Flu Shots at AMH Clinic:** October 21<sup>st</sup>-25<sup>th</sup>, walk-ins welcome!

**VSRA 18<sup>th</sup> Annual Safety and Health Seminar:** October 23<sup>rd</sup>

**Thanksgiving:** MF&B Marine's office will be closed November 28<sup>th</sup> and the 29<sup>th</sup>

**Annual Food Bank/Holiday Party:** December 14<sup>th</sup>

*Last year MF&B Marine collected food for 9,457 meals!*

**Christmas:** MF&B Marine's office will be closed December 24<sup>th</sup> and 25<sup>th</sup>

## MF&B Reminders

-This is *your* employee newsletter, if you have any ideas or suggestions we would love your input! Please email your ideas to Nikki at [Courtney@mfbmarine.com](mailto:Courtney@mfbmarine.com)

-Remember **AMH Clinic** is available to all full time employees, and it is conveniently located right across the street!

**Hours: Monday-Friday 7:00am-4:00pm**

**Phone: 757-233-9055**

-“Like” MF&B Marine on Facebook to see photos from the Food Bank/Holiday Party, and to see information regarding company events.

## SAFETY CORNER

By: Gary Wyatt and Santiago Vallee



### Confined Spaces

Many workplaces contain spaces that are considered "confined" because their configurations hinder the activities of employees who must enter, work in, and exit them. A confined space has limited or restricted means for entry or exit, and it is not designed for continuous employee occupancy. Confined spaces include, but are not limited to underground vaults, tanks, storage bins, manholes, pits, silos, process vessels, and pipelines. OSHA uses the term "permit-required confined space" (permit space) to describe a **confined space that has one or more of the following characteristics: contains or has the potential to contain a hazardous atmosphere; contains a material that has the potential to engulf an entrant; has walls that converge inward or floors that slope downward and taper into a smaller area which could trap or asphyxiate an entrant; or contains any other recognized safety or health hazard, such as unguarded machinery, exposed live wires, or heat stress.** Think for a minute before entering a confined space. Don't assume it is okay because it was yesterday. **MAKE SURE YOU CHECK THE MARINE CHEMIST CERTIFICATE/COMPETENT PERSON LOG OF INSPECTIONS.** If you enter and notice a change of conditions, get out immediately and notify your Supervisor and Safety Inspector. You all are very important to MF & B Marine and especially your family. You come in safe and we want you to go home safe.

## Employee Spotlight

Congratulations to the following employees:

- Vience Bond was recognized by the Captain of the USS Winston Churchill as "Outstanding Worker of the Month"
- Steven Banton for graduating the Crestcom Leadership Program.



- Ric Shaner, Joshua Neal, and Zaneta Jones for passing the SSPC's NBPI test.
- Margaret Marinelli for winning the "Name Our Employee Newsletter" contest.

If you see a co-worker doing something above and beyond or know of something a co-worker should be commended for please email Nikki and let her know!

Thank you to everyone who participated in the Southside Heart Walk this year! Your donations and support are appreciated. Team MF&B Marine raised \$1,345.00 for the American Heart Association.

