



FALL 2016

PRIDE

Be Mindful of Safe Lifting Basics to Remain Injury-Free

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Lifting is a common activity in the workplace, and it is often forgotten that there are proper techniques that need to be followed to avoid injury. In fact, lower back injuries are the most common work-related injury cited by the Occupational Safety and Health Administration (OSHA).

Safe lifting of heavy objects requires training and practice. And when equipment is available, it should be used to lift and carry heavy objects. Loaders, forklifts and hoists are designed for this purpose.

Team Lifting

When others are helping you lift, teamwork is very important. If you're going to be carrying the load to another location, both of you should coordinate this prior to lifting the object. Check the route and clearance. One worker needs to be in a position to observe and direct the other. Lifting and lowering should be done in unison. Don't let the load drop suddenly without warning your partner.

Your Safety is Important

Proper lifting methods protect against injury and makes continued work much easier. It is important to think about what you are going to do before lifting an object—over time, these safe lifting techniques will become habit.

We want every one of our employees to return home every night! Don't take unnecessary risk when needing to lift or move heavy objects!

Safe Lifting Basics

Safe lifting plays an important role in keeping your back healthy and you safe. There are safe lifting techniques that take strain off the low back area. They include:

- *Look over the load. Decide if you can handle it alone or if you need assistance. When in doubt, ask for help. Moving an object that is too heavy or bulky can cause severe injury.*
- *Clear away any potential obstacles before beginning to carry the object.*
- *Support and propel the object while carrying it; your grip should be firm. Carrying objects will change your balance. To keep this change of balance to a minimum, keep the load close to your body and to your normal center of gravity, between the legs and shoulders.*
- *Use good foot positioning. Your feet should be shoulder width apart, with one foot beside and the other foot behind the object that you are going to lift. This allows you to use the full power of your leg muscles. Leg muscles are stronger and more powerful than back muscles, so let your legs do the work.*
- *Bend your knees. Bending over at the waist to reach for the object you want to lift puts strain on your back, shoulder and neck muscles.*
- *Keep your arms and elbows as close to your body as you can while lifting. If you have to stretch your arms out completely away from your body, ask for assistance with the lift.*
- *Use your feet to change direction. Don't twist your body. Twisting your body adds to the stress of the lift and affects your balance.*
- *To lower the object, bend your knees as you did to pick it up. To place the load on a bench or shelf, set it on the edge and slide it into position. Make sure your hands and feet are clear when lowering the load.*

Department Notes

Jim Jewell

Asphalt

It is hard to believe that Fall is on us already.

As usual, we are hoping for good weather the rest of the year so we can finish the rest of our work.

Ron and his crew have finished up the work at Callaway West and for Custer County around Broken Bow. The asphalt work is nearly done at Oconto to Eddyville, then we have some work in Lexington. Hopefully we can get done in time to move out to Ogallala for some work on Highway 30.

Wally has been done at Kimball North for a while now. The plant is set up near Trenton for the Benkelman and Trenton East and West projects. We have a good start on these and expect to be finished by the first of November.

We have quite a bit of work for next year already: Highway 71 near Harrisburg, McCook to Indianola, McCook North, Ansley to Mason City on Highway 2, north of Stapleton on Highway 83 and finally on I-80 from Maxwell to Brady. As you can see, the market is good going forward, and we are well positioned to take advantage of it.

Thank you for all your hard work this year, please be safe as we finish out the season.

Dennis Sandrock



Concrete Paving in Grand Island

Darrell and Sam finished in Imperial on the airport and city projects and are done with the mainline in Ogallala on the state project. They have also been paving on the Hershey project as well.

Denny and Cesar, along with Don's crew, finished the Lexington Frontier job and the Lexington subdivision work. Now Denny and Cesar are working in Lexington on the Highway 21 project where the mainline is now complete and are working on the drives and sidewalks. They have also just started a couple of blocks of paving in Gothenburg for Van Kirk's.

Justin, Steve and Don are in Grand Island on the Capital Avenue project. The mainline paving is done and they are now on the intersections and drives to finish up.

Paving

They also finished a four-mile county project in Beatrice. They will be moving into Hershey to help out on that project.

Gary, Nick and Aaron have been surveying at Hershey, Lexington and Beatrice, along with doing the stringless paving at Beatrice and helping out on the other projects.

Joe Brokhaus is going to retire at the end of September, so we want to thank him for all of his hard work and dedication to the company.

Stay safe and keep up the good work!



Concrete Paving in Ogallala

Department Notes

Brian Engel

Ready Mix



Bridge West of Eustice for Simons

We have started the construction of our new plant in Gothenburg. The fueling station and the washout pit are the first part of the project to happen. The building dept. will be moving in shortly to start the actual building itself. Jerry Zook has been welding all summer long on all the parts and pieces to make this project happen.

That's it for this time around, have a great Fall!

Hello everyone, I hope you have all had a great summer! It has been a good summer for the RM division. The pace has been great, and the work is getting done. The paving division has been keeping us busy in Lexington, Ogallala and Hershey recently. We will be about ready to hit the big pours at Hershey by the time this newsletter comes out. We have had quite a few hog buildings going up around our area this year, which has been great. Lexington is still going strong with all the work at Tysons, High school, Designer Craft, and the Soccer Complex. Broken Bow has been going strong with the Hog Buildings and the Down Town Improvement project. Arapahoe is just getting finished up with the big fertilizer building in Edison. The rest of the plants have stayed steady with our local contractors.

Gravel

Chris Hunke

We have lots of work to do yet this year, and are working on lining up work for next year. We currently have projects for Indianola to McCook and McCook North out of Indianola and Lexington Pits. Ansley to Mason City out of Lexington, Thomas County Line South out of North Platte and Brady to Maxwell out of Gothenburg Pit.

Pit updates:

- Gates- Busy with everyday sales. Can't keep up.
- Ogallala- Pumping for asphalt jobs to be done later this year.
- North Platte- Finishing up Hershey project and getting ready for Thomas County line.
- Gothenburg-Hauling to Callaway. Getting ready for Maxwell.
- Cozad- Finished hauling to Callaway and making more.
- Lexington- Pumping for Indianola and Ansley and moving tower to make more 47B.
- Indianola- Hauling to Trenton project and getting ready for McCook projects.

Maintenance guys are very busy trying to keep things rolling.

MSHA has been very picky. Make sure you are doing all pre-shift inspections and documenting the same.

Make sure all pit employees are wearing safety toed boots and all drivers are staying in their trucks while being loaded.



Department Notes

Joe Welch

Building

The Paulsen, Inc. Building Department has a busy schedule for the rest of 2016.

Project Superintendent Terry Brand and crew continue making progress on renovations at the Cozad Hospital. Interior finishes are in progress in the emergency rooms, a new entrance ramp has been installed on the north side and a small addition has been added in the courtyard.

Project Superintendent Shane Schutte continues work on the SEM School in Sumner. Many of the areas were completed in time for school to start in August. Completion of the new gym and additional classrooms are projected to be completed by the end of October.

Project Superintendent Dan Schwarz overseeing the interior renovations at Pinnacle Bank in Lexington. This is a room by room renovation so each phase takes time to complete before moving to the next. Dan and crew are also working on a new office building for Downey Drilling in Lexington. This is attached to the new shop building we completed this spring.

Project Superintendent Clay Otto and crew have been all over the place in the last few months. Currently they are back in Lexington working on another Downtown Improvement project. This work began in late August and will continue through the fall.

Project Superintendent Dan Niles and crew are constructing the new Rustic and Red retail store in downtown Cozad. Interior finishes remain to be completed with the hopes of opening the store in October.

Project Superintendent Ross Collins and crew continue on two projects in Gothenburg. Interior renovations and an exterior facelift continue at 1st State Bank on main street. Also work continues south of town on a facility for Eagle Hills Ranch south of Gothenburg. The roof should be on the structure in October.

One of the Building Department's longtime employees has decided to retire at the end of September. Terry has been an incredible asset to the Building Department for 38 years. We all thank Terry for his dedication to Paulsen, Inc. and wish him nothing but the best during his retirement. Have a wonderful time, Terry!!!



Building Dept. pouring floor for Nebraska Salt & Grain in Gothenburg

Paulsen People



Anniversaries

10 Years

AARON J. STARK

5 Years

SHANE R TILSON

October Birthdays

OSVALDO AGUADO	1
ONVIL W MORENO FUGON	1
SAMUEL W ROOS	1
STANLEY E UNDERWOOD	1
ELDON R ELSON	2
CECIL B HINRICHS	3
BRETT WOLF	3
THOMAS E SHEA	4
DON W. DILLON	9
DAVID B DOUGLAS	9
MATHEW J. HIGGINS	12
LONNIE C. CARPENTER	14
TONY DANIAL DIETZ	15
ELEAZAR RODRIGUEZ AGUI	15
GERARDO BERNAL	16
MICHAEL REYNA	18
ALVARO VILLEGAS	18
KANE M NORDMEYER	19
RICHARD PETERSON	20
HECTOR ROJAS LOPEZ	22
BRADLEY J WELDEN	22
KAREN A. FERRELL	24
TIMOTHY P. KUMM	24
JOHN W. MYER	24
TIM M. DEVINE	27
JOHN A VANG	27
SERGIO CONEJO ORTIZ	28
JEFF J. WERNER	28
BRIAN ENGEL	31
MICHAEL L GIBBENS	31

November Birthdays

JAMES C. JEWELL	2
JOSE M RIVAS ARGUETA	2
RAFAEL DIAZ LEON	6
EDGARDO HERNANDEZ	7
JOHN W. BOYLES	8
JULIO CESAR PINA	9
LUIS E QUINONES	9
DOUGLAS P. SADLER	9
YANTSY M CLAFLIN	10
CARLOS H AVALOS	11
MICHAEL D. BOCK	11
MATT W. COVER	11
RICARDO LEYVA	11
MARTIN MACHUCA MONTES	11
ABEL E. ALVIDREZ	14
DAN K. HENDRICKS	14
MATTHEW J. HUNKE	14
HILARIO L. JUAREZ	16
DANIEL J METZGER JR	16
TRAVIS LEGER	17
ROBERTO MACIAS HERRERA	19
SIMON M RANGEL JR	19
NEAL K. ANDERSON	22
MACEDONIA E HELLER	22
DONALD F. GODDARD	26
MARTIN A ADAME	27
TYLER D BROOKS	27

December Birthdays

ROBERT PATTERSON	2
CORT D. BULLOCK	3
MATTHEW J MONAHAN	3
CHERYL R WHITE	3
ERIC L BURNETT	4
HEATHER D MILLER	5
ROBERT L LAKEY	6
LARRY J BOECKER	8
JED E. PAULSEN	8
M. DEAN RYKER	8
SALUD IBARRA	10
DANIEL GUADALUPE HERNA	11
BRYAN L FIX	13
SHANE A. SCHUTTE	13
JOE D. WELCH	14
LUIS A RODRIGUEZ	15
STEVEN R ZABOKRTSKY	15
DALE R BOSE	18
KEITH D REBEL	21
LUIS A PINEDA	23
BRANDON J BECHEL	24
CHRISTOPHER L DINGES	24
FIDEL AGUADO	26
KELLY R. NASLUND	30
RONALD R SMITH	30

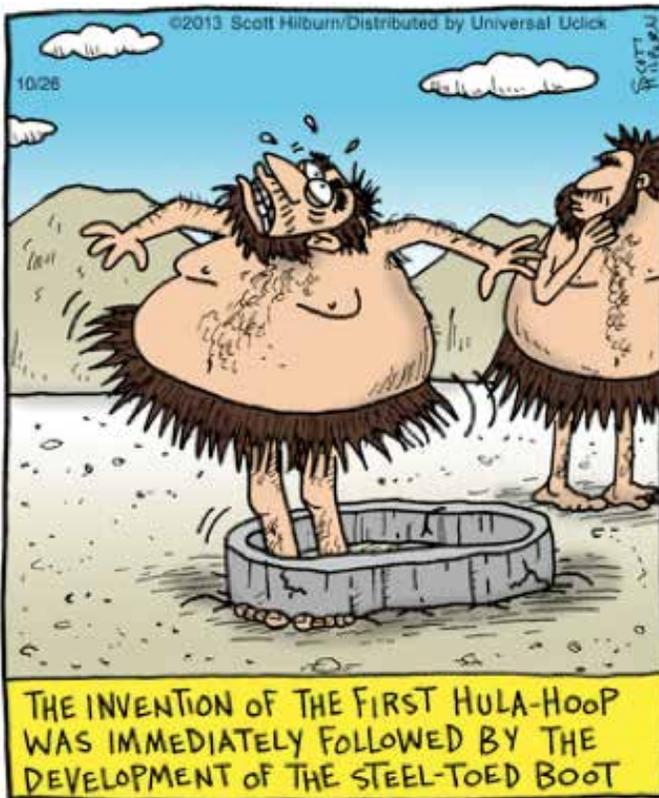




Jerry Miller, Stanley Underwood, Terry Brand, and Dick Kelley joined Larry Paulsen for a week in Sitka, Alaska in August. They are shown here with one days catch on the boat, Bingo, from Wild Strawberry Lodge.

The weather was perfect and the seas were rolling and filled with amazing wildlife.

We are proud of our employees and appreciate their hard work.



Paulsen, Inc. puts the safety of every employee first.

Be sure to do your part to work smart and stay safe!

McSafety's *Corner*

Dennis R. McFadden
Safety Director

This has been a long and at times very hot summer, but we are reaching the time of year when each day keeps getting a little shorter and there is still a lot of work to get done.

I just want to remind everyone that October and November are our worst months for accidents and injuries.

Please don't get the idea that it is not important to follow safe procedures; hurrying up to get things done – this is the attitude that ends up costing everyone in the end – it's just not worth it. Production is highly important but it needs to be safe, efficient, and have a quality of work which will show our Paulsen, Pride.

Though this fall, heat will still be a factor and we all need to drink plenty of water or sport drinks to stay hydrated. We still have plenty of Gatorade packets available at the office.

By this time of year Hi-Vis vests and clothing can be soiled to the point that it is ineffective. Let's make sure that we get them switched out in a timely manner.

We need to make sure that everyone is inspecting their PPE, tools, heavy equipment, and vehicles prior to us and make sure that we are using and/or operating safe equipment. All vehicles under the FMCSA/DOT are required to perform a pre & post trip inspection, which we required to be done in writing.

OSHA and MSHA are highly active and very aggressive with their inspections. Working safe is what is important but we also need to stay in compliance as the new penalty structure has kicked in.

The potential for accidents with deer and turkeys is on the rise this time of year, and harvest time will once again be upon us. We will be experiencing a lot of added truck traffic and slow moving, wide farm machinery on the roads.



Most of us have heard about some of the terrible accidents that have taken place in work zones this past summer; it takes a conscious effort by everyone to stay safe on our projects and on the roads. Please drive defensively, stay focused, look ahead and be prepared for the unexpected.

I need to remind everyone again to please be sure of what is behind you before you backup and stay alert to vehicles or pedestrians moving into your blind spots. We are having too many incidents involving distractions and backing up – know what is behind you.

Our goal is to always provide you with the safest workplace possible. We all need to follow safe procedures and be sure that we are properly trained. Remember if you are not trained and qualified – don't do it until you are.



**Remember to SLAM Hazards:
Stop – Look – Analyze – Manage
and wrap up the year safely!**

What Were They Thinking?



This Fire Exit works if you can do a 3 foot vertical leap!!! Know your evacuation plan in case of an emergency!!!

Paulsen **PRIDE**
is about You!

Do you have news to share like weddings, new babies, graduations or other honors?

We want to know!

Please contact Jane German at 308-784-3333 or email her directly at jane.paulsen@cozadtel.net

Remember, you can view the **Paulsen PRIDE** online at www.paulseninc.com