

THE FACILITIES FORUM

August 2022, VOLUME 47



EMPLOYEE SPOTLIGHT

Doc Bliley Plumber

Doc is from Conception, MO. He has worked in Facility Services for 10 years! His favorite part about working at Northwest is the people.



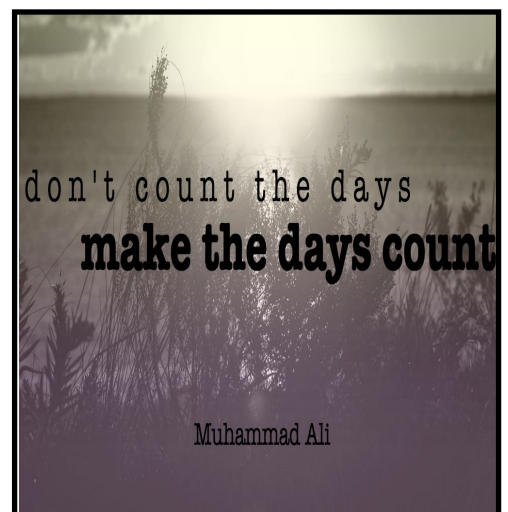
Prior to Northwest, Doc worked at Holtman Masonry for 20 yrs. He also retired with 40 years of service as a firefighter for the Tri-C and Polk county fire departments. Additionally, he would travel west to help fight wild fires.

Doc is married to Barb Bliley, a Custodian for Northwest. He has two step-children and three grandchildren. In his spare time, he likes to smoke meat.

Thank you for your dedicated 10 years at Northwest and the Facility Services department!

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MESSAGE FROM THE AVP



Team,

Many thanks for the good work each and every one of you do on a day in and day out basis to provide a clean, safe, and maintained campus as well as perform a variety of services in support of the institutions mission and serving 'every student – every day'.

As I recently shared out, early unofficial data indicates high enrollment and retention at the start of this fall semester. The numbers will be solidified upon reaching the official census date. Please do not doubt that we are a major contributor to these early signs of celebration. I cannot emphasize enough that what we do matters.

I'm proud of our accomplishments over the summer and how the crews supported the move-in (mad rush) period with our new and returning Bearcats taking up occupancy in our student housing facilities, filling the classrooms, and working out in rec and athletic facilities.

Thank you for giving me a continual sense of pride!

Dan

EMPLOYEE RECOGNITIONS

HAPPY WORK ANNIVERSARY!!

| | |
|--|-----------------|
| Doc Bliley, Plumber | 10 years |
| Kendall Burchfield, Custodian | 29 years |
| Amy Chor, Custodian | 2 years |
| Matt Cronk, Groundskeeper | 2 years |
| Bryan Freemyer, Groundskeeper | 10 years |
| Cara Harvey, Custodian | 2 years |
| Linda Hersh, Custodian | 5 years |
| Tammy Murphy, Custodian | 8 years |
| Deb Redmond, Custodial Supervisor | 16 years |
| Jim Scott, Plant Operator | 17 years |
| Danny Smith, Landscape Supervisor | 22 years |
| Craig Spire, Maintenance Technician | 4 years |
| Roger Stone, Custodian | 11 years |
| Michael Taylor, Custodian | 8 years |
| Kirtley Thomas, Painter | 2 years |
| Connie Wallace, Custodian | 10 years |

EMPLOYEE RECOGNITIONS

Welcome our new staff members!

Derrick Cessorsmo, Custodian

Gene Martin, Painter 2nd shift

Congratulations!

**Jared Groomer has accepted the Capital Programs
Project Manager position. He will begin his new role
September 1st.**

Congratulations!

**Jack Bucy has accepted the Building Trades Supervisor
position. He will begin his new role September 1st.**

YOU'RE INVITED

Below is a list of some upcoming events for **September** that may interest you. For a full list and event details visit <http://calendar.nwmissouri.edu>.

- [**Canoes & Kayaks on Colden Pond**](#) - 9/6 & 9/7 from 12:00 pm to 3:00 pm. Join Campus Recreation for some watercraft activities at Colden Pond, sign a waiver and have some fun.
- [**9/11 Stair Climb**](#) - 9/9 from 7:00 am to 10:00 am at the Bearcat Stadium. Participate in a 2,071-step challenge to honor the 343 firefighters who climbed the World Trade Center towers on 9/11 during evacuation efforts and paid the ultimate sacrifice. Register as an individual or a team. Registration is from 6:30 am to 9:30 am.
- [**Well-being Summit**](#) - 9/22, sessions are 9:30 am to 11:30 am, 1:00 pm to 3:00 pm and 8:30 pm to 10:30 pm at the Student Union, Ballroom. Join students and employees for an event focused on moving from self-care to community care, and help shape Northwest's community of care. The keynote speaker is Kathleen Hatch. There will be door prizes and refreshments available.
- [**Spoofhound Spotlight**](#) - 9/26 at 9:00 am. A monthly discussion with Maryville R2 Superintendent Logan Lightfoot and others about everything Spoofhounds. Aired on KXCV-KRNW. The program re-aired at 6:00 pm the same day.
- [**Engage Training**](#) - 9/27 from 4:30 pm - 6:00 pm at the Student Union, 3rd floor, Boardroom. A multi-level violence prevention strategy to reduce harm on campus related to alcohol use, drug use, violence, acts of bias and discrimination and suicide/mental health.

EHS SAFETY CORNER

FATIGUE AND WORK

Fatigue is the state of feeling very **tired**, **weary** or **sleepy** resulting from insufficient sleep, prolonged mental or physical work, shift work, or extended periods of stress or anxiety.

Boring or repetitive tasks can intensify feelings of fatigue.

repetitive
repetitive
repetitive



Staying awake for **24 hours** straight affects the human body almost exactly like a blood alcohol level of **.10%**, which exceeds Canada's legal limit for drivers.



Impacts of fatigue

DECREASED

- decision making ability
- ability to do complex planning
- communication skills
- productivity / performance
- attention and vigilance
- ability to handle job stress
- reaction time
- memory / ability to recall details

- tendency for risk-taking
- forgetfulness
- errors in judgement
- sick time and absenteeism
- medical costs
- accident rates

INCREASED

Fatigue is regarded as having an impact on work performance. Most accidents occur when people are more likely to want sleep – between **midnight and 6 am**, and between **1-3 pm**.^[3]



[1] <http://www.ccohs.ca/oshw/eshw/shleepportissues2007/11/machine.html>

[2] <http://www.ccohs.ca/oshw/eshw/shleepportissues2007/11/machine.html>

[3] Alberta Human Resources and Employment, Fatigue, Extended Work Hours, and Safety in the Workplace in Workplace Health and Safety, June 2004, Retrieved August 2010

SIGNS



One shift worker in five dozes off during a shift.^[1]



Night, evening, rotating and irregular shifts are associated with an increased risk of occupational injury due to **worker fatigue**, **less supervision** and **reduced co-worker support**.^[2]



Fatigue is increased by...



Tips for workers

- EAT** a healthy diet that promotes longer-lasting energy. Complex carbohydrates (starch) are preferable to simple carbohydrates (sugar). Avoid fatty foods and junk food.
- ADOPT** a steady exercise routine that includes cardiovascular, muscle strengthening and flexibility workouts.
- TRY** to get at least 7.5 - 8.5 hours of sleep per night.
- STAY** positive. Make a conscious effort not to be overwhelmed by negative circumstances.
- AVOID** driving if you are tired, especially in inclement weather where vision is impaired.
- AVOID** excessive noise.

Advice for employers

- ENSURE** the work environment does not promote fatigue. Try to avoid dim lighting, toasty temperatures, and excessive noise.
- VARY** job tasks to eliminate repetition or long periods of boring, monotonous work.
- INCORPORATE** and encourage taking breaks.
- TRAIN** workers on the importance of getting enough rest and how to achieve work-life balance.
- INTRODUCE** shorter shifts, and rotate shifts in the direction of the sun (morning, afternoon, night, in that order).

CCOHS.ca
Canadian Centre for Occupational Health and Safety

Please place burnt fluorescent tubes and bulbs in the storage room. Do not put them on the pallets. Please follow the posted signs on the EHS storage room doors.

Thank you!



FACILITIES ON THE GO

ALC Drainage Install



Breaking down boxes during move-in weekend

Completed Work Orders August Total 2,413

| | | | |
|-----------------|------|----------------|-----|
| Maintenance | 1786 | Recycle | 1 |
| Custodial | 160 | Sign Shop | 93 |
| Landscape | 72 | Transportation | 240 |
| Health & Safety | 52 | Central Plant | 9 |



Grass Seed Preparation



Northwest Sunrise



Phillips Water Line Repair



1610 Training



New Mulch

July Recycling

| FY23 | Jul-21 |
|-----------------------------|------------|
| Recycling Revenue | \$4,275.00 |
| Landfill lbs. | 45,700 |
| Compost | 6,720 |
| Cardboard | 32,025 |
| Paper | 17,927 |
| Plastic | 2,781 |
| Aluminum | 338 |
| Metal | 3640 |
| Glass | 8880 |
| Total Monthly Recycled lbs. | 65,591 |
| Total Waste Generated | 118,011 |
| Total Waste Divereted | 72,311 |
| Waste Diversion Rate % | 61.27 |

PROJECT UPDATES

Street - Parking Lot - Sidewalk Repairs



Centennial Drive



Fire Arts



Lot 42



Lot 1



Lot 9



Mable Cook 2nd Fl Restroom

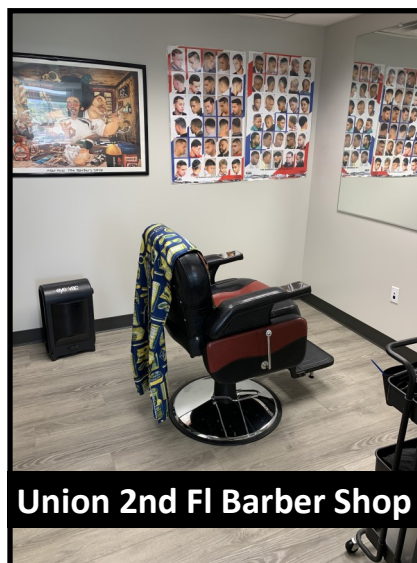


Martindale 3rd Fl Renovation



Bobby Bearcat Statue Site Prep

PROJECT UPDATES



KUDOS



Please pass on to your team that I love the new landscaping in front of library, Dieterich and Franken. Looks great!

Rose Viau

Thank you so much for the work you all did on the flooring for the barbershop!!! IT LOOKS GREAT!!! We are so appreciative of the work and time you have committed to helping us with this. You have made our day and we really appreciate all that you do.

Sincerely,

Justin Mallett, Ed.D.

WE'RE HIRING



- ◆ Several custodial positions (2nd and 3rd shifts)
- ◆ Maintenance Technician (2nd shift)

CONTACT US

Dan Haslag, AVP Facility Services
Tina Frueh, Director of Facility Services
Amber Newham, Business Operations Coordinator
Nancy Ozanne, Transportation Supervisor
Students/Front Desk/Work Orders

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