Health Tips “101” for Our Crews

In this incredible time today, there is an abundance of things being presented on every news channel and cable about COVID19. Yet, with all the helpful news and instructions about how to stay virus free, it is never a bad idea to be reminded of what we can do.

In this short article, I simply wanted to share a few health tips, some that have been executed by a few Pavecon folks already.

* Dawn + H2O = Home made sanitizer. Ron Vernon, Pavecon VP and President of our Houston Division shared this one last week. Ron said the right mix is about 3-4 ounces of Dawn Dishwater Detergent to about 20 ounces of warm to hot water. This Dawn is powerful stuff “straight,” and mixing it with warm/hot water helps the mixing process. Then, you can pour the mixture into some small bottles and hand out to your guys…leave some in the trucks.
* You might get a box of plastic gloves, like painter’s gloves, that you can purchase at Home Depot or Lowes. You could put on a pair just before you start handling some take-out lunch that was purchased at Wendy’s, Church’s Chicken, Chick-filet, etc. While most of the fast food restaurants are taking similar precautions, it might give you peace of mind for you to unwrap a burger or open a box of chicken, and not touch something that may have been handled by a worker just trying to do their job…but didn’t use gloves.
* Keep some Lysol, or any anti-bacterial disinfectant, in your trucks. Wipes are great to use whenever you have been handling tools that have been used by others. Spraying down the inside of your truck cab can also take out anything that might be unwanted…germ wise.
* Speaking of Lysol, you might be sure to take some along if you are working out of town. Again, while hotel workers are under the same precautions as we are, might still be wise to spray down your room, including chairs, your bed, and the TV Remote Control, and any ledge that you might lay down your wallet, keys, loose change, etc. Thank Charles Shoulders, Jackson Paving Foreman for this one.
* Re-Confirm you have an emergency kit for cuts and scrapes. Be sure to have a supply of anti-infection jell or spray, bandages, etc. We should have this anyway, but especially now, might be a good idea to inspect what you have and what you need.
* Go to using individual water bottles and/or thermos for coffee. I recently went into a gas station (Circle K) to get a Dr. Pepper in a cup with ice. At both the coffee machines and the soft drinks dispenser, they had a sign that read, “We will no longer allow personal cups and thermoses to fill up. You must purchase your drink using the cups provided for you by this store.” Thought this was interesting, so let’s be sure each worker has their own drinks, and let’s no longer fill up a 1-5 gallon Jug to share among the crew. Most of us are doing this already…but just to remind you.
* Start wearing those masks more often. I continually see some of our operators adding cement before reclaiming and closing their eyes while the powder from the large bags are cut open and emptied. This isn’t a COVID19 issue only, but we need to ensure that any of our workers, seasoned veteran or new hire, wear a mask whenever there is dust, dirt, etc. flying through the air. And this includes even those who are operating the equipment.
* Take any sudden, or not so sudden, changes in your workers. Most Pavecon Foremen know their worker’s habits, behavior, energy level, etc. If you observe anything a bit out of normal for one of your workers, just approach them to see how they are feeling. If they are feeling the least bit sick, i.e. muscles aching, coughing often, they said they feel hot, etc., you might want to just send them home or separate them for awhile rather than “push through.” They may not have the “virus,” they could have allergies, etc., but in this time, we should error on asking them to step back and perhaps just relax, if they do not have a vehicle to drive home. Of course, if they are really feeling sick, we need to have someone drive them home anyway, rather than risk their having an accident driving themselves.

This was not meant to be an exhaustive list of tips, but a few things just to keep your attention health based. If you have any ideas, or have tried some winning techniques, would you send them to me. I’d like to share with others around the company. Just think, one idea that someone uses, and works, could stop one or more people from getting sick, or worse.

Here’s to Healthy Days…Fast!

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