

MONTHLY SAFETY MESSAGE

March 2023 – SMS Section 3; Health & Safety Plan

SAFETY POLICY

The Company is a responsible employer, committed to providing a safe and healthy workplace for all employees.

Safety goals:

- ZERO INJURIES
- ZERO ACCIDENTS
- ZERO POLLUTION

The safety of persons, vessels, and the environment shall be given the greatest consideration when making decisions or undertaking any operation. (See SMS Section 1)



24 HR Dispatcher
504-861-1303

Port Captain
504-861-3351 office;
504-512-0067 cell

TSMS; SECTION 3 COMPANY RESPONSIBILITIES AND AUTHORITY

Review Section 3 of the TSMS manual this month with your crew.

Section 3 of the TSMS outlines the responsibilities and authority of each position in the Company with direct communications and control of our vessels.

Additionally, Section 3 describes the process and procedures for routine and emergency communications between shoreside management and vessels.

After your discussion, complete the following steps:

- Complete the “Safety Meeting Form (Weekly)” so that your review with the crew is documented properly.
- Submit any changes using the “TSMS Change Request (TCR)” form in HELM.

“Vessel masters remain the ultimate authority onboard Company vessels and are responsible for the safety of the vessel and crew at all times.”

DID YA KNOW.....

... Steve Salles is the Company Qualified Individual (QI) and our NTVRP/SOPEP plan administrator. You should contact Steve by phone each time you conduct a Fuel/Oil Spill drill.

Pursuant to 33CFR155, the Company is required to conduct annual spill drill exercises, in addition to the vessel drills, which tests the integrity of our Non-Tank Vessel Spill Response Plan (NTVRP) and Shipboard Oil Pollution Emergency Prevention Plan (SOPEP).

Once every 3 years we are required to do a “worst case” discharge spill drill. This practice ensures we the resources and procedures to handle a major spill event from one of our vessels. The worst case drill was completed in 2022; the Vera Bisso participated in the drill.

Our Oil Spill Response Organization (OSRO), Forefront Emergency Management, participates in the annual drills as they are the company contracted to ENB to provide specific services in the event of an actual oil/fuel spill.

MONTHLY SAFETY MESSAGE

Within the next few months, Steve will be conducting our annual spill drill exercise. This drill will be a tabletop drill exercise.

The manuals (NTVRP/SOPEP) manuals which contain our response procedures are required to be reviewed annually and updated as necessary. The manuals are required to be submitted, reviewed, and approved by the USCG every 5 years.

The manuals were last reviewed and approved by USCG in January 2022.

JOB SAFETY ANALYSIS (JSA)

Job Safety Analysis' are commonly referred to as JSA's. JSA's are task-oriented risk assessments used to identify hazards associated with specific tasks and to verify that adequate safeguards are put in place to control hazards and reduce risk to acceptable levels. The main goal of a JSA is to prevent harm to personnel.

The Company requires that a JSA be performed for any new or non-routine task. The instructions for completing the JSA procedure are located on the form, found in HELM.

When completing a JSA, risks are identified, mitigation strategies are formed, and controls are put in place to reduce risks to acceptable levels.

Please take a few minutes to review the JSA form in HELM with your crew.

We will be conducting training on use and application of JSA's later this month.

PRESCRIPTION & NON-PRESCRIPTION MEDICATIONS

The use of prescription or non-prescription (over the counter) medication can affect the ability of a crew member to safely perform work and may violate USCG medical standards or regulations. Such usage may also violate the Company's Drug and Alcohol Policy.

Employees are required to notify HR and the VP Operations 24 hours before boarding the vessel for both prescription or non-prescription medication with the Medication Notification form (RX Notification form in HELM).

Information pertaining to prescription and non-prescription medication use while at work is found in the TSMS, Section 6. (see Prescription or Non-Prescription Medication Notification Policy and ENB Drug and Alcohol Policy found in HELM)

Employees may use prescription and non-prescription medications on Company premises provided the following conditions are met:

- The medications have been prescribed by a doctor for the person in possession of the drugs and who will use the medication as prescribed.
- The medications are kept in their original, labeled container with a valid date. **Medications may not be expired.**
- The employee's use of the medication will not adversely affect the employee's ability to safely perform his/her assigned duties as determined by the prescribing physician and/or the Company's medical providers whose findings and decision will be the final arbiter of the employee's fitness for duty while medicated.

MONTHLY SAFETY MESSAGE

- **Non-prescription may be used if it does not impair judgement or performance. Examples of over-the-counter meds known to impair judgement or performance include but are not limited to NyQuil, Benadryl, Sudafed, etc.**
- Employees are required to notify HR and the VP Operations or his/her designee 24 hours before boarding the vessel for both prescription or non-prescription medication with the Medication Notification form (RX Notification form in HELM).

AED UNITS

The CDC reports that 6.5 million people in America suffer from heart failure. In 2012, heart-related diseases cost Americans \$30.7 billion in work absenteeism, health care services, and drugs.

In 2017, it contributed to one in eight deaths. Unfortunately, these numbers are expected to increase. In fact, a recent report published by the American Heart Association estimated that by 2030, there will be a 46% increase in heart failure cases.

So what can we do about it?

Proper diet and exercise lowers the risk of heart issues. Receive proper training on CPR and use of AED units on our vessels.

Perform an inspection each month on the AED units as specified on the *Monthly Safety Equipment Inspection* form (section 8). Be sure the batteries and pads are not expired. The Defibtech units are equipped with two batteries; a 9 volt battery and a battery pack. Check the expiration on the battery pack. The battery pack provides a charge to the patient when the AED unit is being used.

The 9 volt battery is only used by the unit to conduct self-tests. When replacing the 9 volt battery, **ONLY USE 9 VOLT LITHIUM** batteries.

Be sure the “active status indicator light” is flashing green and not red. Red indicates the unit requires service.



NOT HAPPY WITH HOW YOUR TAXES LOOKED THIS YEAR?

You can update your federal and/or state tax withholding information any time in UKG.

After logging in to UKG, go here; Menu> My Pay> Forms> Withholding + Click on “Add New” button on the top right.

For additional information and assistance, please contact Ashley Sorrells, Human Resources Manager; 504-828-3269; or email her at asorrells@enbisso.com.

MONTHLY SAFETY MESSAGE

TWIC RENEWAL NOW ONLINE

You can now renew your TWIC online without having to go into a TWIC office.

Use the link below for more information:

<https://www.tsa.gov/news/press/releases/2022/08/10/tsa-launches-new-online-transportation-worker-identification>

LICENSES AND CREDENTIALS

We are continuously updating licenses and credentials in HELM for all personnel. Any expired information must be updated.

Captain's please check your crew's information in HELM and be sure the crew has the correct credentials and they are up to date.

Missing or expired documents, such as MMC, TWIC, Medical Cards, USCG license, or driver's license must be updated ASAP.

Report crew members with expired credentials or no credentials immediately to the Compliance Manager and/or Port Captain.

If you have questions or need assistance, please contact Ron Waddell; 504-297-0741 office, 504-232-4001 cell, or rwaddell@enbisso.com.

FCC LICENSES – ARE REQUIRED

We have been cited several times by the USCG this year due to licensed mariners **NOT** having a basic Marine Radio Operator FCC license.

If you already have an FCC license, please ensure that we have a copy of it recorded in HELM.

If you do not have an FCC license, please apply for it immediately to prevent future violations. You will need an Marine Radio Operator Permit (Element 1), FCC license.

To apply for an FCC license, you can to either link below. The second seems much easier:

<https://www.fcc.gov/obtaining-license>.

Try this link; it seems much easier:

<https://uscaptainstraining.com/product/marine-radio-operator-permit-mp/>.

If you have information that you would like to see in future Safety Alerts, please send an email to Ron Waddell; rwaddell@enbisso.com.

MONTHLY SAFETY MESSAGE

Quick and Easy - Low Carb Shrimp Tacos



INGREDIENTS

FOR THE TACOS

- 1 pound of shrimp (small), thawed
- 2 tablespoons of taco seasoning (made from recipe above)
- 3 tablespoons of olive oil
- 5 Low carb Tortillas
- 1.5 tablespoons of taco seasoning
- Toppings as desired such as green leaf lettuce, light sour cream, refried beans

DIRECTIONS

FOR THE TACOS:

Heat a medium saucepan with olive oil over medium heat. Add shrimp and 1.5 tablespoons of taco seasoning. Lightly stir until shrimp are fully cooked. Assemble shrimp approximately 3 ounces per tortilla. Dress taco with add-ons as desired.