

THE INLAND MARINER

2019 - 2ND QUARTER NEWSLETTER



Pictured Left: D&S Marine's newest vessel, Neva Callais, under the watch of Captain Gene LeBlanc and his crew.

SAFE WORK HABITS

In most everything we do, we find a way to make the process go easier and faster. These processes we develop become work habits and are used not only at work but in our everyday activities as well. Some say it takes 21 days of continual monitoring and reminding yourself to develop a habit.

Some of us have very good habits; some of us could use a little work. Let's look at a few tasks:

- Do you fasten your seat belt every time you enter an automobile?
- Do you put in your hearing protection as you enter high noise area?
- Do you wear safety glasses and pants when using a weed eater?
- Do you utilize the handrail when going up or down stairs?
- Do you turn your head and check your blind spot prior to switching lanes?

These are just a few habits that safety conscious employees do each and every time they perform a task. Have you created Safe Work Habits both at work and at home?

I believe we have developed some very good safe work habits over the years and our fleet performance is a clear indication of that. As of this newsletter, we are 13 weeks incident free! We still have more progress to make and that takes time. Keep up all of your hard work and stay safe out there!

- Dean Cheramie

2nd Quarter New Hires

Wheelmen

Frank Halbert
Dudley Primeaux

Tankermen

Ricky Childs
Dazhjrean Richard
John Craven

Deckhands

Christopher Bua
Chase Romero
Dalton Lewis
Kyle Lee
Curtis Lodrigue
Joshua Escobar
Cody Hebert
Miguel Paige
Cody Riley
Dayton Theriot
William Smith
Jason Kraemer
John Yarbrough
Drew Broussard
Jacob Finch
Carlos Moore
Devonte Triggs
Jordan Richards

Please welcome these new hires aboard and ensure a thorough orientation is conducted. We have all been "new" at some point. So please do your part to set these new employees up for success!

HEAT STRESS

Nationwide on average over 300 people die each year from heat related illnesses across all industries. When the body can no longer adequately cool itself by sweating, heat exhaustion and the much more serious heat stroke can occur and can result in death. Prolonged exposure to high temperature and humidity, direct sun or heat, limited air movement, physical exertion, some medications and poor physical condition can lead to these conditions.

Prevention:

During work and when working in hot environments, use the following guidelines.

- Drink plenty of water throughout the day, not just while working in the heat (at least 1 cup every 15 or 20 minutes)
- Avoid caffeinated drinks (and alcoholic drinks away from work)
- Eat lightly and wear light, loose fitting clothing
- Wear a hat, sunscreen and light sun-protective clothing
- Take breaks regularly in cool shaded areas
- Acclimatize to outdoor work gradually
- Don't skip meals, this ensures energy and salt levels are maintained

Be aware of the following heat stress symptoms in yourself and others:

Heat Exhaustion:

- Fatigue, thirst and heavy sweating
- Headache, dizziness, lightheaded or fainting
- Mood changes such as irritability or confusion
- Cramps, nausea and vomiting

Heat Stroke:

- Hot, red, dry or moist skin
- Fast breathing, headache, dizziness and confusion
- Irrational behavior, convulsions and loss of consciousness

**COMING TOGETHER IS A BEGINNING;
KEEPING TOGETHER IS PROGRESS;
WORKING TOGETHER IS SUCCESS.
-EDWARD EVERETT HALE**

WHAT DOES DROWNING LOOK LIKE?

Summer is here, and for both your boat crew and at home, it is important to understand what drowning really looks like.

Drowning is not the violent, splashing call for help that most people expect. Waving, splashing and yelling that dramatic television and movie acting prepares us to look for are rarely seen in real life. Except in rare circumstances, drowning people are unable to call out for help.

The mouths of drowning people will alternately sink below and reappear above the surface of the water. For this reason, their mouths are not above the surface of the water long enough for them to exhale, inhale and call for help.

To get an idea of just how quiet and undramatic surface drowning can be, consider this. It is the #2 cause of accidental death in children, age 15 and under just behind vehicle accidents. Of the approximately 750 children who will drown next year, about 375 will do so within 25 yards of a parent or other adult.

Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.

Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

What you should really look for is:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes closed or glassy, unable to focus
- Hair over forehead or eyes
- Not using legs, vertical position
- Hyperventilating or gasping
- Trying to swim but not making headway
- Trying to roll over on the back

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble. They are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long. Unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

If someone falls in water or looks like they are in trouble, you should simply ask, "Are you alright?" If they can answer you at all, they probably are okay for the time being. If they return a blank stare, you may have less than 30 seconds to get to them. Parents, children playing in the water make noise. When they get quiet, get to them right away and find out why they are not vocal. There is no time to waste!

BE A SAFETY LEADER

A strong safety leader is not necessarily a manager or supervisor. Titles do not create an effective safety leader; only actions can do that. No matter what job you do or what title you hold, we all have the responsibility to be a safety leader! Are you a safety leader?

WORKPLACE ATTITUDE

When dealing with workplace issues, everything is not always as simple as a “yes” that fixes it or a “no” that won’t work. Sometimes the answers lie in the attitude we have as employees and the attitudes of those around us. We all have a personal life outside of work. Some are more social than others, some are more active, etc. The point being that we all have influences, whether that be family, relationships or even financial stress that affect our behavior. A key factor to being successful is having the ability to not allow our personal issues to interact with our work responsibilities.

1. A negative attitude or behavior not only affects your abilities to do your job, but also how employees around you act and react.
2. An angry or unhealthy attitude at work creates a hostile and defensive work environment.
3. Allowing personal issues to interface with your work duties can affect your ability to be the best you can be at the task you are assigned.
4. Negative, angry and unhealthy behavior creates an atmosphere that generates more possibilities for accidents, friction and tension.

In summary, we are all hired to do specific tasks. We represent not only ourselves, but the company as well. In order to get the most out of those we interact with, there must be a level of trust and camaraderie that makes each employee feel secure in reporting, advising and administering safety policies. Make each moment the best it can be. Leadership begins with each of us!

PROMOTIONS

Devin Jupiter – Tankerman

Tyler Lirette – Tankerman

Vincent DeHart – Tankerman

Trevor Holdiness – Tankerman



FROM THE GALLEY

This slow cooker Crack Chicken recipe is easy! It takes just 10 minutes prep time and no one will know it happens to be Keto friendly. Crack Chicken comes out soft, creamy and almost like a dip. So, you can use it in a multitude of ways in making sandwiches, wraps or just as a dip.

Ingredients:

- 2lbs chicken breast
- 1/2 cup chicken broth
- 1 Hidden Valley Ranch seasoning packet
- 8oz package of cream cheese cut into chunks
- 8 slices of cooked and crumble bacon
- 1/2 cup shredded cheddar cheese
- 1/3 cup chopped green onions



Directions:

1. Add chicken broth to slow cooker and stir in ranch seasoning packet
2. Place chicken breast into slow cooker in a single layer
3. Cover and cook for 4 hours on high or 8 hours on low
4. After the cook time has ended, shred the chicken
5. Stir in cream cheese, bacon, shredded cheddar and green onions
6. Cover the slow cooker again and cook for an additional 5-10 minutes, until all cheese has melted

CREW NEWS



Robert Minter | Son
Robert John Minter III | 4/3/19



David Moore | Daughter
Phoebe Brienne Moore | 4/8/19

COMPANY ANNIVERSARIES

April

Gary McLain - 10 years
Olympius Johnson - 9 years
Klacy Ward - 8 years
Allen Fields - 6 years
Patrick Nash - 5 years
Michael Prosperie - 5 years
Albert Trosclair - 4 years
Kyle McClendon - 2 years
Billy Yates - 1 year
Thomas Linton - 1 year
Justin Killian - 1 year
Deray Darensburg - 1 year
Lucan Chenette - 1 year

May

Edward Westmoreland - 12 years
Percy Byrnes - 12 years
Matthew Hurd - 8 years
Leonard Dupre - 8 years
Chance Shirley - 8 years
Irvin Naquin - 7 years
Dusty Hale - 3 years
Robert Cervantes - 3 years
Jean Taylor - 3 years
Reginald Webb - 1 year
Ethan Cook - 1 year
Sean Plaisance - 1 year
Devin O'quin - 1 year
David Toups - 1 year
Daniel Porter - 1 year

June

Gregory McLendon - 6 years
Cyd Hebert - 6 years
Bobby Cooper - 6 years
Xavier Singleton - 4 years
Randy Gaudet - 4 years
Dylan Nelton - 3 years
Arthur Bartholomew - 3 years
Christopher Rodrigue - 1 year
Kenneth Fortenberry - 1 year
Joey Richard - 1 year

UPCOMING BIRTHDAYS

July

Jason Bourg - 6th
Darion Cassie - 8th
John Verrett - 9th
Sean Plaisance - 9th
Brandon Hayes - 13th
John King - 13th
Devin Jupiter - 14th
Patrick Nash - 15th
Ricky Childs - 15th
Charles Husley - 17th
Donzell Turner - 21st
Xavier Singleton - 22nd
Devonte Triggs - 23rd
Robert Abbott - 25th
Reginald Webb - 27th
Dayton Theriot - 31st

August

Richard Portier - 1st
Joshua Escobar - 2nd
Jermamy Reese - 3rd
Rhonda Rebaradi - 3rd
Cody Hebert - 5th
Leonard Dupre - 6th
Rickie Daigle - 8th
Michael Minter - 11th
Dalton Lewis - 15th
Lindsey Getzinger - 15th
Matthew Hurd - 17th
Jordan Richards - 18th
Donald Cheramie - 19th
John Craven - 20th
Jason Cloud - 26th
Bart Authement - 26th
Arthur Bartholomew - 27th

September

Frank Bumgarden - 1st
Louis Lapeyrouse - 4th
Lucan Chenette - 5th
David Henderson - 5th
David Kirksey - 6th
Shea Jordan - 6th
Stanley Sevin - 9th
Kyle McClendon - 10th
Philip Smith - 10th
Chance Shirley - 12th
Joey Davaine - 12th
Garrett Kelley - 17th
Daniel Porter - 17th
Dylan Nelton - 18th
William Smith - 19th
Hailey Pledger - 19th
Vaughn Henry - 20th
Allen Fields - 21st
Jeremy Chabert - 27th