



## Special Interest Articles:

- Dole and Chiquita Continued Growth
- Global Reefers - Steady as She Goes
- Cranes on the Rail
- Team Member News
- National Forklift Safety Day
- Heat Stress Tips



## *Murphy Marine Services, Inc.*

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### Dole and Chiquita are Strong

The banana business through the Port of Wilmington continues to remain strong. One year ago, both Dole and Chiquita introduced more volume by adding additional Port calls. Dole is running two ships per week, calling on Sunday and Monday with the first vessel, and Tuesday for the second. Chiquita is running a weekly service with their regular ships and now have a bi-weekly vessel to carry their additional volume with “combo” vessels, meaning, containers on deck and palletized fruit under deck.



Discharge of the MV Ice River for Chiquita brands at the Port of Wilmington.

### Global Reefers - Consistent and Strong

Global Reefers announced in April of 2016, that they signed a five-year agreement with the Port of Wilmington and will continue to import Chilean fruit to the Port.

This season wrapped up in April and volumes were consistent to prior years. Container volume increased by 15 percent and continues to trend in that direction.

The partnership between Chile and Team Wilmington has dated back to 1994. Murphy Marine Services, Inc. is proud to be a strong partner with our good friends and associates in Chile and look forward to many more successful years.



Murphy Marine Services, Inc. discharging fresh fruit from Valparaiso, Chile.

## New Gantry Cranes on the Rail

Of the two new Gantry cranes being erected at the Port of Wilmington, one is now in place on the berth and ready for commissioning. The commissioning process should be completed by August of 2017. The second crane will also be moved to the rail on the berth in August.



Gantry Crane on the Rail

The addition of the two cranes to the Port's profile will definitely be a value-added service that the Port of Wilmington and Murphy Marine Services, Inc. can provide to our customers.

## Team Member News

### Happy Anniversary

Dave Beach - 15 Years  
 John Coulahan - 10 Years  
 Pat Farrell - 10 Years  
 George Garcia - 1 Year  
 Jeff Pollock - 3 Years

### Happy Birthday

Jeff Pollock - April 10<sup>th</sup>  
 Tim Creedon - May 3<sup>rd</sup>

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## National Forklift Safety Day

The fourth annual National Forklift Safety Day was held in Washington, DC on Tuesday, June 13<sup>th</sup>. The event is sponsored by the Industrial Truck Association (ITA) and serves as a focal point for manufacturers to highlight the safe use of forklifts and the importance of operator training. The day provides an opportunity for the industry to educate customers, policymakers and the administration on forklift operating safety practices.

National Forklift Safety Day provides greater awareness of safe practices and in turn encourages safer behavior.

The message the ITA wants to reinforce the most, is that forklift operator training is a critical component to ensuring safety in the workplace.



## COMMENTS? SUGGESTIONS?

This is your Port Side Post! If you have ideas for future articles or information you'd like to see included in *The Port Side Post*, please let us know. To submit ideas or suggestions, please contact: Pat Farrell at [pfarrell@murphymarine.com](mailto:pfarrell@murphymarine.com)

## Protect Yourself from Heat Stress

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. Take precautions any time temperatures are high and the job involves physical work.

### Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces

### Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

### Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

### To Prevent Heat Illness, Your Employer Should

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.
- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.

### How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.

### What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

**IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.**

*Information taken from OSHA Quick Card.*

**HERE'S A HEAT SAFETY FACT!**

**WATER, REST, SHADE  
THE WORK CAN'T GET DONE  
WITHOUT THEM**