



Special Interest Articles:

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Gantry Cranes in Operation

We are pleased to announce, that the two new gantry cranes purchased from Kocks were placed into service at the Port of Wilmington in the last few weeks. The addition of the gantry cranes will improve reliability and productivity at the Port. Ships will be unloaded faster, providing customers with better service and allowing the port to handle additional cargo.



(L-R): C-6 Crane working on the Chiquita Trader and C-7 Crane working on the Dole Colombia

Safety - Our Full Time Job

Murphy Marine Services takes pride in operating a safe workplace. In our effort to make our workplace safe, we have committed to teamwork and transparency. In this collaboration, we have worked with our workers compensation carrier, Signal Mutual, their underwriters, LaMorte Burns and Safeguard Group Inc., to use everyone's resources to reduce risks, claims and improve our safety program. We also have included our International Longshoremen Association (ILA) labor force in participating in joint safety committees both locally and regionally. We have monthly meetings with all of the above and review each subject matter and follow up to ensure we are closing the gap in making our workplace as safe as possible for all who work here.



Safety Tips for Extended Hours or Unusual Shifts

Sometimes, you may be required to work a demanding schedule with longer than normal shifts. OSHA defines a normal work shift as a period of eight consecutive hours during the day, five days a week with at least an eight-hour rest period. Any shift incorporating longer hours, more consecutive days or evening hours is extended or unusual. Use the following tips to prepare yourself if the nature of your job or emergency situations requires you to work extended hours or unusual shifts.

Be Prepared to Identify the Symptoms of Fatigue

Fatigue is a condition brought on by mental, physical or emotional stress. Over time, sleep deprivation will lead to fatigue, which is especially prominent in night workers. It is important to recognize the following signs of fatigue:

- **Weariness**
- **Sleepiness**
- **Irritability**
- **Reduced alertness, lack of concentration and memory lapse**
- **Lack of motivation**

More subtle signs of long-term fatigue include the following:

- **Increased susceptibility to illness**
- **Depression**
- **Headache**
- **Giddiness**
- **Loss of appetite and digestive problems**

Know How to Stay Safe and Fight Fatigue

- **Take additional break periods and meals during extended shifts to increase productivity and alertness, and reduce the risk of injury.**
- **Perform tasks that require heavy physical labor or intense concentration at the beginning of the extended or unusual shift, if possible.**
- **When you go into a shift feeling fatigued, plan for regular, frequent breaks throughout the shift to move about and shift concentration. During breaks, rest in a quiet, secluded area to recuperate.**
- **If you must work an extended shift, check with your supervisor to ensure you are not being exposed to dangerous amounts of hazardous chemicals or materials for prolonged periods.**

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Murphy Marine Services, Inc.

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INSURANCE BROKERS AND CONSULTANTS

Halloween Safety Tips

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP).

ALL DRESSED UP:

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes. Makeup should be tested ahead of time on a small patch of skin to ensure there are no unpleasant surprises on the big day.
- When shopping for costumes, wigs and accessories look for and purchase those with a label clearly indicating they are flame resistant.
- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or long. A child may be easily hurt by these accessories if he stumbles or trips.
- Do not use decorative contact lenses without an eye examination and a prescription from an eye care professional. While the packaging on decorative lenses will often make claims such as "one size fits all," or "no need to see an eye specialist," obtaining decorative contact lenses without a prescription is both dangerous and illegal. This can cause pain, inflammation, and serious eye disorders and infections, which may lead to permanent vision loss.
- Review with children how to call 9-1-1 (or their local emergency number) if they ever have an emergency or become lost.

CARVING A NICHE:

- Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.
- Consider using a flashlight or glow stick instead of a candle to light your pumpkin. If you do use a candle, a votive candle is safest.
- Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and not on a porch or any path where visitors may pass close by. They should never be left unattended.

HOME SAFE HOME:

- To keep homes safe for visiting trick-or-treaters, parents should remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- Parents should check outdoor lights and replace burned-out bulbs.
- Wet leaves or snow should be swept from sidewalks and steps.
- Restrain pets so they do not inadvertently jump on or bite a trick-or-treater.

ON THE TRICK-OR-TREAT TRAIL:

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- Obtain flashlights with fresh batteries for all children and their escorts.



Team Member News

MMS Welcomes New Team Member - Linda Brosch

Please join Murphy Marine Services, Inc., (MMS) in welcoming their newest team member, Linda Brosch. Linda joined the MMS team on August 7th as Payroll Administrator. Linda loves to work with numbers and prior to joining the MMS team was a Payroll Accountant.

Linda grew up in Bala Cynwyd, Pennsylvania and currently resides in Newark, Delaware with her husband Jim of 17 years.

In her free time Linda enjoys travelling, photography and puzzles. Linda has travelled the world to places such as Russia, Singapore, Central America, Brazil and Africa to name a few.

Again, we welcome Linda and wish her much success!!



Linda Brosch
Payroll Administrator

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Happy Anniversary

Sharon Bailey - 1 Year
Tim Creedon - 1 Year
Ed Heinlein - 15 Years
Richie Leighton - 12 Years
Teddy Carnwath - 5 Years

Happy Birthday

George Garcia - July 23rd
Richie Leighton - July 27th
Teddy Carnwath - August 16th
Tony Casadei - August 16th
John Coulahan - August 28th

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:
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