



## Special Interest Articles:

- Fruit Stand
- Powering Up
- Team Member News
- Safety Tips
- Contacts



## *Murphy Marine Services, Inc.*

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### Murphy Marine's Fruit Market

Murphy Marine Services, Inc. is proud to say we are the service providers who unload the fruit that lands on your table year round. For example, between our customers Dole and Chiquita, we unload approximately 33 million pounds of bananas weekly in the Port of Wilmington. During the winter months we also unload fresh fruit from Chile, Morocco and Argentina, such as grapes, peaches, plums, nectarines, blueberries, clementines and pears to name a few.

So as you can see, we keep moving the fruit to your stores in a safe and efficient way.



Clementines from Morocco in the hatch of the Mexican Bay vessel ready for discharge at the Port of Wilmington.

### Bananas are Growing in Wilmington!

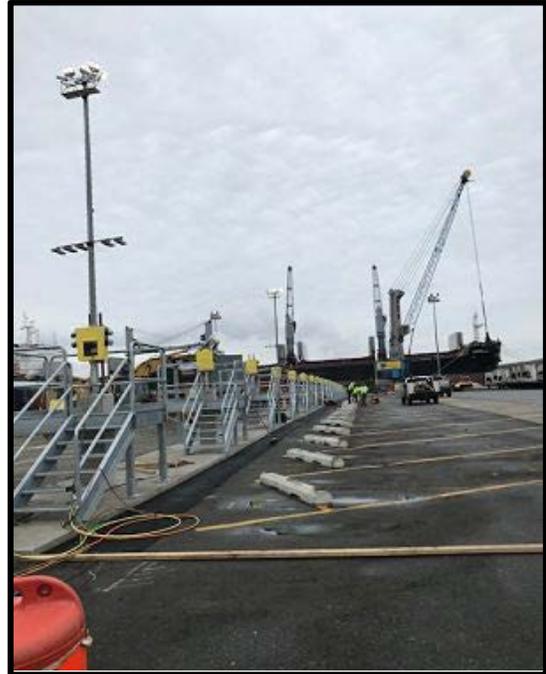
Our two largest customers, Dole Fresh Fruit and Chiquita Fresh North America's imported volumes are increasing and in order to handle this increase both companies have added more shore power to their terminals.

**See photos next page**

## Bananas are Growing in Wilmington Photos



Chiquita Terminal at the Port of Wilmington



Dole Terminal at the Port of Wilmington

## Team Member News

### Happy Birthday

Bryan Moyer – January 9<sup>th</sup>  
 Sharon Bailey – March 1<sup>st</sup>  
 Mike Dolan – March 18<sup>th</sup>  
 Carole Foster – March 23<sup>rd</sup>  
 Mark Schweiger, Jr. – March 28<sup>th</sup>

### Happy Anniversary

Kyle Bagnell – 1 Year  
 Tony Casadei – 1 Year  
 Ken DeSante – 1 Year  
 Carole Foster – 6 Years  
 Bryan Moyer – 4 Years  
 Steve Walker – 1 Year

## Sports & Recreation – First-Aid Basics

Below are some simple guidelines to help you provide first aid for common injuries and emergencies that might occur in a sports and recreation setting.

### **Shock**

Shock can result from a variety of injuries and circumstances. Common symptoms include the following:

- Skin is cool and clammy to the touch; may appear pale or gray.
- Weak and rapid heartbeat, slow and shallow breathing, and reduced blood pressure.
- Eyes lack shine and seem to stare; pupils may be dilated.
- Individual may feel nauseated and may vomit.
- Individual may be unconscious; if conscious, individual may faint, be very weak or be confused.
- Individual may become overly excited or anxious.

## Sports & Recreation – First-Aid Basics (Continued)

If you suspect an injured person is experiencing or may begin to experience shock, do the following:

- Seek emergency medical attention immediately.
- Have the victim lie down on his or her back and elevate the victim's feet higher than his or her head. Keep the victim from moving unnecessarily.
- Keep the victim warm and comfortable. Loosen tight clothing and cover him or her with a blanket.
- Do not give the victim anything to drink.
- If he or she is vomiting or bleeding from the mouth, place the victim on his or her side to prevent choking.
- Treat any injuries appropriately.
- Begin cardiopulmonary resuscitation (CPR) if the victim is not breathing.

### Cuts and Scrapes

Most small cuts and scrapes can be treated at home; however, it is important to take steps to prevent infection or other complications from occurring:

- Stop bleeding by applying continuous pressure with a sterile cloth. If bleeding persists after several minutes of applying pressure, seek medical attention.
- Clean the wound with water and remove any debris with a sterilized tweezers. Use mild soap to clean around the cut, but avoid getting soap in the wound. Dry the area gently with a clean cloth, apply an antibiotic cream and cover the wound with a protective bandage. Change the bandage at least once a day. If the wound becomes red or oozes fluid, see a doctor.
- If a cut is more serious (large, deep, rough around the edges, persistently bleeding), seek immediate medical attention.

### Nosebleeds

To stop a nosebleed, try the following:

- Have the victim sit or stand upright to slow the flow of blood in the nose. Do NOT tip the head back.
- Gently pinch the nose with your thumb and forefinger for 10 minutes, maintaining pressure. Have the victim breathe through his or her mouth during this time.
- Seek medical care if bleeding lasts for more than 20 minutes or if the nosebleed resulted from a broken nose or head trauma.

### CPR

CPR is a lifesaving technique used to help a victim who is not breathing or whose heart has stopped beating. Traditionally, CPR has involved chest compressions combined with mouth-to-mouth rescue breathing. However, recent studies suggest that mouth-to-mouth may not actually help in the efforts to save the victim; chest compressions alone may be more effective in many situations. The American Heart Association and the American Red Cross suggest that if an adult collapses and is unconscious, untrained bystanders should call 911 and begin administering chest compressions at a rate of 100 per minute. If you are well-trained in CPR and feel confident in your abilities, you may alternate two rescue breaths for each set of 30 chest compressions (unless otherwise instructed by medical personnel over the phone). The above guidance is appropriate for adult victim. Children should be given the traditional CPR combination of rescue breathing and chest compressions. If you are unsure how to do this, the 911 operator should be able to give you instructions over the phone.

### Contacts

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### 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)

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