

Southern Towing Company

Newsletter

October 2010

Frank T. Stegbauer

We recently received a letter from the USCG Sector Lower Mississippi River (Memphis) expressing appreciation to the M/V Frank T. Stegbauer. The boat provided support for the FBI-USCG Joint Maritime Training conducted 8/19/10. The Commanding Officer of the Sector expressed appreciation to Vincent Bradford, Joe Pate, Nathan Bennett, Jerry Hardin and Adam Worthington for their support.

Machine Guards

The purpose of machine guards is to protect the machine operator and other crewmembers in the work area from hazards created by rotating parts, flying chips & sparks.

Machine operators should:

- Inspect all machinery before use to ensure it is in proper working condition;
- Machinery found to be defective must be repaired before use;
- Always wear the appropriate PPE when operating machines (Examples, safety glasses, hearing protection, face shield, hard hat, gloves).

Guards must not create potential hazards and must be attached to the machine where possible.

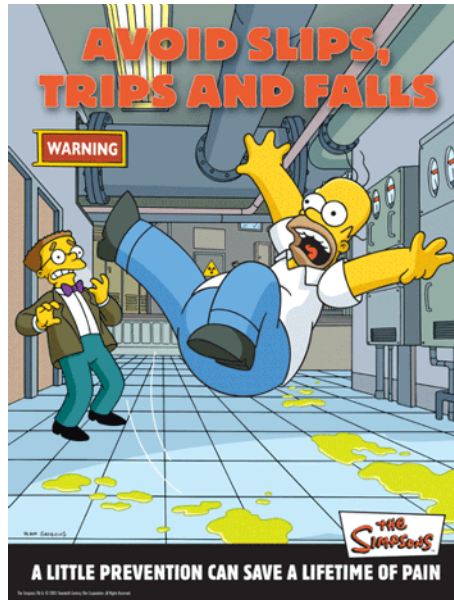
Machines that expose a crewmember to injury must be guarded.

Review our STOP Manual for further information and examples of machine guards.

Recognizing a Stroke Victim

Doctors say you can recognize someone having a stroke by asking three simple questions: 1) Ask the individual to smile, 2) Ask the person to speak a simple sentence, and 3) Ask him to raise both arms. If he has trouble with any one of these tasks, get help as soon as possible. A neurologist says that if he can get to a

stroke victim within 3 hours he can reverse the effects of a stroke.



USCG Inspections

Upon boarding a boat or barge the Coast Guard Inspector will expect to be greeted professionally. He will expect to be asked for identification. He will take a quick look around to see if the boat or barge looks clean and orderly. He'll check that flame screens are in place, lifesaving and firefighting equipment is in good condition and that correct signs are posted. He'll look for oil on deck or in drip pans. He'll check all of this on his way to meet with the captain before he actually begins his inspection. If everything looks good to him at first glance he knows the inspection will go smoothly. On the other hand, if he sees problems he'll assume that he is going to find problems. And he will look for them. Keep your boats and barges in good condition. Keep lifesaving, firefighting and pollution prevention equipment in good condition. Keep equipment and tools in their proper place when not in use. Follow good housekeeping practices.

NPDES Inspections

The EPA's National Pollution Discharge Elimination System requires us to follow Best Management Practices (BMP's). Each boat has a copy of the BMP's which should be followed when conducting the required weekly inspections. Remember to keep the original inspection sheet on board and fax a copy to the office. Contact Mike Slack with any questions.

How Many Calories Should You Eat in a Day?

To determine calorie intake, dietitians use a formula known as the Harris-Benedict principle to assess a person's basal metabolic rate (BMR), which is the amount of energy your body needs to function while at rest.

Step 1: Calculate Your BMR. Women: $655 + (4.3 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$
Men: $66 + (6.3 \times \text{weight in pounds}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Step 2: Adjust for Activity. If you are bedbound: Multiply your calculated BMR by 1.2. If you not physically active: BMR x 1.4. If you are moderately physically active (some planned exercise/ walking most days): BMR x 1.5. If you are very physically active: BMR x 1.6.

The resulting number is your targeted calorie intake to maintain your weight. Take in fewer calories to lose weight.

Travel Expenses and Crew Van Policy

Southern Towing Company provides a crew van for crew changes from the home port of Memphis, TN to the boat and back to the home port. We will only reimburse expenses from your home address to the home port and return. If you get off the boat on your own, when

the crew van is provided, we will not reimburse your expenses. For example, if another individual comes to pick you up when a crew van has been scheduled you will not be reimbursed. Thank you for your cooperation.

Do You Know Your Numbers?

You can better meet your goals for cardiovascular health and weight loss if you know your numbers. This means keeping tabs on your blood pressure, body mass index (BMI), cholesterol and glucose levels. This will help you aim for specific instead of the general goal to get healthy.

- Normal Blood Pressure is below 120/80
- BMI Underweight: less than 18.5; Normal Weight: 18.5-24.9; Overweight: 25-29.9; Obese: 30 or higher. To find your BMI visit www.nhibisupport.com/bmi.
- Cholesterol Levels: *Triglyceride level:* normal: less than 150, borderline to high 150-199, High: 200-499; very high: over 500. *Glucose Level:* Hemoglobin A1c 7% is the upper limit of normal.

These are general guidelines. Since individual needs vary, bring these figures with you to your doctor and discuss what specific goals to set for yourself.

Security Breach

Whenever someone comes aboard one of our boats or tows be certain to check their ID and determine what they are doing there. We recently had a boarding of the M/V Dennis Collins by the Coast Guard and we didn't challenge them or ask for any ID. We had to report this to the National Response Center as a "Breach of Security Incident". Vessel Security is still a priority.

Electronic Chart – CEACT

The CEACT is an “AID” to navigation. It is one of many tools available to help you navigate safely. The computer is not to be used for playing games or watching movies. Additionally, an up to date chart should be available at all times when the vessel is moving.

Service Awards

Congratulations to George Talley, Sean Tittle, Chris Stickles, Bennett Ray, Henry Jones and Tory Riley for completing 5 years and to Michael Vaught and Jimmy Kilpatrick for completing 10 years of service with Southern Towing Company.

401K Plan

As a reminder, the 401K plan is a retirement plan. The only way to take money out of the plan is to retire, terminate your employment or upon death. It is not a savings plan where you can take money out 'because you need it.'

AT&T Cell Discount

If you have your personal cell phone service with AT&T you may be able to save 8% on your monthly service charges. Contact Theresa for more information.

Web Site

Visit our web site at www.southerntowing.net.