

# Southern Towing Company

Newsletter

Sept. 2010

## Eye Protection

Sunglasses are important. Wearing them can protect your eyes from damage caused by the sun's UV radiation or over-exposure. Wearing sunglasses can also protect your eyes from wind and dust, reduce eye fatigue from glare, and protect against burning your cornea and retina. They help to prevent macular degeneration, cataracts and migraine headaches. Protect your eyes.

## Ammonia Tankerman Safety

Our safety rules regarding ammonia transfers require that "Any person involved in connecting or disconnecting the cargo transfer line from the dock to the barge or from barge to barge will wear a work vest, gas mask, protective clothing, rubber gloves, and safety shoes/boots. Protective clothing may be a rain suit or other suitable protective clothing worn over the work clothes." There is no relief of these requirements when the weather is hot. This is for the safety of all involved in a transfer.

## Fiber: The Diet Workhorse

Many weight-loss programs emphasize the benefits of high-fiber foods, including legumes, whole grains, whole fruits, and veggies. Why the focus on fiber? Also known as "roughage," fiber enables your body to function properly and fight disease — and it may even help keep you from overeating. High-fiber foods generally take longer to chew and digest, so you feel satisfied longer.

## Cashing Your Paycheck

Effective August 2, 2010, non-customers will pay a \$5 convenience fee for each payroll check drawn on a First Tennessee that they cash at a First Tennessee bank. To avoid the fee you can open an account at First Tennessee

or you can opt for direct deposit of your check to the bank of your choice.

## VTS Lower Mississippi River

A new user manual for the Vessel Traffic Service Lower Mississippi River has been sent to the boats. If you have not received one let Mike Slack know. VTS LMR controls from twenty miles above the Port of Baton Rouge (Mile 255 above the Head of the Passes) to twelve miles offshore of Southwest Pass Light in the Gulf of Mexico. If you transit that area, you will need to have on board the latest VTS User Manual.

## Pollution Prevention

One of the most important considerations when preparing for a transfer (whether fueling the boat or transferring UAN or ammonia) is to be absolutely certain that all valves in the system are lined up properly. Read and follow the transfer procedures; don't make a stupid mistake. That means valves that should be open are open and valves that should be closed are closed. Check and recheck to be sure. If you are using a crossover hose make sure you are not loading a barge instead of sending the product to the terminal. A good number of pollution incidents are caused by improper alignment of valves. Remember to take your time to do it right and pay attention all the time. Get help if you need it. Pollution prevention is always a priority.

## Service Awards

Congratulations to Carl Henry, Eric Walk and Ronnie Barnett for completing 5 years of service. Congratulations to Mark Whitehead for completing 15 years. Congratulations to Larry Walker, Cecil Wallace and Kenny Osborne for

completing 20 years of service with Southern Towing Company.

## NEW CPR TECHNIQUE

If you haven't seen this, you should at <http://tinyurl.com/2fx8r59>. This is a video of a new CPR technique. You never know, a life may be saved utilizing this new procedure. View video.

## Drills

One thing the Coast Guard will be sure to do during an inspection is to conduct a fire drill and a man overboard drill. These drills are required to be conducted and the boat crews are expected to know their duties during one of these drills.

## Crossing The Bar

Our thoughts and prayers go out to the family of Edgar Landon Graham who passed away August 14th at the age of 74. He was a retired engineer who worked for Southern Towing Company from 1970 to 1994. He mainly worked on the M/V Jo Anne Stegbauer. Also, to the family of Relief Captain David T. Randolph who passed away on August 30th as a result of a heart attack. He worked for Southern Towing Company from 1998 to 2006.

## Recent Injuries

The common thread with most injuries is the person injured was not paying attention to what he was doing or his surroundings. That's the case with an engineer who loosened some deck plates, and while using degreaser slipped and broke his kneecap. Another engineer was not paying attention to what others were doing nearby which resulted in the tip of his finger being cut off. **PAY ATTENTION; PREVENT INJURIES.**

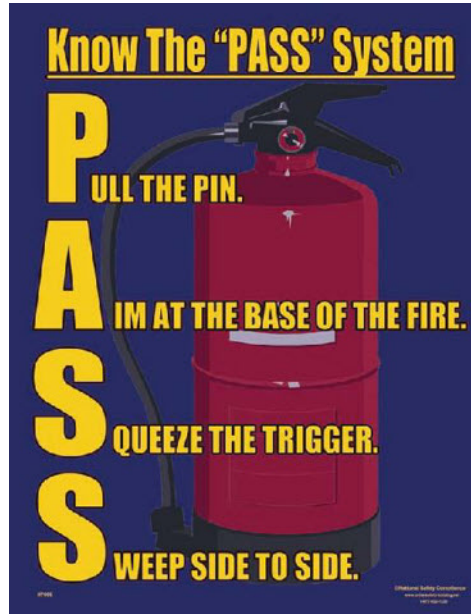
## Eye Protection

If you wear eyeglasses be sure to wear the straps that hold the glasses on you. They can easily fall off you and get damaged. Also don't pick up any handy rag to clean your glasses. That rag might have something on it that will damage your glasses. Southern Towing Company will not replace your glasses.

## MMC Suitable for Framing

Since the release of the Merchant Mariner Credential (MMC) final rule, which consolidated previously issued licenses, Merchant Mariner Documents and STCW certificates into a single passport-style Credential (MMC), mariners have been asking the Coast Guard to provide a certificate suitable for framing. The Coast Guard recognized this as an important issue to many mariners and decided to honor the mariner by providing a means for mariners to proudly display their professional credentials. The Merchant Mariner Credential Suitable for Framing is presently available at:

<http://homeport.uscg.mil/mmcert>. Mariners who hold or have held a valid MMC can download, save, print and proudly display the new certificate. This will not work if you have the older style license.



## Fire Drills

Monthly fire drills are required by Coast Guard regulation. Our STOP Manual

also requires they be held at least monthly. During those drills crewmembers should be learning how to effectively use the various types of fire fighting gear available. A recent fire on board the Laura Tumble was quickly extinguished because those on board had received fire fighting training.

## Greta Young

Greta Young recently joined the office staff as our new comptroller. She replaced Gay Quaintance who recently retired.

## Security Containers

The security containers you have on board are to hold the Vessel Security Plan as well as all the other security paperwork. It is not to be used as a stepping stool. If you have forgotten the combination don't pry it open breaking the locks. Instead, contact Mike Slack. When the Coast Guard comes on board they will verify that your security plan is locked up. If you've crushed the container by stepping on it or have broken the locks you will not pass the Coast Guard inspection.