



Employee Safety Meetings Held at the New R.J. Zavoral & Sons, Inc. Training Facility for the First Time

Company employees were welcomed back for the Annual RJ Zavoral & Sons Safety Meeting in the newly constructed Building A Shop Facility and Training Center on the RJZ Campus.



Dave and Joe Zavoral address RJZ employees along with Choice Financial Bank staff.

Over 80 hard-working, valuable, and very important employees attended the Annual RJ Zavoral Safety Meeting on March 4th—5th. For many, it was the first time that they were able to check out the new shop facility since it opened in February of 2013. The two-day event featured presentations on ergonomics and how daily stretching can help to reduce the aches, pains, and strains of driving or operating equipment, especially when repetitive motions are endured for long periods of time. Choice and Alerus Financial managers were there to talk about some great new products for RJ Zavoral & Sons employees to help us all save for the future and to offer great new convenient banking tools. Minnesota Department of Public Safety discussed underground utilities and some valuable discussions were had on proper procedures and responsibilities when working around utilities. On the RJZ side, we reviewed expectations and policy for safety, maintenance, procedures, and protocols. Overall, the meetings went very well. Special thanks to Jenn, Ben, and Mike for serving up the meal! Marge Horken, your “Sloppy Joe” recipe was awesome!



Employees were shown proper operation and maintenance of a Volvo Production truck. Terry Morrison leads a training for employees during the Annual Safety Meetings in the new Building A shop facility on the RJ Zavoral Campus. Thanks to Terry and Beau for a great training.

There's a New RJZ Sheriff In Town

Robert Rose has accepted the position of Yard Superintendent for RJ Zavoral & Sons. Robert will be assisting in the management duties for Buildings B, C, and Cold Storage and overseeing all yard deliveries to those facilities. His duties will also include managing the commuter fleet of pickups, skid-steers, utility trailers, general supplies, pumps, signs, and a few other responsibilities. If you have any questions for Robert, his cell phone number at RJ Zavoral is 701-740-0720.

Got an idea for The Dirt or some news you would like to share? Email it to Amber or Jenn (jennz@rjzavoral.com or afriezen@rjzavoral.com) and we will add it to The Dirt. Your thoughts and ideas are welcome!



Project Updates: Completion of 2012 Construction and Spring Bidding

12.348	Watford City Landfill	This project is about 60% complete with work beginning soon
12.347	EGF Assessment	This project is about 50% complete
12.352	Swingen/Trail County and Zenwick Dam	Upcoming
13.353	EGF Water Main Rep.	Work beginning soon

Many jobs are being bid and it looks to be a very busy 2013 RJ Zavoral Construction Season.

Just a Reminder: If you have any pictures, new or old, of RJZ employees at work on job-sites or other pictures of interest, please bring them to Mike at Building A. We would like to make prints of as many as we can and place them on the walls of the upstairs meeting room for all to view. If you have some that you could send as a pdf., please send them to Mike Zavoral at mikez@rjzavoral.com.

Under the "Rock"



Volume 17 Issue 1

Moving the Earth Since 1951

Spring 2013

The Truck Stop



Proper PSI Can Save Your Tires and \$\$\$\$

Having the proper tire pressure is important for allowing the tire to perform to the manufacturers specifications. As an operator of our truck fleet (not pickups), it is important that you check your tire pressure a minimum of once per week and note it on your vehicle inspection form. Also, it is best to do this in the morning before the tires warm up. The proper PSI should be 110 on the front, 110 on the pushers, and 100 on all drive tires (per Terry Morrison). To check the pressure, tire pressure tools are available through Vicki or can be found in most of the trucks.

A New Twist on Good Old French Toast

Next time the kids wake you up at "0" dark-thirty on a Sunday morning, surprise them with a french toast idea that will keep them waking you up early every Sunday. Add a teaspoon of vanilla extract to your egg and milk batter. As Tony the Tiger would say, "They're GRREEEAATT!"



RJZ Commuters



As discussed at the RJZ Annual Safety Meeting, our goal this year is to improve upon the care and maintenance of our fleet of pickup trucks used for commuter purposes. As stated, it will be the responsibility of the person, to which it's assigned, to keep the interior and exterior clean and representative of the company and to monitor the mileage and maintenance. Also, all vehicles must be checked out with Robert Rose before leaving the yard. Your help in meeting these goals is greatly appreciated.

Remember that this is a privilege!

RJZ Safety and Health Tips



As spring construction season is approaching, getting back into the "good habits" of wearing our "Personal Protective Equipment" is of high importance. Vests and safety glasses should be worn at all times, along with steel toed boots. Shirts and pants worn on job sites should have no holes or fraying and hard hats must be worn when a job requires their use. Always observe all safety rules and be sure to discuss any near miss activities with your supervisor to protect you and your fellow workers.

Safety Matters!

Cooter's Corner



Mechanical Tips From Your Friendly Mechanics

During the Annual Safety Meeting, a more generic "Blue Sheet" was introduced and is replacing our current sheets. We would like everyone to begin using this form and use the old form for end-of-year repair notes only. If you have any questions regarding the new forms, please contact Jenn Zavoral at 218-773-7659. Additionally, we ask that all operators write the hour meter reading on their time card at least twice a week for the equipment they are operating.

Congratulations to these Employees:

Recent Employee Birthdays

April	
Vicki Johnson	4/3
Sam Thomsen	4/12
Richie Olson	4/21

May

Curt Knutson	5/11
Paul Rasmussen	5/13
Mike Lund	5/15
AJ Campbell	5/18
Jake Hendrickson	5/22
Bill Stocker	5/23
Jake Sele	5/30

Recent Employment Anniversaries

April	
Tom Bye	28 Years
Robert Zavoral	25 Years
Wade Forsberg	14 Years
Bill Stocker	1 Year
Marc DeMers	18 Years
Beau Abbey	2 Years
Mike Zavoral	16 Years
Mike Lund	8 Years
Dana Holweger	15 Years

May

Mark Beard	21 Years
AJ Campbell	4 Years
Richard Hagstrom	30 Years
Roger Smith	31 Years
Darrell Utzinger	33 Years
John Zavoral	38 Years
Pete Zavoral	38 Years
Bill Zavoral	38 Years
Marty Sazama	9 Years
Jerald Holthusen	9 Years
Ben Horken	16 Years
Richie Olson	20 Years
Blayne Vonasek	13 Years
Josh Kraft	4 Years
Todd Chwialkowski	6 Years
Joel Pulkrabek	6 Years
Emily Barta	2 Years
Jake Sele	4 Years
Troy Hammargren	16 Years
Al Binkley	8 Years
Tim Kujawa	3 Years
Paul Rasmussen	9 Years
Sean Rodriguez	10 Years
Allan Enright	13 Years
Matthew Lhotka	1 Year
Justin Olson	1 Year
Jim Yanish	18 Years

Quote - Hindsight is a wonderful thing, but foresight will keep you out of harms way!

Safety Central - Emergency Response/Injured Person

If you discover an injured or ill employee, your response could be critical to their health.

Stop and Think: The natural reaction is to help or to seek help as immediately as possible.

Visually Check the Area: To avoid becoming a victim yourself, visually check for conditions that could become a hazard to you.

Stay Calm: This will give the victim confidence and comfort to help them relax by reducing their fear.

If the Victim is Conscious: Ask permission before attempting first aid.

Do Not Move the Victim: Unless there is an immediate danger by staying in that location, do not move the victim. Keep the victim still and lying down. Cover their body to conserve body heat and prevent shock.

Survey victim's condition and send another person to call 911—Administer first aid until professional assistors arrive.

Be Safe!

Scholarships for high school seniors are available through the Associated General Contractors Organization. For more information, go to www.agcnd.org or check out the posters on the employee bulletin boards in the shops.

