



A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf

September 1, 2020

“Things turn out best for the people who make the best of the way things turn out.”

- John Wooden

“There are certain life lessons that we can only learn in the struggle!”

- Idowu Koyenikan

“I can’t control the waves of the ocean, but I can learn how to navigate my ship.”

- Dabasish Mridha

“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day, saying, “I will try again tomorrow.”

- Mary Anne Radmacher

Master the Three-Point Contact Rule

By [Doug Lara](#) August 1, 2017 (Safopedia)



I was working on a roof surface one day, and the only way to get up and down was using a ladder. I had to get some tools up to the roof, so I packed them into my tool bag and put them over my shoulder. I didn’t want to take two trips, but couldn’t fit it all in my pack. So, I decided to carry what was left of the material so I would only have to climb the ladder once. I was nearly at the top when I missed the next rung and slipped. With only one hand on the ladder, I scrambled to get back onto it. I almost didn’t make it back on and would’ve fallen over ten feet to the ground.

Three-Point Contact

Most companies have a policy concerning three-point contact. It's a simple rule that will ensure workers climb safely. But unfortunately, in a lot of workplaces, it is rarely enforced.

This work-safe rule can be summed up as "Always maintain three points of bodily contact with a surface when climbing." In other words, when a worker is climbing up or down a ladder, a scaffold, or onto machinery, they need to keep either both

hands and one foot or two feet and one hand in contact with the surface at all times. When three points of contact are maintained, the individual's center of gravity is controlled, and they are a lot less likely to lose their balance.

Following the three-point contact rules means climbing slowly and methodically, moving one limb at a time, but it's worth it when you consider that it reduces the risk of falls and injuries.

Maintaining three points of contact does not necessarily mean that slips and falls won't occur. However, even when a slip or fall does occur, the damage can be lessened because someone with three points of contact on a surface can more easily grab hold of it. Additionally, when the force resulting from a slip or fall is applied to a body through three points of contact rather than two or fewer, the strain of impact is lessened.

Observing the three-point contact rule might mean making multiple trips if you're hauling tools or materials to a higher or lower work surface.

Or it might mean asking a team mate for help.

Quick Tips

- Keep steps and rungs clear of debris, water, mud, and ice
- Report rung and step damage to a supervisor immediately
- Wear slip resistant footwear with a good tread
- Ascend and descend slowly
- Be sure you have a firm grip on the rails before taking the next step
- Never jump to the ground. You may jump onto an uneven surface



Step Up - Safely

Most people don't think twice about their safety when using the stairs. Using stairways is such an everyday occurrence that the potential risks rarely cross our minds. You may be surprised to know that falls on stairs are one of the most common home and workplace accidents, and they can result in serious injuries or even death.

Below are some safety tips to keep in mind the next time you approach a stairway:

- Use the handrail, and 3 point contact to give you three points of contact and more stability.
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- Don't run or rush on the stairs, and don't skip steps.
- Avoid distractions, such as looking at your phone, having conversations, or reading.
- Be aware of weather or other conditions that might make stairs slippery. Take the appropriate precautions.
- Report unsafe conditions, such as obstructions and spills so they can be addressed quickly.
- Assess your visibility before taking the stairs. Poor lighting can increase your risks of a misstep.
- Pay particular attention when steps are unusual or inconsistent in height/width.
- Check your clothing for tripping hazards. Make sure shoelaces are tied and pant-length will not cause a fall hazard. Slippery shoe soles increase your fall risk.
- Carrying items on the stairs can be particularly dangerous and contribute to falls. When carrying items, your view may be obstructed, you may be distracted by the weight or bulk of the item, and you may not have a free hand to hold a handrail. In these situations, ask someone for help so you can move the item more safely.





COVID Safety Update

How do we manage situations if someone has been exposed, possibly exposed or is positive for COVID?

Positive: Anyone who tests positive is required by SONOCO to quarantine for 14 days from the day that either their test was taken, or since symptoms first appeared. You also have to be symptom-free and have no fever for at least 24 hours (without taking fever-reducing meds).

Exposed: If you were exposed to someone with COVID, you will have to quarantine for 14 days. If during those 14 days you show any symptoms, you will have to quarantine another 14 days from when the symptoms first appeared.

Possible Exposure: If you were possibly exposed to someone with COVID, you will have to quarantine for 14 days. If during those 14 days you show any symptoms, you will have to quarantine another 14 days from when the symptoms first appeared.

Buttery Dinner Rolls (Pan Rolls)

Yield: about 48 rolls in standard sheet pans

5	Tbsp	dry yeast
2 1/2	cups	warm water (105 to 110 F)
2	cups	milk, room temperature
1 1/2	cups	sugar
6	each	eggs
1 1/2	cups	melted oleo
15	cups	flour
1	Tbsp	salt

- In mixer, put the water and yeast. Let the yeast proof until it is foamy.
- To the yeast slurry, add all the flour, then the remaining ingredients to the bowl.
- Mix on low about 2 minutes; until ingredients pull together. As you mix, pay attention to the dough. If needed, add small amounts of flour if it is sticky or water if it is too stiff.
- Turn up the mixer speed to 2, then mix until the dough begins to develop and pull away from the sides of the bowl
- Turn the dough out of the bowl and round up. Transfer to another bowl that is lightly oiled; roll the dough to oil all sides.
- Let it rise (proof) until about double in size.
- Punch it down in the center to expel CO₂ gas, then round up and let rest a few minutes.
- Divide dough into up to 48 pieces.
- Round up each piece and pan up so they touch each other.
- Let rise about 20 or 30 minutes.
- Bake at 350 F about 30 to 40 minutes until nicely brown.
- Brush tops with egg white / water for a shiny finish, or with oleo for a more “rustic” look.



Alternatively, you can brush with honey or a honey/butter mixture, for a sweeter taste.

Add cheese to the dough during the final folding process to make cheese rolls.

Or simply add a cheese topping to them (but don't butter the top first).

You can also change shapes to make Parker House, Cloverleaf, or other shapes.

Knots

Dead simple and they look great.

Start with a sheet of dough about 3/4 inch thick. Cut into strips as shown at right. Then, roll each one into a cylinder

Then just tie each one into a knot and pan out. Let proof before baking. Keep them separated so they don't deform as they bake.

You can add toppings once they're panned out as shown below.



It was buttered with garlic butter, baked and sprinkled with parsley after baking.



Also, you can use an egg wash to give a nice sheen to the finished product.



Focaccia (no Knead)

Focaccia is a great flatbread you can use in several ways; cut into bread sticks and served with olive oil; split it for a great panini; just serve it as a side for Italian theme meals. Drizzle on some olive oil, lightly salt it and that's all you need. Or, a bit of rosemary or Parmesan cheese.

This formula requires no kneading.

Yield: 1 half sheet pan (12 x 18)

1/4	cup	olive oil (for the pan)
3	cups	warm water
2/3	cup	olive oil (for the dough)
1	Tbsp	salt
7	cups	flour
2 1/2	Tbsp	yeast

- Prep a half sheet pan with half of the 1/4 cup of olive oil. Spread evenly across the entire pan and set aside.
- In a mixer, combine all remaining ingredients and mix on medium to high speed for about a minute.
- Scoop the very sticky batter out into the pan, spread evenly and cover it with oiled plastic wrap. Proof it for an hour.

- While dough is proofing, set the oven to 375 F.
- Before putting the bread in the oven, “dock” it (see the Terminology section), then drizzle the remaining olive oil all over the dough.
- Sprinkle seasoning all over the oil now. You can just use light salting, or cracked pepper, or parmesan or Italian seasoning.
- Bake for about half an hour.
- Remove from the oven, let it cool about 5 minutes, then turn out of the pan and onto a cooling rack.
- Cut into pieces. An example of a good size is shown here:



Shrimp Salad Wrap with Lemon Mayo

Yield: 8 wraps (16 halves)

Lemon mayonnaise:

1/2 cup light mayonnaise
 1/4 cup yogurt, plain
 1/4 cup chopped fresh green onions
 2 tsp lemon juice
 1/4 tsp black pepper
 1/2 tsp salt

Remaining ingredients:

2 pounds shrimp, cooked and chopped
 8 tortilla wraps
 2 tomatoes, thinly sliced
 Lettuce, shredded (romaine, iceberg) or mixed salad greens

- Mix the first ingredients to make the mayonnaise.
- Add the shrimp and tomato, blend lightly into a salad
- Put filling in middle of tortilla in a line from side to side
- Add lettuce on top of the filling, top with the tomatoes
- Roll the tortillas and put seam down on a half sheet pan, and chill for about 30 minutes to set.
- Cut and place on serving dish



Put fillings in middle of tortilla



Fold left and right sides to center



Begin rolling up from bottom



More rolling...



and rolling... :-)



Cut on a bias in 2 or 3 pieces

Grilled Chicken Wrap

Yield: 8 whole wraps (16 halves, 24 thirds)

1/2 cup light mayonnaise
 1/2 cup plain greek or regular yogurt
 6 Tbsp wine vinegar
 1 tsp black pepper
 1/2 tsp salt
 1 tsp lemon juice
 2 cups shredded cabbage
 1 Tbsp sweet pickle juice
 4 each whole chicken breasts
 Pickles, sweet, diced (not relish)

Combine the ingredients, place in wrap, roll and cut into halves for serving.

Sweet potato pancakes

Here's a great way to use some of those leftover baked sweet potatoes. And no complaints, guaranteed. These are great with a sautéed apple topping – or just some Steen's syrup.

Yield: 12 servings

1 ½	lbs	sweet potatoes
3	cups	flour
2	Tbsp	baking powder
2	tsp	salt
½	tsp	nutmeg
½	tsp	cinnamon
3	cups	milk
4	each	eggs
½	cup	butter, melted
½	cup	pecans, chopped

- If using left over potatoes, remove flesh, warm just enough to mash them.
- If using uncooked, peel, boil until tender, chop and mash.
- Add butter, milk and eggs to potatoes and mix well.
- In a separate medium bowl, combine dry ingredients.
- Add the dry mixture to potato mixture; blend to form a batter.
- Drop batter onto grill; cook until surface begins to bubble.
- Turn, cook to a golden brown.
- Remove, place on serving line.

An old Saint's joke

A Cajun died and went to hell.

The devil assigned him the usual punishment in the mass pit where the heat was melting others. The devil came back sometime later, surprised to find the Cajun just sitting around, not even misting, much less sweating. "How come you're not so much as sweating here where everyone else is screaming for relief from the heat?"

The Cajun laughed and said, "Man, I was raised in the bayous of Sout Looziana. Dis ain't nothin' but May in Morgan City to me!"

The devil decided to really put the Cajun through it. He put him in a sealed off cave in the pit with open blazes and four extra furnaces blasting. When he came back, days later, the Cajun had barely begun to sweat. The devil was outraged.. "How is this possible!? You should be melted to a shrieking puddle in these conditions!."

The Cajun laughed even harder than before. "Hey, man! I tole you. I was raised in Sout Looziana. You tink dis is heat?! Dis ain't nothin' but August in Cow Island !"

So the devil thought, 'Alright, a little reverse ought to do the trick.' He put the Cajun into a corner of hell where no heat ever reached. It was freezing, and to add to the Cajun's misery, he added massive icebergs and blasting frozen air. When he returned, the Cajun was shivering, ice hung from every part of him, but he was grinning like it was Christmas.

Exasperated, the devil asked "HOW!? How is it possible?! You're impervious to heat and here you sit in conditions you can't be used to...freezing cold, and yet you're happier than if you were in heaven. WHY?!"

The Cajun kept grinning and asked, "Don't dis mean de Saints won da Super Bowl?"
