

# SHOP TALK

A Twice-Monthly Newsletter for our Team. March 1, 2023

To achieve anything, you must start by doing something.

*anonymous*

“To build a strong team, you must see someone else’s strength as a complement to your weakness and not a threat to your position or authority.”

*Christine Caine*

“If you want to lift yourself up, lift up someone else.”

*Booker T. Washington*

“Great things in business are never done by one person; they’re done by a team of people.”

*Steve Jobs*

A team is not a group of people who work together but a team is a group of people who trust each other.”

*Simon Sinek*



## March is National Ladder Safety Month: What You Should Know

Read inside for more on how to stay safe when using a ladder at home or at work.

### INSIDE...

- Ladder Safety
- Great Go Green Recipes (they’re highlighted in green)
- National MS Awareness Month
- Jokes from Rodney

# Ladder Safety



A third of all reported fall from height incidents involve ladders and step ladders; this accounts for 14 deaths and 1,200 major injuries to workers each year. Many of these injuries are caused by inappropriate or incorrect use of the equipment.

## Legislation

The Work at Height Regulations 2005 apply to all work at height where there is a risk of a fall liable to cause personal injury.

They place duties on employers, the self-employed and any person who controls the work of others. New guidelines regarding safe practice must be observed.

Falls from height remain the single biggest cause of workplace deaths and one of the main causes of major injury.



**FOR MORE  
INFORMATION:  
Contact SONOCO  
Safety Department**

## Do's

### Only use a ladder or stepladder:

- In a safe environment
- At a firm level base
- When you have inspected it before use
- Lean at approximately 75° from horizontal
- For light work
- Where you can maintain 3 points of contact (hands or feet)
- For a maximum of 30 minutes



## Don'ts

### On a ladder or stepladder do not:

- Overload it or carry loads on ladders
- Overreach
- Have more than one person on a ladder at one time
- Stand ladders on moveable objects or uneven ground
- Extend ladders whilst standing on rungs
- Use the top two steps on either a ladder or a stepladder



## National Ladder Safety Month | March 2023

**Every step matters: From step stools to extension ladders, make sure you're putting the right foot forward.**

Every year over 100 people die in ladder-related accidents, and thousands suffer disabling injuries. Join the American Ladder Institute (ALI) and participate in National Ladder Safety Month in March. This important month was designed to raise awareness of ladder safety and to decrease the number of ladder-related injuries and fatalities.

We use step stools, work platforms and ladders in our daily work, so ladder safety is near and dear to our hearts. The infographic above and these tips will help you stay safe working on a ladder.

### 1. Choose the right ladder

Different ladders have different uses. Each ladder type has a different load rating. When choosing the most suitable ladder for the job, it is important to consider the weight of the person climbing the ladder plus the weight of the tools, materials, and equipment.

### 2. Check for damages or issues before each use

Over time a ladder may acquire issues that may lead to it being unreliable. A competent person should be assigned to visually inspect ladders for defects periodically. Below are some defects you should look out for:

- Structural damage, split/bent side rails, broken or loose rungs, steps, rails or braces. Other than that, loose screws, bolts, hinges, and other hardware parts



- Grease, dirt, or other contaminants that can result to slips or falls.
- Paint or stickers that might hide defects (Warning or safety labels not included).

If a ladder has been identified with defects, it's best to have it repaired or replaced.

### 3. Ensure physical capability of using a ladder

A person using a ladder should be someone who has the capability of carrying out physical tasks. Physical capability is usually measured by one's grip strength, walking speed, chair rising, and standing balance times. Employees should train workers to recognize ladder-related hazards to minimize accidents.

### 4. Set up the ladder on a flat and stable surface

Ladders should be placed on a firm and level surface for stability. The surface should be able to support the weight of the ladder and the person using it. In any case that the ground is soft, devices such as leg levelers, anti-slip gutter guards, wide boards, or stabilizers can be used.

### 5. Set up in a safe place

It is important to be mindful of the surroundings when setting up a ladder. The surrounding area should be uncluttered and free of obstructions. If a ladder needs to be set up in a driveway or passageway, barriers and signages, or a person assisting should be present.

### 6. Never lean or reach away from the ladder

Leaning and reaching away when in the ladder makes it unstable and puts the person in the ladder at risk of falling. To prevent falls, descend and then move the ladder.

### 7. Always maintain a three point of contact

When climbing or descending the ladder, the three points of contact should be observed for a secure handhold on the ladder. The three points of contact refers to two hands and one foot, or two feet and one hand.

### 8. Only take small items up or down a ladder

Always consider the load limits of the ladder in use. Carrying anything larger or heavier than what the ladder can take will make it unstable. The person on the ladder will be unable to maintain a three point of contact resulting to a fall and injury.

### 9. Apply the 1:4 rule

When using leaning ladders like an extension ladder, the position of the ladder should be angled at a ratio of 1:4. The base of the ladder being 1 meter away from the structure for every meter height of 4.

### 10. Climb down cautiously

Remain facing the ladder while maintaining the three points of contact when descending the ladder. Do it slowly; avoiding any sudden movements.

(Source: [Safetyculture.com](http://Safetyculture.com))





## SKILLET BEEF "TAMALES"

An easy cheesy meal. And we don't even have to tell anyone that it's healthy. About 15 servings.

- 2 lb ground beef
- 2 lb ground turkey
- 1 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 8 cups salsa (yes, it's a lot)
- 4 cups frozen corn
- 24 each corn tortillas, halved and cut into 1/2 inch strips
- 3 cups Cheddar cheese, shredded
- 8 oz sour cream (optional) for topping

- Brown the meat, cook just done and crumbly; add the peppers and cook until tender.
- Stir in salsa and corn; bring to a boil.
- Stir in the tortilla strips. Reduce to a simmer, cover and cook until tortillas are softened.
- Transfer to a half insert pan
- Stir in about 1/3 of the cheese and top with the remaining cheese.
- Bake until bubbly and cheese melts. Remove.
- Have the sour cream on hand for topping.
- You can garnish with fresh cilantro, parsley, or sliced green onions for color.

## SOUTHWEST PINEAPPLE CHOPS

Hard to believe that something this simple tastes sooo good. But it does. Makes 12 pork chops.

- 12 each boneless chops (cut from pork loin)
- 1 tsp garlic powder
- 1 tsp black pepper
- 3 cups canned, crushed pineapple & juice
- 3 cups salsa
- 1/4 cup cilantro, minced

- Season both sides of the chops with spices.
- Using a small amount of oil, brown the chops on each side and transfer to a shallow steamtable pan.
- In a saucepan, combine salsa and pineapple; bring to a boil.
- Cook until it reduces a little, then pour over the chops in the pan.
- Bake until the pork reaches an internal temperature of at least 145 F.
- Garnish with cilantro and serve.







## GARDEN VEGGIE PIZZA

For each pizza you will need:

- 1 each pre-cooked pizza crust of choice
- 1 each red onion, cut about ½” rings
- 1/2 each red bell pepper, sliced
- 1/2 each green bell pepper, sliced
- 1 each zucchini, cut lengthwise about 1/3”
- 1 each yellow squash, cut like the zucchini
- 3 Tbsp minced garlic
- 1/4 cup olive oil / veg oil mixture
- 2 cups shredded mozzarella
- 1/2 tsp dried basil
- Salt and pepper to taste

- Toss the veggies in the oil to coat.
- Season with salt and toss again. Save the oil.
- Grill the vegetables til just wilted. If you can, cook outside on the grill for nice grill marks.
- Brush the pizza crust with the remaining oil and brush on the garlic.
- Top the crust with half the cheese, then add the vegetables on top of cheese.
- Sprinkle on the remaining cheese, then bake at 350 F until cheese is melted and bubbly.
- Remove, top with basil
- Slice and serve.

## MULTIPLE SCLEROSIS AWARENESS MONTH

Multiple Sclerosis Awareness Month during March encourages support for the nearly 400,000 people diagnosed in the United States with this unpredictable disorder.

While not contagious, it can be devastating if untreated and challenging to diagnose. Symptoms often develop over time.

It is a disease of the central nervous system, affecting the brain, optic nerves, and spinal cord. Each day, those living with multiple sclerosis do everything they can to push forward. Despite all the challenges they face, they persevere and often, with treatment, you and I wouldn't know the struggles they overcome.

Common signs of the disease include trouble walking, difficulty maintaining balance, fatigue, numbness or tingling, and vision problems.

MS destroys the myelin surrounding the nerves and over time results in reduced communication between the nerves and the brain. Symptoms include visual issues, difficulty with balance and coordination which ultimately limits mobility, and overwhelming fatigue.

### HOW TO OBSERVE

#MultipleSclerosisAwarenessMonth

Learn more about multiple sclerosis and its symptoms. Visit [www.mymsaa.org](http://www.mymsaa.org) to find out how to provide support to a loved one or a friend who has MS.

*“Even when we’re in periods of remission, we are struggling psychologically on a daily basis.”* - Meagan Freeman, family nurse practitioner



## GINGER SALMON

Another simple, healthy and flavor packed entrée that's a great alternative on seafood or steak day.

- 10 each salmon fillets, thawed
- 1 cup lemon juice
- 1/2 cup cider or rice vinegar
- 4 Tbsp fresh ginger, minced
- 4 Tbsp honey
- 1 each lemons, thinly sliced
- 1/4 cup cilantro, chopped coarsely, OR Green onions, thinly sliced

- Preheat oven to 325°.
- Mix lemon, vinegar, honey and ginger.
- Place each salmon fillet on a piece of foil; fold up edges of foil to create a rim around the fish.
- Spoon lemon juice mixture over salmon; top with lemon slices.
- Carefully fold foil around fish, sealing tightly.
- Place packets on a sheet pan.
- Bake until fish just begins to flake easily with a fork, 15-20 minutes.
- Open foil carefully to allow steam to escape.
- Remove from foil to a shallow insert pan.
- Top with a bit of teriyaki sauce or sweet & sour sauce, then the cilantro or green onions.

## Sonny's Choice Trail Mix

Yield: 100 servings (2 oz)

- 4 cups pretzels
- 4 cups dried cherries
- 4 cups Macadamia nuts
- 4 cups walnuts
- 4 cups chocolate chips
- 4 cups banana chips
- 4 cups almonds, lightly salted



- Mix it all into a bowl.
- Transfer to airtight container.
- Portion into soufflé cups for service.



## Nutrition Facts

Serving Size 54 g

### Amount Per Serving

**Calories** 176 Calories from Fat 100

**% Daily Value\***

**Total Fat** 11.1g **17%**

Saturated Fat 2.4g **12%**

Trans Fat 0.0g

**Cholesterol** 2mg **1%**

**Sodium** 71mg **3%**

**Potassium** 150mg **4%**

**Total Carbohydrates** 17.4g **6%**

Dietary Fiber 1.9g **8%**

Sugars 4.8g

**Protein** 3.5g

Vitamin A 1%

•

Vitamin C 2%

Calcium 3%

•

Iron 5%

### Nutrition Grade B-

\* Based on a 2000 calorie diet



# Sonny's Cajun Trail Mix

Yield: 100 servings

- 8 cup whole almonds
- 8 cup pecan halves
- 8 cup walnut halves
- 4 cup unsalted shelled sunflower seeds
- 1/3 cup canola oil
- 4 teaspoon salt
- 4 teaspoon garlic powder
- 4 teaspoon chili powder
- 4 teaspoon ground cumin
- 3/4 teaspoon cayenne pepper



When I was born, I was so ugly the doctor slapped my mother.

A girl phoned me the other day and said, "Come on over, there's nobody home." I went over. Nobody was home.

I could tell that my parents hated me. My bath toys were a toaster and a radio.

I'm so ugly, one time I stuck my head out the window. The police charged me for mooning.

When I was born the doctor came out to the waiting room and said to my father, "I'm very sorry. We did everything we could, but he pulled through."

My wife and I were happy for twenty years. Then we met.

Once when I was lost, I saw a policeman and asked him to help me find my parents. I said to him, "Do you think we'll ever find them?" He said, "I don't know kid, there are so many places they can hide."

I went to see my doctor. "Doctor, every morning I get up, look in the mirror and feel like throwing up; what's wrong with me?" He said, "I don't know But your eyesight is perfect."

I found there was only one way to look thin: hang out with fat people.

- Preheat oven to 350 degrees F.
- Mix all spices together and set aside.
- Combine all dry ingredients in a bowl.
- Add in oil while tossing to blend.
- Toss in the spices and blend well.
- Spread out onto sheet pans.
- Bake about 15 minutes, stirring occasionally.
- Remove and allow to cool on sheet pans.
- Store in airtight container.
- Portion into soufflé cups for service.

<b>Nutrition Facts</b>	
Serving Size 19 g	
Amount Per Serving	
<b>Calories</b> 112	Calories from Fat 94
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.4g	<b>16%</b>
Saturated Fat 0.7g	<b>3%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 93mg	<b>4%</b>
<b>Potassium</b> 108mg	<b>3%</b>
<b>Total Carbohydrates</b> 2.6g	<b>1%</b>
Dietary Fiber 1.6g	<b>7%</b>
<b>Protein</b> 4.0g	
Vitamin A 0%	Vitamin C 0%
Calcium 3%	Iron 3%
<b>Nutrition Grade A-</b>	
* Based on a 2000 calorie diet	

# GRILLED CHICKEN WRAP

Yield: 8 whole wraps (cut in 1/2 or 1/3)

1/2 cup light mayonnaise

1/2 cup plain Greek or regular yogurt

6 tablespoons wine vinegar

1 teaspoon black pepper

1/2 teaspoon salt

1 teaspoon fresh lemon juice

2 cups shredded cabbage

1 Tablespoon sweet pickle juice

4 whole chicken breasts

Pickles

- Combine the mayo, yogurt, all liquids and seasonings
- Add the cabbage, stir in and set aside
- Grill the chicken breasts. You want them to get a nice golden color but don't cook them dry.
- When chicken is cool, shred it
- Add to the cabbage mixture and blend
- Put filling in middle of tortilla in a line from side to side
- Place a line of pickles on top
- Roll the tortillas, add tooth picks
- Cut and place on serving dish

## HOW TO FOLD A WRAP



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

### Nutritional Information

Calories	181
Fat	7 g
Protein	12 g
Carbohydrate	20 g
Fiber	7 g
Cholesterol	37 mg



Sontheimer Offshore/catering Co.