



12-30-13

*It does not matter how slowly you go as long as you do not stop.* –Confucius



*Wishing you the best that life has to give*

### Attitude is Everything!

- *It is the vanguard of your true self*
- *Its root is inward but its fruit is outward*
- *It is your best friend or your worst enemy*
- *It is more honest & consistent about you than your words*
- *It is your outward look based on your past experiences*
- *It is what draws people to you or repels them*

*Your attitude is the librarian of your past, the speaker of your present, and the prophet of your future!*

*There is not a single part of your current life that is not affected by your attitude. And your future will definitely be influenced by the attitude you carry with you from today forward.* -John C. Maxwell

*Make sure you have a winning attitude for the New Year!*

**When do astronauts eat?**

*At launch time*

**Have you ever seen a catfish?**

*How'd he hold his pole?*

### A Few Workplace Safety Tips:

- **Clarify instructions.** *Make sure you know the right way to do what is expected of you. Read all safety instructions and procedures. Ask for clarification whenever something is unclear or you have questions or safety concerns.*
- **Remember PPE is the last line of defense.** *Use guards and engineering solutions wherever possible instead of relying on PPE. Find a way to prevent the exposure in the first place and you may be able to avoid the PPE.*
- **Maintain a clean work area.** *Not only will you remove many hazards from a work area by keeping it clean, but you will also provide a more productive work environment.*
- **Be observant.** *If a machine or piece of equipment appears to be having issues, shut it down before someone gets hurt. Pay attention to co-workers too and speak up if they appear to be doing something that is not safe.*

### Some of the things you can do today that will pay off in 5, 10, 15, or 20 years

- *Stretch and Exercise daily to maintain your range of motion.*
- *If you're a smoker – Quit smoking – the benefits are huge!*
- *Have a clear retirement plan and follow the plan.*
- *Make sure your children have a love of reading by the time they are 6 (which means you have to limit TV, computers and other electronic distractions).*
- *Eat right and get a annual physical.*
- *Tell your loved ones you love them every day.*
- *Keep current by reading the paper every day, watching the news, reading Time or Newsweek, and reading industry publications.*
- *Attend training & seminars to educate yourself or to stay abreast of changes in the industry.*

### Space Heaters

Space heaters are a great way to warm up a cold room or provide supplemental heat to your house. However, a space heater can also be dangerous. In fact, according to the NFPA, supplemental heating equipment such as electrical and kerosene heaters are the leading cause of home fires during the winter months. As part of an overall home fire safety plan, be sure to equip your home with working smoke detectors.

### Considerations for All Space Heaters

- *Whatever type of space heater you decide to buy (electric, kerosene, propane) be sure it is certified and approved by a national testing laboratory such as Underwriters laboratory and has the UL symbol on it.*
- *Ensure the model you choose has a "tip switch" that will shut it off if it is knocked over or falls. All models should have this safety feature built in to their design.*
- *Keep space heaters at least 3 feet away from curtains, bedding or furniture.*
- *Never leave a space heater unattended. Turn it off when you're leaving a room or going to sleep, and don't let pets or children play too close to a space heater.*
- *Ensure there is a guard around the heating element or flame area, so little fingers can't get burned.*
- *Make sure you put your heater only on a hard, level non-flammable surface. Never on carpets or a rug that could catch fire.*

***If we fail to get Compliance right, little else matters!***