



SAFETY
It's your life!

Safety Tidbits

7-14

It's not hard to make decisions when you know what your values are. -Roy Disney

Lock it Out Each Time &
Live Secure



MASTER LOCK®
SAFETY SQUAD
See the Family Each Night!

Effective Leadership Tips

Humility - Everyone is unique and all have something to offer – leaders find out how to help others add value.

Empathy - Actively seek to understand the point of view of others.

Appreciation - Let your subordinates & coworkers know you care – show and give thanks for all they do.

Trust - By delegating you demonstrate your trust of others.

Authenticity - Be yourself; be real - a fake is easy to spot & hard to trust.

Commitment - let people see that you are committed to both the goal and the team's success

Passion - Keep your light shining bright, it motivates team members and leads to positive results.

Why was Cinderella thrown off the basketball team?

She ran away from the ball.

Lock it Out, EVERY TIME – Because: It's YOUR LIFE!

A worker died in an industrial accident at a plastics plant in the area. The man was cleaning an injection molding machine Friday afternoon at Grand Rapids Plastics in Wyoming when he got caught inside and was killed. The company identified the victim as 34-year-old Russel Scharenbroch.

Officials released a statement asking "the community to pray with us, for Russel's wife - Angel, and their family, as well as employees who are suffering."

The company declined to release additional information about the incident.

Your Eyes also need UV Protection

Eye medical doctors (ophthalmologists) caution us that too much exposure to UV light raises the risks of eye diseases, including cataract, growths on the eye, and cancer. Strong exposure to snow reflection can also quickly cause painful damage called snow blindness.

- Sun damage to eyes can occur anytime during the year, not just in the summertime, so be sure to wear UV-blocking sunglasses and broad-brimmed hats whenever you're outside.
- Don't be fooled by clouds: the sun's rays can pass through haze and thin clouds.
- Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, which is damage to the eye's retina from solar radiation.
- Don't forget the kids and older family members: everyone is at risk, including children and senior citizens. Protect their eyes with hats and sunglasses

10 Tips for Mental Health Fitness

- Maintain a POSITIVE attitude
- Press pause – Take some downtime when you're feeling stressed
- Set goals and stay on target with a daily journal
- Exercise regularly – there are many health benefits to staying active
- Check your intake – make the necessary choices to start eating healthier
- Rest – get the sleep you need to face tomorrow's challenges head on
- Ask for help when you need it and offer help when you can
- Play to your strengths and work to develop your weaknesses
- Schedule some 'Me Time' daily – even if it is only 10 minutes of peace and quiet
- Remember to have some Fun!

Keep them Moving

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day. It really isn't that hard to keep the kids busy for 60 minutes a day. There are so many options - swimming, biking,

roller blading, baseball, basketball, soccer, running, walking, tennis, gymnastics, spending time at the zoo, etc., etc. The key is to turn the TV and computer OFF – take a break from electronics and spend some time enjoying life. Get the family outdoors or to the local gym. Exercise is a great way to stay healthy – it is good for mind, body and spirit; it improves alertness and sleep. ***So what are you waiting for?***

Safety Always means No Regrets – Safety Every Task, Every Time!