

Hazard Recognition: Holiday Safety
Safety Principle #12 - Off the job safety is an important part of overall safety efforts

Hazard Recognition: Holiday Safety						
December 2017						
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Daily Safety and Health Topics

December 2017

Hazard Recognition:

Holiday Safety

Entergy's 12 Safety Principles

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



December 1, 2017

Safety Focus

FULL HOUSE

Supervise young children throughout the holidays. When the household is in an uproar and there are many new items to investigate, a toddler is likely to find something hazardous to play with. Clear any areas that are too cluttered for walking safely. Make sure no cables and electrical or telephone cords cross anyone's possible path. Remember STAR (Stop, Think, Act, Review) before starting any task at home.

Health Tip of the Day

EXERCISING WHILE PREGNANT

If you are pregnant, talk with your doctor about how to start or continue exercise, as you may need to make some adjustments. Opt for exercises that are easy on your joints. Swimming, stationary biking and walking work well for many women. Avoid activities that increase risk for falls or injury, such as heavy weight training and vigorous sports. Also, avoid exercises that require standing still or lying flat on your back as much as possible.

Org Health & Diversity Focus

Organizational Health and Diversity's special focus in 2017 was on civility and understanding. December is a great month to spend time with family and friends and it is also a great time to remember the less fortunate. During the month of December, the Organizational Health and Diversity team would like to wish each of you very happy holidays as we recap a few of our topics from 2017. Also, please visit our holiday site [here](#) to see how people celebrate the holidays around the world.

Human Performance Focus

QUESTIONING ATTITUDE

The HU "Questioning Attitude" tool should be used with the safety focus for today. STAR and "Questioning Attitude works hand-in-hand. When assessing your surroundings be mindful of the hazards and conditions that may cause an accident.

December 2, 2017

Safety Focus

ELECTRICAL SAFETY AT HOME PART 1

Being safe at home also means being safe with electricity. Always use STAR (Stop, Think, Act, Review) when starting any task at home. Never disable the grounding plug on a three-pronged appliance plug. Disconnect an appliance by grasping the plug as you pull, so that you won't damage it. Replace worn cords promptly.

Health Tip of the Day

VEGETARIAN DIETS AND IRON

It is important for vegetarians to eat plenty of iron-rich plant foods. The type of iron found in plant-based foods is not absorbed as well as the iron found in animal sources. Good plant-based sources include lentils, kidney beans, black beans, dark-green leafy vegetables, dried fruit and whole grains. Iron-enriched products such as cereals and breads are also good sources. Since vitamin C helps promote iron absorption, enjoy iron-rich foods along with foods high in vitamin C. These include strawberries, green peppers, tomatoes, broccoli and citrus fruits.

Org Health & Diversity Focus

A MESSAGE FROM LEO DENAULT

“Look at those around you here at Entergy. Do they look different than you? Do they practice a different faith? Do they come from a different part of the country? Do they have a different educational background?”

I ask that you take the time to get to know them better, to understand who they are and what they can contribute to your life and work experiences. They, like you, are part of the Entergy family, and the more diverse that family is the more successful we will become and the more enjoyable a place this will be to work.”

Human Performance Focus

PEER CHECK

When you are getting your to-do's in order, always have another competent person check behind you. Be vocal and ask for their assistance. Return the favor by doing a peer-check on them also.

December 3, 2017

Safety Focus

ELECTRICAL SAFETY AT HOME PART 2

Water and electricity just don't mix. Never put electric appliances in a sink full of water; instead, wipe them with a damp cloth. Don't place electrical appliances next to the tub, sink or shower.

Health Tip of the Day

START NEW TRADITIONS

- Take grandchildren shopping for presents to give - help them learn that holidays aren't just about receiving gifts but also about giving.
- Gather traditional holiday recipes from family members and **create a family holiday cookbook**. Teach younger family members to make favorite dishes.
- Visit a Christmas tree farm. Bring home a tree, a wreath or simply some greenery for decorating around the house.
- On Christmas Eve, help young family members track Santa's progress online by visiting www.noradsanta.org.
- Plan a family volunteering project that involves all ages. Work at a homeless shelter, serve a holiday meal, collect toys or warm winter blankets and coats.
- Remember Christmas caroling? Revive the tradition! Head out as a group into your neighborhood and spread some holiday cheer.
- **Eat dessert** first. The holidays are the perfect time to try some silliness. Why not? The kids will love it and the grown-ups will feel like kids again.
- Have a holiday pajama party. All generations can don holiday pj's, make popcorn and watch a holiday movie together. Give prizes for the craziest pj's!

Org Health & Diversity Focus

EFFECTIVE COMMUNICATION

Communicating effectively isn't just about what you say; nonverbal communication is the most powerful form of communication. From facial expressions to body language your gestures and cues can set the tone of your conversation. Remember, there are multicultural differences in body language, facial expression, use of space, and gestures that are often open to misinterpretation.

Human Performance Focus

OVER-CONFIDENCE

This trap will get you if you start to drift and become complacent. You've probably hung Christmas lights on the roof eave for quite a few years. Be safe and do a thorough hazard assessment before you began. Get a competent person to help you and to do peer-checking.

December 4, 2017

Safety Focus

HOLIDAY FIRES

Fires are common because of the hazards presented by dry Christmas trees, candles too close to combustible materials, overloaded or defective wiring for decorative lights, fireplaces stuffed with wrapping paper, and malfunctioning heating systems. Be aware of fire hazards at home.

Health Tip of the Day

TIPS TO PREVENT HOLIDAY STRESS AND DEPRESSION

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- Acknowledge your feelings
- Reach out
- Be realistic
- Set aside differences.

Org Health & Diversity Focus

PROVIDING CLEAR DIRECTION

Work with your peers in other business functions to gather a list of all major initiatives, key deliverables and projects. Share this with your employees and show them how they relate to the success of the overall business unit.

Human Performance Focus

STAR

The Christmas holidays brings on many things such as vacation, hunting season, traveling, parties and gatherings. With so many activities going on it is easy to let your guard down. Utilize your HU tools to combat the hazards that are present during the time you are away from work.

December 5, 2017

Safety Focus

HOLIDAY WORK HAZARDS

Besides the seasonal hazards at home, hazardous situations can develop at work over the holidays. Special schedules may create situations where crews are short-handed or where workers are isolated. The year is almost over and it is easy to become relaxed. Be sure to use S.T.A.R. Stop, Think, Act, Review when doing tasks.

Health Tip of the Day

HOW TO STRETCH BEFORE LIFTING WEIGHTS

Dynamic stretches put your joints and muscles through a range of motion. These help you warm up and loosen up, preparing your muscles and joints for the strenuous activity of weightlifting. However, you shouldn't do static stretches that involve gradually easing into a stretch, and holding the position. According to a study published in the March 2013 issue of the "Scandinavian Journal of Medicine and Science in Sports," static stretches before weightlifting reduce your muscles' ability to perform optimally, so stick to dynamic stretching before you lift weights.

Org Health & Diversity Focus

PICKING FAVORITES

Be aware of favoritism as it can negatively affect the morale of others. Everyone should be recognized for their achievements and rewarded accordingly.

Human Performance Focus

COACHING

Caring – **O**bserve – **A**nalyze – **C**orrect – **H**elp

Be your “brothers & sisters” keeper. We must all empower ourselves to communicate to each other when we see safe work being done (positive reinforcement) and correct unsafe practices. (effective coaching)

December 6, 2017

Safety Focus

MENTAL FATIGUE

Fatigue is one of the biggest traps we can face and not recognize until it's too late. If you work more overtime please ensure that sleep and a balanced diet are at the top of your priority list.

Health Tip of the Day

WEST NILE VIRUS

West Nile virus can lead to serious illness and is a concern during mosquito season. Although most people infected with WNV do not have any symptoms, about one in five people will develop a fever with other symptoms such as a skin rash and headache. About one in 150 people infected with WNV will develop serious illness. Take steps to protect yourself and your family. Use mosquito repellent, eliminate free-standing water and wear clothing that covers your skin when outdoors during mosquito season.

Org Health & Diversity Focus

KNOW THE DIVERSITY GOALS AND VISION

Commit to the process by understanding how diversity impacts your role, and how your role impacts the success of the diversity initiative.

Human Performance Focus

OVER-CONFIDENCE

The Christmas holidays are here and there are a lot of employees on vacation this time of the year. Unfortunately some of us have to work and back-fill for those that are off. If you are working abnormal hours, be mindful of fatigue and how it can set in. Have a plan to combat mental stress and fatigue.

December 7, 2017

Safety Focus

ROAD RAGE PART 1

What should you do when you encounter this kind of attitude on the road—either in another driver or, for that matter, in yourself? First of all, exert whatever effort it takes to refocus your mind. Ask yourself whether your true goal is to win some kind of competition with the other drivers on the road, to get where you're going a little faster, or to reach your destination in one piece by being a cool head rather than a hothead.

Health Tip of the Day

HOW MUCH FRUIT?

How much fruit should you eat? Depending on your calorie needs, current guidelines suggest eating between 1 and 2.5 cups of fruit per day. A cup of fruit equals 1 whole piece of most fresh fruits, 1 cup of chopped fresh fruit or fruit packed in water or its own juices, 1 cup of 100 percent fruit juice, or ½ cup of dried fruit. If you use canned or frozen fruits, look for options without added sugars or syrups.

Org Health & Diversity Focus

SIGNS OF A HEALTHY ORGANIZATION

Signs of a healthy organization are a minimum of politics (people don't change what they say based on who's in the room), a minimum of confusion (everyone knows the goals and strategies and how to get there), high morale, high productivity and low turnover among good people.

Human Performance Focus

SELF-CHECKING

Take extra care when preparing foods for the holidays. Some foods require certain temperatures to be considered cooked or done. Some foods require refrigeration to keep them fresh. Food poisonings and emergency room visits go up during the holidays. (**Note:** Review the December HU Flyer for more TIPS)

December 8, 2017

Safety Focus

ROAD RAGE PART 2

Road rage is like a contagious disease. Protect yourself from it with daily doses of common sense and safety consciousness and by steering clear of any obviously infected drivers you see on the road with you.

Health Tip of the Day

EXERCISE TO A BEAT

Research shows that listening to your favorite tunes while working out could help you go farther, faster, longer, and with less discomfort. Most people have an instinct to match their movements and expressions to music (tap their feet, move their head, or dance), even if they suppress it. Music helps distract you from fatigue and can make the whole experience more fun. As long as you don't distract yourself from being safe when exercising outside, music is a great way to "amp up" your workout!

Org Health & Diversity Focus

PROMOTE WELLNESS

Wellness programs are linked to greater productivity, less absenteeism, and a reduction of long-term health care costs.

Human Performance Focus

TIME PRESSURE

Don't let holiday activities push you into this trap. Pre planning and designating others to contribute to activities will help ease some of the burden of getting things done.

December 9, 2017

Safety Focus

OVERTIME

Holiday shopping is a big deal for many of us. We want to buy the best gifts that excite children and family. In many cases employees seek overtime in order to make this happen. Be cautious not to focus so much on the gift giving that you become unaware of the shape you are in. Working long hours for several days will wear on your body and mind.

Health Tip of the Day

VEGETABLE OILS: WHICH ONES TO CHOOSE

Vegetable oils, such as olive and canola oil, are rich in beneficial mono and polyunsaturated fatty acids. These fats can help lower your blood cholesterol level when you use them in place of saturated and trans fat. Coconut, palm and palm kernel oils are high in saturated fat and should be limited. Since all oils have about 125 calories per tablespoon, consider your portion size. Even healthy fats can contribute to weight gain if used too freely.

Org Health & Diversity Focus

"Civility costs nothing, and buys everything." Lady Mary Wortley Montagu, English aristocrat & writer

Human Performance Focus

SITUATIONAL AWARENESS

Robbery and theft crimes go up during the holidays in the vicinity of shopping areas. Always be aware of your surroundings if you are shopping alone. Make it a practice to park in well-lit areas and as close as you can to the entrance. Be mindful of malls, grocery stores, jewelry stores and toy stores.

December 10, 2017

Safety Focus

HOME SAFETY

Be careful when using a ladder, for example, being sure it's in good condition and you climb safely. When using tools, pick the right tool for the job. If a tool is in poor condition, don't use it. Most of you have power tools, and you should be sure that they're properly grounded with a three-pronged plug or double insulation. In addition, stay off wet surfaces when using electric power tools.

Health Tip of the Day

HOME FOR THE HOLIDAYS

The holidays offer plenty of reasons to be stressed out and anxious -- the gifts you haven't wrapped, the pile of cookie exchange invites, the office parties. But for many, the biggest source of holiday stress is family -- the family dinner, the obligations, and the burden of family tradition. And if you're fighting clinical depression, or have had depression in the past, the holiday stress can be a trigger for more serious problems. "There's this idea that holiday gatherings with family are supposed to be joyful and stress-free," says Ken Duckworth, MD, medical director of the National Alliance on Mental Illness. "That's not the case. Family relationships are complicated. But that's doesn't mean that the solution is to skip the holidays entirely."

Org Health & Diversity Focus

CELEBRATE DIVERSITY

Diversity is the range of human differences, including but not limited to race, ethnicity, gender, gender identity, sexual orientation, age, social class, physical ability or attributes, religious or ethical values system, national origin, thoughts, feelings, personalities and political beliefs. *Workforce diversity* is a valuable asset for any *business* that seeks a competitive advantage.

Human Performance Focus

EFFECTIVE COMMUNICATIONS

Provide clear and concise instructions when communicating who will do what task. If your holiday decorating requires constructing and/or climbing have a pre job discussion with others and ask them to repeat what's been discussed.

December 11, 2017

Safety Focus

HOLIDAY HAZE

The holidays can bring about mental distractions that are not typical to normal day-to-day activities. When you find your thoughts drifting to those holiday plans while in the middle of a task, STOP what you are doing and REFOCUS on what your task is, what the expected outcome is and (one that often goes unthought-of) what steps you have already taken so that you don't undo a step or miss a step.

Health Tip of the Day

WHAT CAUSES WINTER DEPRESSION?

Despite the fact that millions of us say we have suffered a winter-related low mood, it can feel as though the winter blues is just a myth. But there is sound scientific evidence to support the idea that the season can affect our moods. Most scientists believe that the problem is related to the way the body responds to daylight. Alison Kerry, from the mental health charity MIND, says "With SAD, one theory is that light entering the eye causes changes in hormone levels in the body. In our bodies, light functions to stop the production of the sleep hormone melatonin, making us wake up.

Org Health & Diversity Focus

"America is not like a blanket - one piece of unbroken cloth. America is more like a quilt - many patches, many pieces, many colors, many sizes, all woven together by a common thread." *Rev. Jesse Jackson*

Human Performance Focus

STRESS

The holidays can be a difficult time for some. Look for signs of stress that the individual may not be aware of. Call a timeout to refocus and recharge energy levels.

December 12, 2017

Safety Focus

HOLIDAY STRESS

Stress can create a distracted mind. The Mayo Clinic has several tips to deal with holiday stress. One great way to keep your focus during the holidays is to stay healthy. Surely your diet will suffer a 'party setback' or two. That is to be expected. Don't beat yourself up over it. But ... be reasonable and don't allow yourself to go crazy. Physical exercise is a great way to blow off steam.

Health Tip of the Day

A GREAT BACK STRETCH

Lie on your back with your knees bent and feet flat on the floor. Keeping your back flat on the floor, rotate your hips to the left, lowering your legs down to the floor until a gentle stretch is felt. Hold for 15 seconds. Return to the starting position. Repeat four more times to the left side then switch and repeat to your right side. Finish up by hugging your knees into your chest for at least 15 seconds. Talk with your doctor before performing this exercise if you have hip problems or have had a hip replacement.

Org Health & Diversity Focus

Each generation has definitive values and characteristics they bring with them to the workplace that can set them apart, as well as draw them toward those who are similar to themselves.

Human Performance Focus

SITUATIONAL AWARENESS

Robbery and theft crimes go up during the holidays in the vicinity of shopping areas. Always be aware of your surroundings if you are shopping alone. Make it a practice to park in well-lit areas and as close as you can to the entrance. Be mindful of malls, grocery stores, jewelry stores and toy stores.

(**Note:** This focus was a repeat from 12/10/17 (Sunday) to ensure it was covered during a weekday.)

December 13, 2017

Safety Focus

NATURAL HOLIDAY TREE PART 1

As the holidays draw near, decorative lighting and special effects become important components of the festive season. Before setting it up, cut two inches diagonally off the butt. The tree will draw water more easily from a fresh cut. Stand the tree in a tub or bucket of water and keep the tree trunk immersed to prevent the tree from drying out.

Health Tip of the Day

THE LINK BETWEEN SMELL AND FOOD CHOICES

If you hold your nose while eating chocolate, you might have trouble identifying the chocolate flavor. This is because taste and smell are closely linked. Those whose smell declines due to allergies, medications or aging often eat foods containing higher amounts of salt or sugar. Consider using more spices like basil, cumin or chili powder to increase flavor and offset a decreased sense of smell.

Org Health & Diversity Focus

"Be civil to all, sociable to many, familiar with few, friend to one, enemy to none."
Benjamin Franklin, inventor & founding father of the United States

Human Performance Focus

POST JOB REVIEW

After the tree is cut, setup, and decorated. Do a post job review looking for hazards that may exist. Possible hazards that could exist are fire hazards with cords and lights, ornaments that hang too low for a toddler, burning candles and lead-based ornaments. Eliminate these hazards as they are found.

December 14, 2017

Safety Focus

NATURAL HOLIDAY TREE PART 2

Choose a freshly cut green tree, not one that has dried out through weeks of storage. If you are buying one from a tree lot, tap the trunk on the ground; if several needles fall off, it's too dry. Needles that bend and are not easily pulled off indicate a fresh tree. Consider a potted Christmas tree so you can plant it in your yard once the holidays are over.

Health Tip of the Day

BEAN POWER

Beans, also called legumes, are inexpensive, filling and healthy. They're a great source of protein, B-vitamins, potassium and fiber. One-third cup of cooked beans has only about 80 calories, lots of complex carbohydrates and little fat. The U.S. Dietary Guidelines recommend several servings each week, and experts believe beans may also help reduce blood cholesterol. Try canned beans as an easy addition to salads, rice or as a side on their own.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP # 1

Be mindful of the language we use and make sure it's as inclusive as possible.

Human Performance Focus

MULTIPLE TASKS

This trap practically always presents itself during the holidays. Try focusing on one thing at a time. Have a checklist (place-keeping) to guide you. Remember – multi-tasking is just refocusing on another issue while the other issue(s) go lacking of your full attention.

December 15, 2017

Safety Focus

NATURAL HOLIDAY TREE PART 3

Select a safe location for the tree, away from drapes and curtains and from drying and heating sources such as registers, radiators and television sets. Don't block doors or windows which might be used to escape in an emergency and never put a tree near a fireplace! Use a tree-stand with widespread legs for better balance and a large water reserve in which to immerse the tree butt. Check the water level every day and add more as required.

Health Tip of the Day

KEEP ACTIVE THIS HOLIDAY SEASON

The holidays are here again! Not only does this festive season bring egg nog, cookies, candy canes and stuffing with extra gravy, in many areas it also means cooler temperatures. Although being physically active can help you avoid some holiday weight gain, what should you do if it is too cold or icy outside? Why not beat holiday shoppers to your nearest mall for a morning walk?

Org Health & Diversity Focus

WHAT DOES IT MEAN TO SERVE IN THE MILITARY AND/OR WHY IS IT IMPORTANT TO HIRE VETERANS?

"I proudly served this country to honor and protect those who protected or made the ultimate sacrifice for me."

Brandon LeFevre, Supervisor, Controls Operations
Calcasieu Generation Facility

Human Performance Focus

PHYSICAL ENVIRONMENT

If your holiday activities bring you to the deer woods, always check the weather before heading out. Ensure you have a navigational type device, wear the proper clothing for hunting and conditions, and practice gun safety.

December 16, 2017

Safety Focus

NATURAL HOLIDAY TREE PART 4

If you think this combination of water and Christmas tree lights sounds dangerous, you're right! Keep the container of water covered and do not allow electrical lights to come anywhere near it. Check your Christmas lights for defects. Spread them out on a non-flammable surface before installing them. Make sure there are no broken bulbs, all electrical cords are free of cuts or frays and the plugs are in good condition.

Health Tip of the Day

SAVE CALORIES WITH PIZZA

The type of pizza crust you choose can make a difference when it comes to total calories. Consider that an average slice of thin-crust cheese pizza has about 240 calories and a deep-dish pan slice has about 310 calories. For a more healthful pizza, choose a thin whole-wheat crust. Also, choose toppings wisely. Opting for veggies and/or fruit instead of high-fat meats (such as pepperoni or sausage) will save calories and saturated fat.

Org Health & Diversity Focus

An illness is a sickness. Some illnesses are chronic, which means they last a long time and perhaps a lifetime (like asthma or diabetes). A disability is a physical or mental problem that makes it harder to do normal daily activities. You can be born with a disability or get it from an illness or an injury.

Human Performance Focus

DISTRACTIONS

This trap comes in many forms during the holidays. Having too many things planned in a day's time can cause your focus to be off. Plan your activities ahead of time and be sure to include pauses or breaks. During your break is the perfect time to utilize self-checking.

December 17, 2017

Safety Focus

NATURAL HOLIDAY TREE PART 5

Extension cords should never be placed under carpets or where they could be a tripping hazard. Don't leave the Christmas tree lights on if there is no one in the room. If the tree begins to lose an excessive amount of needles, remove it immediately. Never burn your tree in the fireplace!

Health Tip of the Day

SECONDHAND SMOKE AND CHILDREN

It's known that exposure to secondhand smoke increases the risk of sudden infant death syndrome (SIDS), ear infections, bronchitis, pneumonia, and more severe asthma in children. There is NO SAFE LEVEL of exposure to secondhand smoke. Do not allow smoking in your home or car, and avoid public places where smoking may still be permitted.

Org Health & Diversity Focus

Common misconceptions of fatigue: It's not just "feeling tired or lazy". Sleep disturbance is actually a common symptom.

Human Performance Focus

PROCEDURES

Follow manufacturer's instructions and recommendations when installing Christmas lights and ornaments. Don't fall into the "Over-Confidence" trap of "I've done this a million times." The lighting circuit-type and lighting types have changed over the years. Read and follow the instructions for your decorations

December 18, 2017

Safety Focus

EATING

Eat right to maintain your health. Eat a variety of fruits and vegetables, the fresher the better. Don't stuff yourself during holiday meals. Eat foods filled with fat and sugar in moderation. Use STAR (Stop, Think, Act, Review) to help you select healthy food options.

Health Tip of the Day

QUICK TIP TO RELIEVE STRESS

Here's a quick relaxation technique for stress relief: Sit comfortably with your back straight and take a deep breath in through your nose into your abdomen. Hold your breath for a few seconds, and then gently exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. Repeat this process for several minutes while you feel the stress slip away. Try this any time you need a quick stress reducer.

Org Health & Diversity Focus

WHAT DOES IT MEAN TO SERVE IN THE MILITARY AND/OR WHY IS IT IMPORTANT TO HIRE VETERANS?

“What it meant for me to serve, it was to give up as much of my time as I could to be called upon anytime to give my life in defense of my country. I loved every minute of it and if I had to do it all over again, I would without hesitation.”

Lucas Wise
Supervisor, Field Metering - EAI- North

Human Performance Focus

QUESTIONING ATTITUDE

Be mindful of leftovers during the holiday season. Discard all leftovers from the fridge after 2 days. Some foods will attract airborne bacteria when the refrigerator door is constantly open and closed.

December 19, 2017

Safety Focus

KITCHEN SAFETY

Families baking and cooking efforts are an enjoyable holiday activity, but be aware of the hazards of slippery floors, cutting tools and simmering pots on the stove. Do not attempt to burn wrapping paper or cardboard in fireplaces or stoves. It is safer to send these items out with the garbage if they can't be recycled.

Health Tip of the Day

A MATTER OF BALANCE

Do you love meat but feel that it just can't fit into a healthy diet? Not true. Lean meats are rich in nutrients such as protein, zinc, iron, and vitamin B12. The keys are to pick lean cuts to keep saturated fat down, and to choose a 3-4-ounce portion (about the size of a deck of cards) rather than making it the center stage of your meal.

Org Health & Diversity Focus

The baseline of communication is respect. Being aware of generational differences is a good start to breaking down barriers in communication between the ages.

Human Performance Focus

EFFECTIVE COMMUNICATIONS

Bring your Safety & HU training home with you during this holiday season. Talk to family members about what HU tools keep you safe every day at work. Teach family members what you know and use.

December 20, 2017

Safety Focus

HOLIDAY TRAFFIC

Traffic accidents can result from slippery winter driving conditions and alcohol consumption. Little children become the victims of choking accidents involving candy or small toys. Be aware of your surroundings and ensure everyone is always buckled when driving.

Health Tip of the Day

SEEING WINTER IN A POSITIVE LIGHT

If Old Man Winter leaves you feeling a bit gloomy, there are two simple and inexpensive ways to help you feel better: exercise and natural light exposure. Fight the winter blues by going for a brisk walk outdoors. Exercise and exposure to sunlight, even on cloudy days, may help boost your mood. Keep yourself feeling well by seeing winter in a more positive light.

Org Health & Diversity Focus

“The beauty of collaboration between older and younger generations is that we combine strength with wisdom...” Brett Harris

Human Performance Focus

SELF-CHECKING

If your holiday plans require you to travel to visit with friends and family, be aware of road conditions. Wintry weather and high traffic volume has many hazards associated with them. Ensure your vehicle is safe to drive and it includes a winter weather emergency kit.

December 21, 2017

Safety Focus

OFF THE JOB ACCIDENTS

Off-the-job accidents can be just as serious as those that happen at work: just as disabling or just as fatal. Therefore, it's just as important as it is at work not to let those accidents happen! One tool that can be used to prevent off the job accidents is using STAR (Stop, Think, Act, Review).

Health Tip of the Day

DECK THE HALLS, BUT DON'T DITCH YOUR DIET! STAY HEART-HEALTHY WITH SEASONAL, HEALTHY FOODS.

For many, the holidays are the most wonderful — and least heart-healthy — time of the year. Grandma's fudge is a sentimental favorite, and the neighbor's cake balls are a decadent habit. Indulging a little won't hurt — but planning ahead will make for merry meals that are healthy too. Do you decorate for the holidays with a lot of color? Treat your dinner plate the same way. Eating heart-healthy and being active takes effort, and the American Heart Association has many resources to help. Download our Healthy Holiday Eating Guide for great tips and recipes to help you navigate the holiday season in a healthy way

Org Health & Diversity Focus

In 2015, Millennials became the largest generation in the American workforce, surpassing Generation X for the first time.

Human Performance Focus

SITUATIONAL AWARENESS

We are 4 days away from Santa's arrival. We are in and out of parking lots doing last minute gift shopping. End-point driving can be one of the most inviting fender bender type of events. End-point driving (2-7mph) takes place as we enter, maneuver, park, and start-off again in parking lots. Watch out for pedestrians, other vehicles, and stray shopping carts. Obey the traffic speed in parking lots and back only if you must.

December 22, 2017

Safety Focus

HOLIDAY DISTRACTIONS

The holidays can be such a great time of parties, family, vacation, etc. However, some of us can get caught up in feeling stress or pressure during the holidays. This stress can often lead to distraction while you are performing important tasks at work or off-the-job, such as driving. Use a questioning attitude: "Am I distracted right now?" If yes – put off your concerns for right now – and focus on the task at hand.

Health Tip of the Day

TOP 10 WAYS TO STAY PHYSICALLY ACTIVE DURING THE HOLIDAYS

- All In the Family – take a family walk (or two) every day after a full meal. A 20-minute walk will help digestion and burn calories.
- Team Spirit – watching the big game on TV? Pretend you're at the stadium—stand up, cheer, clap and have fun.
- All Rise –when catching up with friends and family on the phone or in person, stand instead of sit. Standing burns more calories than sitting.
- Holiday Fun Runs – Double the benefit by participating in area fun runs that help various organizations in the community.
- Baby, It's Cold Outside – Too cold for outside fun? Schedule a time for you and a friend to workout indoors - play games that focus on physical activity
- Shop the Calories Away – Turn your shopping trips into healthy-walking trips. Park a slight distance from the store entrance and walk from place to place.
- Put On Your Dancing Shoes – Dancing gets your heart rate going. Go out with friends or stay in and dance like no one's watching!
- Winter Cleaning – Put a positive spin on house cleaning! Squatting down to clean small crevices to reaching up above your cabinets, cleaning can be part of an active routine.
- There's an App for That – partner with your smartphone and the apps available for workout routines.
- Take the Stairs – You'll burn almost 10 times the calories by taking the stairs.

Org Health & Diversity Focus

WHAT DOES IT MEAN TO SERVE IN THE MILITARY AND/OR WHY IS IT IMPORTANT TO HIRE VETERANS?

"I enjoyed so many freedoms growing up based on the sacrifices of others, so I felt an obligation to serve my country in order to make that same sacrifice that others had done for me and my family".

Todd Kauffman, River Bend Security

Human Performance Focus

DISTRACTIONS

This trap can grab all of us as we look forward to our time off from work. Pay close attention to the task at hand. Your time off is close at-hand but do not take your eyes off the ball. Keep your head and hands in the same place. Family time is just around the corner.

December 23, 2017

Safety Focus

HOLIDAY FALLS

Safely use a ladder for putting up outdoor lights. Many broken legs and worse injuries have resulted from ladder accidents when tacking up decorations. Use a step stool or stepladder for putting up indoor lights and other ornaments. Don't stand on makeshift supports such as chairs.

Health Tip of the Day

PROTEIN FOR VEGETARIANS

You may have heard concerns that vegetarian diets are deficient in important nutrients, such as protein. However, with good planning, vegetarian diets can provide good nutrition for all stages of life. According to our registered dietitian, there are many excellent vegetarian protein sources such as beans and legumes, soy products, and nuts. These can easily supply the protein an individual needs. Studies have found that vegetarians tend to have lower rates of heart disease, high blood pressure, type 2 diabetes, and obesity.

Org Health & Diversity Focus

WHAT IS CULTURE?

Culture is the characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music and arts. An organization's culture can manifest itself in many ways – shared beliefs and values, communications, processes and much more.

Human Performance Focus

MODIFICATIONS

As you prepare to assemble toys and the perfect gift do not take short cuts. You could be setting up yourself or someone else for an accident. Stick to the directions provided and everyone will be accident free from your assembly.

December 24, 2017

Safety Focus

THE 'UNDESIRED' OVERTIME

In some cases, especially around holiday time, individuals have to work overtime to cover for others' vacations. In addition to the frustration and irritability due to one not wanting the extra work hours, often times there are knowledge gaps present because more senior employees are the ones on vacation. Take a moment to breathe, and remember that regardless of the ill feelings, you still must complete your job safely.

Health Tip of the Day

PROTECT YOUR FAMILY FROM CARBON MONOXIDE

Carbon monoxide (CO) is a colorless and odorless gas that can come from many appliances, such as gas- and oil-burning furnaces, portable generators, and charcoal grills. CO poisoning kills hundreds and sickens thousands each year, but it can be prevented. Have your furnace inspected to make sure it's working properly. Avoid letting a vehicle run in an enclosed garage. Never use grills or generators inside your home or garage. Install a CO detector in your home and change the batteries every six months.

Org Health & Diversity Focus

WHY IS THIS CULTURE STUFF IMPORTANT?

- Cultural awareness is critical to an inclusive working environment
- Deeper cultural knowledge supports cross-cultural perspectives
- Values, beliefs, family rearing, expectations, gender roles affect learning & can impact work
- Culture basically defines the proper way to behave within an organization

Human Performance Focus

SELF-CHECKING

It's Christmas Eve and there are parties and gatherings you must attend. Remember if you will be drinking have a designated driver established before you enter the vehicle. Be a safety leader off the job also. Drink responsibly.

December 25, 2017

Safety Focus

MULTITASKING

This is the time of year for making big meals and having things that smell good simmering or heating in your house or workplace. In many cases, the person responsible has become distracted. Help others stay focused and mitigate hazards. Pay close attention to children in a busy home.

Health Tip of the Day

HOW WINTER AFFECTS YOUR SLEEP AND YOUR STATE OF MIND

Seasonal affective disorder (SAD) is a mood disorder that typically strikes in the fall and lasts through the winter months.

Symptoms include:

- Fatigue
- Depression
- Hopelessness
- Social withdrawal
- Sleep issues such as [insomnia](#) and hypersomnia

Org Health & Diversity Focus

“Three things in human life are important: The first is to be kind. The second is to be kind, and the third is to be kind.” Henry James, author

Human Performance Focus

POST JOB REVIEW

Christmas is here. Take a moment to review everything it took to make your plans come to completion and make a lessons learned note for the next holiday gathering. Learning from our safe actions and our gaps can help us do it ALL safely the next go round.

December 26, 2017

Safety Focus

SLEEP

It's that time of year when a large portion of our attention is preoccupied with who's going to get vacation, buying presents and family trips among other things. Get enough sleep. Individual sleep needs vary, but you should sleep long enough to wake up feeling rested and refreshed. Sleep patterns are often disrupted when a person is stressed.

Health Tip of the Day

DYNAMIC STRETCHING

Dynamic stretching is an active stretching routine that has you slowly moving through motions to increase your heart rate, raise your body temperature and send extra blood to your muscles. This prepares them for exercise by increasing your range of motion. This is especially true if you are about to do a workout that requires lots of lower-extremity muscular power.

Org Health & Diversity Focus

WAYS PEOPLE FEEL ACCEPTED IN A NEW ENVIRONMENT:

- Making new friends
- Knowing who to contact for things
- Knowing how to get around and work effectively in the new environment

Human Performance Focus

PRE-JOB BRIEF

Santa has come and gone. The parties have been celebrated. Now it is time to clean up the leftovers. Begin with a list of chores and identify the hazards that are associated with each one. Make this a family effort so they may learn about hazard recognition and elimination. It's contagious!

December 27, 2017

Safety Focus

PERSONAL SAFETY

While you might have your eyes set on snagging the next big deal in the store, burglars are looking for ways to break in while you are away and distracted from the home. Self-checking and questioning attitude can help you have a safe holiday!

- Lock everything
- Keep your location to those who have a need to know. (Don't post your location on social media)
- Keep your keys in your hand when approaching your vehicle.
- Check back seats before getting in your vehicle

Health Tip of the Day

PREVENT SHINGLES

Shingles are caused by the varicella zoster virus, the same virus that causes chickenpox. The condition causes a painful skin rash which can continue to be painful even after the rash is gone. The shingles vaccine is recommended for men and women age 60 or older since they are at greater risk for developing shingles. As always, talk with your doctor to decide if the vaccine is right for you.

Org Health & Diversity Focus

Unfortunately civility is hard to codify or legislate, but you know it when you see it. It's possible to disagree without being disagreeable. Sandra Day O'Connor retired Supreme Court Justice

Human Performance Focus

QUESTIONING ATTITUDE

Some of us are back to work today after celebrating the Christmas holiday. Don't have a carryover from your time off. Ask yourself "Am I ready to do my job today?" Do not let the past holiday get you off focus today. Put Safety First!!!!!!

December 28, 2017

Safety Focus

DISTRACTED WALKING

The National Safety Council has the following suggestions that could protect you at work and home.

- Do not walk, talk and text.
- Do not cross or walk in the street while using an electronic device.
- Do not walk with headphones in your ears.
- Be aware of your surroundings, especially in congested areas.

Health Tip of the Day

VEGGIE VS. STARCHY VEGGIE

It's true! Not all vegetables are created equal when it comes to calories. Starchy vegetables, such as potatoes, peas and corn, generally contain more calories per cup than non-starchy vegetables like carrots, broccoli, asparagus and spinach. But, starchy veggies are still good sources of dietary fiber and other nutrients. Choose a colorful variety of vegetables (and fruits) every day as part of a nutrient-rich eating plan.

Org Health & Diversity Focus

Teamwork helps bring employees of all generations together. It requires collaboration, which should be encouraged by management. Collaboration requires employees to work together and trust each other.

Human Performance Focus

PEER-CHECKING

As adults we should always monitor our kids as they engage fireworks. Safety should be paramount when dealing with fireworks. As we anticipate the celebration of the New Year we should all still be focusing on the monthly focus of **Holiday Safety**. Keep yourself and your family safe when igniting fireworks.

December 29, 2017

Safety Focus

CIRCLE FOR SAFETY

Have you ever been in a rush and missed doing your vehicle walk around? This should be done anytime you return to a parked vehicle. Why is the circle important? To check for pedestrians including small children playing with new toys, sleeping pets, vehicle tire condition, nearby stationary objects, loose objects/tools that could become flying objects once on the road.

Health Tip of the Day

IT'S NEVER TOO LATE TO START EXERCISING

Everyone benefits from being active and exercise is an important part of healthy aging for both the body and the brain. Research suggests that regular physical activity can help older people stay healthy and independent. Exercise may also play a role in reducing the risk of dementia, improving mood and reducing feelings of depression. Talk with your doctor about how to exercise safely if you have a chronic health condition or if it's been a while since you've been active.

Org Health & Diversity Focus

REINVENT THE WHEEL.

Do something that hasn't already been done.

Human Performance Focus

EFFECTIVE COMMUNICATIONS

Have a designated driver when attending New Years Eve party's. This driver should be established before you start driving to your celebration. Communicate the plan to everyone before leaving and make sure the plan is understood by all.

December 30, 2017

Safety Focus

FIRE PROTECTION FOR YOUR FAMILY

Fire is probably the most feared home hazard. It is wise to prepare for emergencies before they happen. Smoke detectors are essential and do save lives. Rope ladders enable exit from upper floors. The whole family should learn and practice escape routes, including an agreed-on meeting place away from the immediate area.

Health Tip of the Day

ALOE VERA JUICE

Should you drink aloe vera juice? Some manufacturers claim that this juice can help digestion and boost the immune system; however, many health experts are cautious since there is little scientific data behind these claims. Side effects may also include abdominal cramps and diarrhea. When considering any herbal nutritional product, talk with your doctor first about possible risks and side effects.

Org Health & Diversity Focus

BUILD TRUST

Be fair. Limit bias and favoritism. The Organizational Health and Diversity site has many tools and a library that offers resources that can help. Click [here](#) to view the library.

Human Performance Focus

SITUATIONAL AWARENESS

Make sure that defensive driving is part of your plan if you must drive tonight. Party goers are out and some of them may not have a plan or a designated driver that looks out for other drivers. Be aware of your situation as you drive to and from events.

December 31, 2017

Safety Focus

OPEN FLAMES

Follow all business unit rules regarding the use of open flames, which could include candles and use of grills. Most business units don't allow the use of open flame candles or unattended cooking/grills. These rules can keep you safe at home too! Happy New Year!

Health Tip of the Day

NEW YEAR...NEW YOU!

New Year's resolutions are a good thing. If you struggle to believe that, it's probably because of a history of failed resolutions. This year, however, you owe it to yourself to become the new person you want to be. Not in order to impress other people. You're going to do it to remind yourself that yes, you can do whatever you put your mind to do...

Org Health & Diversity Focus

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou, poet

Human Performance Focus

QUESTIONING ATTITUDE

Be aware of the hazards of outdoor cooking. Use the STAR tool to ensure you are accounting for all hazards and that your plan can eliminate them. Have a checklist to work from and effectively communicate the list if you will have help.