

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 2019

1 Handwashing 101	2 Bring Out Those Hands	3 When to Use Hand Sanitizer	4 Work-Out Wednesday – Football Fast Feet	5 Carbon Monoxide (CO) Safety	6 Ways to Prevent CO Poisoning	7 Sun Protection in the Cold
8 Is that ladder safe to climb?	9 Mittens Vs Gloves	10 Sick Employees	11 Work-Out Wednesday-Shadow Boxing	12 Slips, Trips, and Falls and How to Avoid	13 Eating at Your Desk?	14 Seasonal Hazards
15 Holiday Overtime	16 It's Better to Give Safety	17 Decorate Safely	18 Work-Out Wednesday – The Swiveling Abs	19 7 Ways to Keep Your Feet Warm	20 Do This When You Plan to Travel	21 Holiday Driving
22 Welcome Winter	23 Watch Out for Fire-Starters	24 Traveling for the Holidays? Be Prepared	25 Happy Holidays	26 Full House	27 Cold Weather – Prepare for Emergencies	28 Proper Lifting
29 Back to Work Safety	30 Exercise for a Better You	31 New Year's Eve Safety				

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 1, 2019

Office Daily Safety Message

Handwashing 101

Washing your hands is easy and it is one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and to your workplace to your childcare facilities.

The Centers for Disease Control and Prevention recommend following these five steps to properly wash your hands:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Happy Birthday handwashing!

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 2, 2019

Office Daily Safety Message

Bring Out Those Hands!

Hold on! Don't remove those gloves or mittens yet. Think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on water, ice, or snow.

Leave the gloves or mittens on and remain Safety Strong!

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 3, 2019

Office Daily Safety Message

Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Life is better with clean hands!

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 4, 2019

Office Daily Safety Message

“Work-Out Wednesday”

The Football Fast Feet

Sit in your desk chair with your feet flat on the ground. Rapidly tap your feet in place, just like you would do if you were running in place. Do this for 30 seconds. Pause. Then do it for another 30 seconds. Work this in every half hour or so to bring up your heart rate without breaking a sweat that will embarrass you at your afternoon meeting.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 5, 2019

Office Daily Safety Message

What is Carbon Monoxide?

Carbon monoxide, also known as CO, is called the “Invisible Killer” because it's a colorless, odorless, poisonous gas. More than 150 people in the United States die every year from accidental nonfire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces.

Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever).

CO poisoning symptoms include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

Know the symptoms and help prevent CO poisoning.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 6, 2019

Office Daily Safety Message

How to Prevent Carbon Monoxide Poisoning

When you breathe, oxygen binds to the hemoglobin in your blood and then gets delivered to your vital organs. Carbon monoxide (CO) binds 240 times better to hemoglobin than oxygen, so inhaling carbon monoxide displaces the oxygen in your blood. You become sick when your vital organs and tissues become oxygen-deprived, causing many people to pass out.

Below are very important ways to prevent CO poisoning:

- Install CO alarms! Alarms are the only way to detect carbon monoxide, yet nearly half of all Americans don't have CO alarms in their homes. The National Fire Protection Association recommends installing a CO alarm on each level of a house and in a central location outside each sleeping area.
- Indoor awareness: Never use generators, charcoal grills, camp stoves, or any gas-burning appliance indoors, in a garage, or in any confined area.
- Stove safety: The kitchen stove is a frequent source of CO poisoning.
- Be extra vigilant in winter: Nearly 41% of CO exposure occurs during the winter months, when burning wood and other fuel is at the highest.
- Garage danger: Never leave a car running in an attached garage—even if the garage door is open, because CO emissions can still leak into your home.

Remember CO is the “Invisible Killer”, therefore knowing how to prevent is so important.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 7, 2019

Office Daily Safety Message

Sun Protection in the Cold

Sun protection may not be at the top of mind for outdoor working during the cold months but ignoring skin protection is a mistake. To help protect against sun exposure and skin cancer, the Skin Cancer Foundation recommends the following steps:

Face: Apply sunscreen, use a product with an SPF of at least 15. However, when working outside for extended periods of time, use sunscreen with an SPF of 30 or higher. Don't neglect your nose as most common skin cancers occur on the nose.

Head and Neck: These areas are particularly vulnerable to melanoma, the deadliest form of skin cancer. To help protect this area, wear a wide-brimmed hat with at least a 3-inch brim. Don't forget to apply sunscreen anywhere your head and scalp are exposed to sun.

Lips: When applying sunscreen, make sure to include your lips or use a lip balm that has SPF protection.

Eyes: Although hats can help provide eye protection, it is best to wear UV-blocking eyewear when working outside.

Sunscreen and skin protection are not only for the summer months!

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 8, 2019

Office Daily Safety Message

Getting ready to decorate for the holidays?

Is your ladder safe to climb?

Before climbing a ladder, one should ensure the ladder is in good condition. Check to make sure the ladder is free of corrosion, rust, cracks and other defects which may cause the ladder to fail. Never use a painted ladder because the paint can hide visible damages.

When in doubt of the condition, do not use the ladder.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 9, 2019

Office Daily Safety Message

Mittens VS. Gloves

Gloves sure look fashionable but donning mittens can help save your life. With your fingers touching each other inside mittens, they generate more body heat than if they were inside of gloves.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 10, 2019

Office Daily Safety Message

Sick Employees

Bad weather is not the only safety hazard companies have to overcome during the winter months. Colder temperatures often come with a rise in sickness, such as the common cold and flu, and unfortunately, that doesn't deter some employees from coming into the office. About 1 in 4 employees goes to work when they are sick. While this might sound good for meeting deadlines, these employees are not only putting the entire office at risk for getting sick, they are being less productive than if they would have just taken a sick day to recover.

Remember to sanitize workspaces, especially desks, keyboards, door knobs, and bathrooms on a more frequent basis during the winter months when flu season is at its peak.

Stay well and stay Safety Strong!

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 11, 2019

Office Daily Safety Message

“Work-Out Wednesday”

Shadow Boxing

Not only will this exercise raise your heart rate and bring in some cardio, but it will also be a good stress release if you had a particularly frustrating day at the office. Raise your fists up in front of your face in a boxing position — while you’re sitting a safe distance away from your computer. Punch your fists forward in the air, as if you are using a punching bag, switching back and forth from right arm to left. Do this for 30 seconds. Pause. Repeat for 30 seconds. Again, like other cardio exercises, work this repetition into scheduled intervals in your work day.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 12, 2019

Office Daily Safety Message

Slips, Trips, and Falls – How to Avoid

Although the calendar does not say winter yet, we are experiencing some very cold weather conditions. Slips, trips, and falls happen year-round, but winter ice and snow create a more hazardous environment for this type of injury.

Here are six simple tips to avoid slips, trips, and falls during the winter season:

1. Keep walkways, stairways, and other work areas clear and dry
2. Remove hazards, such as water on floors and ice/snow on sidewalks, immediately
3. When walking, look where you are going and have your hands ready to steady yourself should you slip
4. Avoid carrying heavy loads that may compromise your balance
5. Mark hazardous areas with temporary signs, cones, barricades, or floor stands to warn passing co-workers
6. When outside, wear footwear with heavy treads for increased traction. Walk along grassy areas if a walkway is covered in ice.

Discuss other tips to avoid slips, trips, and falls.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 13, 2019

Office Daily Safety Message

Eating at Your Desk?

Do you regularly eat at your desk? If so, you'll want to make sure to "give bacteria the pink slip the next time you desktop dine," the Academy of Nutrition and Dietetics says.

Here's how:

- Thoroughly wash your hands before and after eating. If you can't get to a sink to wash your hands, use an antibacterial hand cleaner at your desk.
- Don't let food sit out for more than two hours before putting it in a refrigerator.
- Ensure the temperature of workplace refrigerators is below 40° F.
- Frequently wash reusable lunch totes or insulated bags.
- Don't thaw frozen foods on countertops – do so in a refrigerator or microwave instead.
- Eating leftovers for lunch? Make sure you reheat them to at least 165° F.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 14, 2019

Office Daily Safety Message

Seasonal Hazards

Besides the seasonal hazards at home, hazardous situations can develop at work over the holidays. Special schedules may create situations where the staff is short-handed or where staff members are isolated. The year is almost over, and it is easy to become relaxed and complacent. Fight the urge to let your safety awareness down as things may be somewhat abnormal during this time of year.

Be sure to use S.T.A.R. Stop, Think, Act, Review when doing tasks and remain Safety Strong.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 15, 2019

Office Daily Safety Message

Holiday 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.

Here are a few tips to help you cope with holiday overtime:

- Remember to take breaks – 30 for 30 is very, very important during this time
- Keep up with your exercise routine – exercise relieves stress
- Make time for fun – find some time to go to a movie
- Drink plenty of water – it is important to stay well hydrated
- Limit your caffeine intake – you don't have to completely quit, just keep a close eye on your use and make sure that you are not overdoing it
- Don't overdo it with junk food – junk food may satisfy your cravings and it will fill you up, it is also full of empty calories
- Get enough sleep – try to get at least eight hours of snoozing

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 16, 2019

Office Daily Safety Message

It's Better to Give Safety

Gifts and toys should inspire joy, not cause injuries. More than a quarter of a million children were seriously injured in toy-related incidents in 2017. Avoid safety hazards while gifting with these tips from the American Academy of Pediatrics and the U.S. Consumer Product Safety Commission:

- Toys are age-rated for safety, not for children's intellect and physical ability, so be sure to choose toys in the correct age range
- Choose toys for children under 3 that do not have small parts which could be choking hazards
- For children under 10, avoid toys that must be plugged into an electrical outlet
- Be cautious about toys that have button batteries or magnets, which can be harmful or fatal if swallowed
- When giving scooters and other riding toys, give the gift of appropriate safety gear, too; helmets should always be worn, and they should be sized to fit

To find out about holiday toy safety and recalls, check the U.S. Consumer Product Safety Commission website.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 17, 2019

Office Daily Safety Message

Decorate Safely

Decorating is one of the best ways to get in a holiday mood, but emergency rooms see thousands of injuries involving holiday decorating every season.

When decorating follow these tips from the U.S. Consumer Product Safety Commission:

- Keep potentially poisonous plants – mistletoe, holly berries, Jerusalem cherry and amaryllis – away from children
- If using an artificial tree, check that it is labeled “fire resistant”
- If using a live tree, cut off about 2 inches of the trunk to expose fresh wood for better water absorption, remember to water it and remove it from your home when it is dry
- Place your tree at least 3 feet away from fireplaces, radiators and other heat sources, making certain not to block doorways
- Avoid placing breakable ornaments or ones with small, detachable parts on lower tree branches where small children can reach them
- Only use indoor lights indoors and outdoor lights outdoors, and choose the right ladder for the task when hanging lights
- Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections
- Follow the package directions on the number of light sets that can be plugged into one socket
- Never nail, tack or stress wiring when hanging lights and keep plugs off the ground away from puddles and snow
- Turn off all lights and decorations when you go to bed or leave the house

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 18, 2019

Office Daily Safety Message

“Work-Out Wednesday”

The Swiveling Abs

Remember when you were a kid and there was nothing better than a desk chair that spins? Use that fun as a grown-up for a great ab workout. Sit upright in your swivel chair and lift your feet off the ground. Lightly hold on to the desk with your fingers — but ensure that your hands or arms aren't doing the work here, because it should be all core oblique abdominals here. Use those abs and the rest of your core to swivel the chair from left to right and back again. Do 15 repetitions in three cycles.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 19, 2019

Office Daily Safety Message

7 Ways to Keep Your Feet Warm on a Cold Weather Walk

Don't let cold feet keep you indoors during the winter. Your toes can get painfully cold and you may even risk frostbite in bitter weather. While you want to keep your feet warm, you also want to avoid getting wet or sweaty feet, as that puts you at risk of developing a blister.

You can protect your feet in cold weather with these tips:

1. Wear less-breathable shoes: Many athletic shoes have mesh uppers for better airflow, but that is not ideal for cold and wet weather. Switch to trail shoes or boots that are full leather and will keep out the wind and cold.
2. Wear a double layer of socks: The classic combo for hiking is a sweat-wicking polypropylene thin sock with an outer wool sock. This works well for keep your toes warm.
3. Insulate with paper: Paper makes a great disposable insulator. Grab a paper towel or napkin and fold it over the top of your foot, toes, and under the toes, then put on your shoes.
4. Toe warmers: Toe warmers are single use inserts that provide gentle heat for up to six hours.
5. Keep your feet dry with sweat-wicking socks: Your feet will sweat even though it is cold outside, so you need to wear socks that will wick the sweat away from the skin.
6. Keep out the rain and snow: Invest in a pair of waterproof shoes.
7. Plastic wrap to keep cold air out: Tuck some plastic wrap or a plastic sandwich bag between the shoe upper and your upper foot and toes. This prevents cold air from reaching your toes.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 20, 2019

Office Daily Safety Message

Plan to Travel?

When planning travel, be aware of current and forecast weather conditions. Delay your travel plan when the weather service has issued advisories. If you must travel during this time, inform a friend or relative of your proposed route and expected time of arrival. Remember to always have your cellphone, cellphone charger with you.

Below are some safety tips to follow if you become stranded in your car:

- Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
- Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.
- Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.
- Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 21, 2019

Office Daily Safety Message

Holiday Driving

Whether it is loading the family up to drive off to your favorite holiday destination or just a quick trip to the store, holiday driving is dangerous. We must be aware of our own actions and those of the other drivers around us, especially the elderly or others who do not drive often.

Some common errors drivers may make are:

- Rolling stops
- Distracted driving
- Confusion of four-way stops
- Improper freeway merging
- Driving too fast for hazardous conditions

Remember your SMITH driving training and most of all take your time and remain calm!

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 22, 2019

Office Daily Safety Message

Welcome Winter!

Although winter comes as no surprise, many of us are not ready for its arrival.

Stay safe by preparing your home. Winter storms and cold temperatures can be dangerous.

Here are a few steps to prepare your home:

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks
- Check your heating systems.
 - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Install a smoke detector. Test batteries monthly and replace them twice a year.
 - Have a safe alternate heating source and alternate fuels available.
 - Prevent carbon monoxide (CO) emergencies.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 23, 2019

Office Daily Safety Message

Candles and Fireplaces

Use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations in many homes during the holidays, means more risk for fire. The National Fire Protection Association reports that one-third of home decoration fires are started by candles and that two of every five decoration fires happen because the decorations are placed too close to a heat source.

Here are a few fire safety tips:

- Place candles where they cannot be knocked down or blown over and out of reach of children.
- Keep matches and lighters up high and out of reach for children in a locked cabinet.
- Use flameless, rather than lighted, candles near flammable objects.
- Don't burn trees, wreaths or wrapping paper in the fireplace.
- Always Use a screen on the fireplace when a fire is burning.
- Never leave candles or fireplaces burning unattended or when you are asleep.
- Check and clean the chimney and fireplace area at least once a year.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 24, 2019

Office Daily Safety Message

Traveling for the Holidays? Be Prepared

Many people choose to travel by car during the holidays, which has the highest fatality rate of any major form of transportation based on fatalities per passenger mile. In 2017, 329 people died on New Year's Day, 463 on Thanksgiving Day and 299 on Christmas Day, according to Injury Facts. Alcohol impairment was involved in about a third of the fatalities.

Stay safe on the roads over the holidays and every day:

- Prepare your car for winter and keep an emergency preparedness kit with you
- Get a good night's sleep before departing and avoid drowsy driving
- Leave early, planning for heavy traffic
- Make sure every person in the vehicle is properly buckled up no matter how long or short the distance traveled
- Put that cell phone away; many distractions occur while driving, but cell phones are the main culprit
- Practice defensive driving
- Designate a sober driver to ensure guests make it home safely after a holiday party; alcohol or over-the-counter, prescription and illegal drugs can cause impairment

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 25, 2019

Office Daily Safety Message

Happy Holidays from Our Home to Your Home



Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 26, 2019

Office Daily Safety Message

Full House During the Holidays

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 or work.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 27, 2019

Office Daily Safety Message

Equip in Advance for Weather-related Emergencies

Be prepared for weather-related emergencies, including power outages by doing the following:

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
 - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
 - extra batteries;
 - first-aid kit and extra medicine;
 - baby items; and
 - cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
 - Keep grills, camp stoves, and generators out of the house, basement and garage.
 - Locate generators at least 20 feet from the house.
 - Leave your home immediately if the CO detector sounds and call 911.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 28, 2019

Office Daily Safety Message

Proper Lifting

Cleaning up after the holiday? Over exertion can wreak havoc on your back. Use the BLAST lifting technique to ease the burden on your back muscles, ligaments, tendons and disks.

B – Bow your back in

L – Legs, bend your knees and use your leg muscles for the lift

A – Abdominals, tighten your abs to prepare your core for the lift

S – Slow and Smooth, don't jerk on the object during the lift

T – Twist, never twist your back when lifting.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 29, 2019

Office Daily Safety Message

Back to Work Safety

Being away from work allows us to recharge and refocus. However, before you head back to work, you need to prepare yourself. Back to work safety should be one of your first priorities as you return from time off. Whether you were off for the weekend, a vacation or a holiday, it is important to prepare yourself for getting back into the swing of things. Statistics show that it does not take much time away from work for us to lose our good safety habits that we have worked so hard to develop.

Before you head back to work, make sure you take care of a few things:

1. Get the proper amount of sleep.
2. Clear your head of any off-job issues and remember your work routine.
3. Be sure to review the critical steps of your job and the specific things you must do in order to stay safe.
4. Identify and recognize the hazards you must face.
5. Take the time to settle back in to your work area and make sure everything is where you need it to be.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 30, 2019

Office Daily Safety Message

Exercise for a Better You

If you're feeling down, consider going for a walk, bike ride, or doing some kind of physical activity. Research shows that exercise helps reduce stress, anxiety, and depression. In addition, it may also help boost self-esteem and improve sleep. For mild to moderate depression, exercise is often an underused treatment option.

Exercise is not a cure all, but it may help improve your sense of well-being.

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 31, 2019

Office Daily Safety Message

What are You Doing for New Year's Eve?

Whether you're gathering with a small group of friends or going out to a big party, it's important to stay safe on the last day of the year. According to the National Safety Council nearly half of all car accidents on New Year's Eve and New Year's Day are due to drinking and driving.

Here are some tips to stay safe:

- **Don't drink and drive:** Assign a designated driver or take a cab. Because many people will be driving under the influence this night, don't use or drive a car if you can avoid it.
- **Alcohol:** If you decide to drink, eat before you drink, and snack while drinking. It's also a good idea to monitor the alcohol intake of yourself and your friends.
- **Safety in Numbers:** Go out in groups so you can look out for your friends and family. Having a safety net in an unfamiliar environment is helpful.
- **Pet Safety:** Keep your pets away from loud noises, such as fireworks. Be sure your they have a collar with your information or a microchip. Double check your fence and pet area.

Follow these safety tips and have a fun New Year's Eve, not matter how you are celebrating.

Happy New Year from Utility Operations Safety and remember to stay "Safety Strong".