



S&W READY MIX CONCRETE COMPANY	PLANT #:
CORPORATE ENVIRONMENTAL / SAFETY PROGRAM	DECEMBER
HOLIDAY SAFETY - MONTHLY TRAINING TOPIC	

All year long you've heard messages that remind you to "work safely...don't take short-cuts... prevent accidents...." To do this, of course, you have to keep your *mind on your work*. But this time of the year, your mind may be everywhere else but on your work.



You may be thinking....

- What will I buy everyone - I hate shopping!
- How will I *pay* for all those gifts - it costs a fortune!
- Traffic is so bad I'm a *wreck* every time I get where I'm going.
- My relatives and their kids are going to be here for a whole week- **HELP!**
- My kids' energy levels and voice levels have quadrupled-give me peace!
- If I hear Alvin & The Chipmunks one more time, I'll smash the radio!

The holidays are a wonderful time for many people and a dreadful time for others. For most, it's a mixture. The experts tell us that even happy, exciting events are stressful to our minds and our bodies.

- Normal routines and schedules are disrupted, which can feel uncomfortable.
- With so much to do, there's a lot of rushing around to get it done.
- Giving presents can be stressful-"Am I giving enough...am I giving too much...?"
- Stores and malls during the holidays are crowded and chaotic.
- Holiday gatherings can be fun, but too much food and drink can take its toll.
- "Ghosts of Holidays Past" can remind us of disappointments and bring on depression.

Be aware that you may be more likely to have an accident at this time of the year--on the job, at home or on the road. At work, you may be distracted by personal matters or financial concerns and overlook safe work practices. At home, tension between family members is sometimes high, since they too are feeling both the good and bad holiday stress. Out-of-sort people tend to be accident prone.

You may also find yourself taking extra physical risks-hanging colored lights on the roof, lugging heavy gifts around, or shoveling snow...and when roads and freeways are jammed with frustrated drivers, the number of auto accidents increases. It's a time to drive defensively.

Sometimes, the worst thing about the holidays is *getting* there! Once they arrive, they're lots of fun--so don't have an accident on the way! If you keep in mind that the holidays put extra pressure on everyone this time of the year, it may help keep you and your loved ones accident-free. Stay alert. Take extra care. Have a happy *and SAFE* holiday season!