

## M&O Safety & Compliance News

### RESOLVE TO MAKE HEALTH & SAFETY A PRIORITY

I'll bet many of you have made worthwhile New Year's Resolutions like losing weight, joining a gym and actually attending, or spending more time with loved ones. These are great goals! But let me suggest one more; to resolve to make your health and safety a priority!

Resolving to put health and safety first is a way to make all other resolutions achievable. The objective of such a resolution is to be self-motivated and to behave safely, even when no one else is looking. The resolution has effects that go beyond just yourself. Resolving to put health and safety first creates a safe zone around yourself, your children, your co-workers, friends, neighbors and strangers. It's a resolution that benefits whatever corner of the world you're in at the moment.

### PUTTING HEALTH AND SAFETY FIRST MEANS:

Considering the health and safety implications of behavioral decisions. For example:

- If I stay up late tonight, will I get enough sleep to work safely tomorrow?

Assessing the hazards associated with all activities—at work, play or home. For example:

- Have I read the manual for this power tool?
- What are the hazards involved in this hobby and how can I reduce the risks?

Educating yourself so that you can continue to add to your growing knowledge of health and safety practices. For example:

- Joining a health and safety group
- Taking a CPR/first aid course

Communicating about health and safety with your co-workers, family and community. For example:

- Reporting near misses at work and encouraging your children to report near misses at home.
- Involving the family in the creation of a family emergency plan.

Leading by example to demonstrate your personal commitment to the valuable of health and safety practices. For example:

- Wearing all necessary personal protective equipment—at home, work and play
- Not taking shortcuts,

In conclusion, to achieve New Year's resolutions requires strong internal motivation. And what could possibly be better motivation than improving the health and safety of yourself and your loved ones, and having a positive influence on the health of everyone else around you?

**SAFETY...FOR ME, FOR MY FAMILY, FOR MY LIFE.**



## Safety matters



Happy Birthday

Devin Owens	Andrew Thompson
Luis Paniagua	Ken Sharum
Crystal Tabron	Richard DeAro
Eric Troxel	Gabriel Reyes
Monica Tovar	Henrico Cagliesi
Travis Holkan	Reggie Royster
Patricia Mena	Daniel Simmonds
Marcos Valdez	Daniel Martinez



Happy New Year

May this new year all your dreams turn into reality and all your efforts into great achievements.