

THE

CONNECTION

DECEMBER 2004

A New Spin on Holiday Giving

Here are some great ways to spread some cheer this holiday season:

Volunteer your time. Most people get together with family and friends for a big holiday meal. This year, why not use the money you would normally spend on your holiday meal to buy food for the local food bank or soup kitchen.

Make a donation in someone's name. There are many charities that offer holiday service in which you can make a donation in someone's name.

Adopt an individual or family. There are several organizations that exist to provide fund gifts and necessities for individuals and entire families during the holidays.

Donate children's toys. Chances are your children have some gently used toys they could donate to a local cause that will distribute them to children. You could also take your children to the store and have them pick out a toy they would like to donate.

Donate adult items too. Cleaning out your tool shed, sewing room, or garage may reveal some items that could be useful to someone in need.

Include those that are alone. Why not invite someone that would be alone to enjoy some of the holiday festivities with you and your family? While doing this may be outside your comfort zone, the warmth you display by opening your home is a priceless gift.

Consider all the ways that you can help others. Don't underestimate the profound impact that your giving can have on others this holiday season.



acts as a shock absorber;

Some hats serve as an insulator against electrical shocks;

Shields your scalp, face, neck and shoulders against splashes, spills, and drips.

You only have one head. Wearing a hard hat can help you keep your head on your shoulders for a long time. Knowing how to take care of your hard hat can extend that time even longer.

Hard hats protect you by providing the following features:

A rigid shell that resists and deflects blows to the head;

a suspension system inside the hat

There are Several Types of Hard Hats:

Class A These helmets are for general service. They provide good impact protection but limited voltage protection. They are used mainly in mining, building construction, shipbuilding, lumbering, and manufacturing.

Class B Choose Class B helmets if you are engaged in electrical work. They protect against falling objects and high-voltage shock and burns.

Class C Designed for comfort, these light-weight helmets offer limited protection. They protect workers from bumping against fixed objects or electrical shock.

Hard Hats Inspection

Inspect your hard hat for any of the following defects:

The suspension system shows signs of tearing or fraying.

The suspension system no longer holds the shell from 1 inch to 1 1/4 inches (2.54cm - 3.18cm) away from your head.

The brim or shell is cracked, perforated, or deformed.

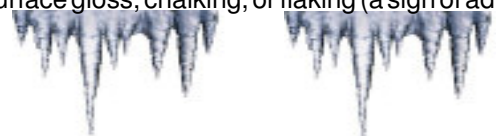
The brim or shell shows signs of exposure to heat, chemicals, ultraviolet light, or other radiation. Such signs include loss of surface gloss, chalking, or flaking (a sign of advanced deterioration).

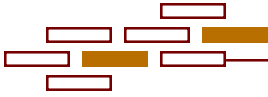
Do Proper Maintenance

Paints, paint thinner, and some cleaning agents can weaken the shell of the hard hat and may eliminate electrical resistance. Keep in mind that paint and stickers can also hide signs of deterioration in the hard hat shell.

Clean the protective helmets periodically by:

Immersing for one minute in hot (approximately 140 degrees F) water and detergent: Scrubbing; and rinsing in clear hot water.





10 Steps to Prevent Eye injuries

Of the roughly 360,000 eye injuries that occur each year, it is estimated that a third are disabling and result in temporary or permanent vision loss. The good news is that as many as 90 percent of eye injuries can be prevented with appropriate engineering controls, work practices, and protective eyewear.

1. Assess the hazards. Accident, injury, and near-miss records can tell you where problems already exists. A thorough inspection of the jobsite can help you discover potential problem areas. There are four primary categories of injury: small flying particles, larger particles, chemical splashes, and radiant energy operations.

2. Protect employees' eyes. Specific hazards require specific eyewear. Sometimes, safety glasses with side shields need to be used with goggles or face shields to provide the best protection.



**HAPPY HOLIDAYS
FROM ALL OF US AT
CLS**

MARIE

GARY

MICKI PAM

We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, Mi 49083. Also visit our website at: www.CLS-Skilledlabor.com

SHOVELING SNOW SAFELY

If you're out of shape and/or have other risk factors for heart disease, shoveling snow could be risky.

Snow shoveling is a strenuous activity, so it can greatly increase blood pressure and heart rate. Cold air can also cause the heart's arteries to constrict - which can trigger a heart attack in someone who has heart disease (whether they know they have it or not).



If you shovel snow:

Avoid large meals, alcohol and tobacco before and after shoveling.

Take it easy, especially if you have any heart disease risk factors (e.g., high blood pressure, smoking, overweight, lack of exercise, etc.).

Wear a breathing mask or scarf to avoid inhaling cold air.

Start slowly. Sudden, strenuous activity can put too much strain on the heart.

Lift only small amounts of snow at a time.

Pace yourself. Take frequent breaks.

Use a snow blower if possible.

Holiday Safety Tips

Fire Hazards

Place candles in holders that will not tip.

Keep all candles, Yule logs, Menorahs and Kinaras away from drapes, trees or potentially flammable objects.

Extinguish candles before leaving home or going to sleep.

Holiday Traveling

Give yourself plenty of time to get where you are going.

Make sure your vehicle is in good repair.

If you drink... Don't drive.

Always use safety belts and child safety seats.

Maintain a safe distance between vehicles.

Get a good night's sleep before traveling.

Avoid eating heavy meals as this can lead to sleepiness.

Food Preparation and Consumption

Keep all cookware, utensils, preparation areas, and your hands clean.

If food needs to be chilled during serving, place the dish on a bed of ice.

Use a meat thermometer to be sure inner sections reach the right temperature.

Don't leave leftovers out for more than two hours.

