

SWAB MASTER LTD.

Monthly Bulletin – DECEMBER '22

HOLIDAY SAFETY

CHRISTMAS PARTY!

The Heritage is having a
Small Business

Community Christmas
Party on December 3rd.
Swab Master has booked
tables for our team. Here
is your opportunity to
have a good meal and
kick up your heels!

Hot and cold appetizers
to start and door prizes.

Traditional Christmas
dinner buffet with carved
roast beef and oven roast
turkey with all the
trimmings!

Entertainment at 9 pm
featuring the band
“Stolen Horse”

Hotel rooms will be
provided for our out-of-
town employees.

Come and join in the
festivities!

As the winter holidays approach, we tend to deal with more distractions than usual. Planning festive activities and preparing for Christmas can easily cause people's minds to wander when they're at work. Although this is an enjoyable time of year, it can also be very stressful.

People are more likely to be fatigued during the holiday season due to extra tasks and responsibilities. Injuries in the workplace occur most often when they're not expected and are more likely to happen when employees are tired or run down.

In addition to holiday stress in employees' personal lives, many industries face their busiest times leading up to the end of the year. The added pressure in the workplace can affect employees' emotional state, causing them to rush or become frustrated. These states may cause employees to unintentionally create hazards, miss something vital, lack patience with procedures or become short-tempered.

Work and family gatherings are often an opportunity for people to have a few drinks, but it's imperative that nobody is allowed to get behind the wheel after consuming alcohol.

To reiterate the problems of fatigue, you should treat drowsy driving with the same level of conviction as drunk driving because it is also risky, and most people are so complacent with driving tired that they don't even give it a second thought. And the combination of a late night and a couple of drinks compounds the risk to disastrous levels.

It's important to consider that safety doesn't only apply to the workplace. If training and culture are strong in an organization, safety becomes a state of mind and not an item on a to-do list. So, when the winter holidays get nearer, it's time to take some additional training out of storage and remind workers that safety doesn't take a vacation just because they do. After all, holidays are supposed to be a joyous time, and everyone wants to make it through the season incident-free.

What I don't like about
office **Christmas** parties
is looking for a job
the next day.



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COMPANY NEWS

**Safety is as
simple as ABC...**

**... Always Be
Careful!**

- Winter slips, trips, and falls. Factor in winter weather conditions, like ice and snow, and the risks associated with these conditions.
- Housekeeping - Please keep all units neat and clean. Clean up work bays when you're done working.
- Please ensure all November Kilometer / Fuel Reports are submitted on the 20th of the month.
- DECEMBER Safety Focus - Substance Abuse! This is the most festive time of year, but we must be mindful to drink responsibly.



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