

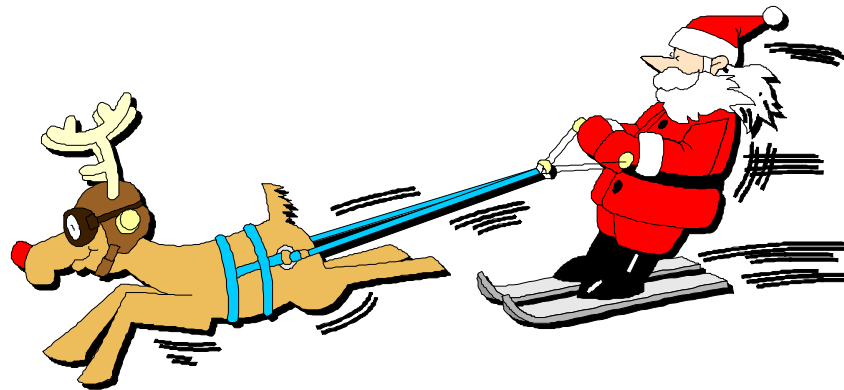


TOOLBOX TOPIC – December 2010 (All Departments/Projects)

HAVE A HAPPY AND SAFE HOLIDAY

Have a Safe and Happy Holiday

- Thanks for all your hard work this past year and all the effort you have made to make the work place safe for you and your work mates.
- Have a safe and restful holiday with your family, friends, and loved ones.
- After a year of hard work, you deserve a break this holiday season. To help you get through the holiday, here's a few ideas.



Have a Safe and Happy Holiday

Don't Let the Chaos of the Season Catch You Unprepared

- Plan Ahead, Make the Right Choices, and Exercise Caution.
- Make Safety Planning a Family Affair and Tradition.
- Don't Let Your Creativity Overwhelm Your Holiday Decorating.
- Safe work practices don't end when you leave work.



Have a Safe and Happy Holiday

- If you really must drink to get in the holiday spirit, be responsible and ask someone to drive you home.
- A good holiday host makes sure there's "un-spirited" refreshments for the designated driver.
- We all enjoy a drink with friends, before you take that last drink, be careful, you could be drunker than you think.
- Be of Good Cheer,
Take It Easy On That Beer!
- Ensure the season is full of fun, enjoy yourself, but do it safely.

Have a Safe and Happy Holiday

Holiday Travelling

- 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
- Try not to drive during periods you would normally be asleep
- Avoid eating heavy meals, as this can lead to sleepiness
- Take regular breaks during a long trip
- You'll generally find rest stops with coffee etc on the major routes out of town (typically manned by emergency service volunteers) stop, have a break and a chat with someone who has given up their time to ensure you have a safe trip, be sure to thank them.

Have a Safe and Happy Holiday

- Remember, working safely does not only apply at work, when working around the home consider the hazards involved just as you would at work, climbing ladders, mowing the lawn, painting, working on the car, changing a light bulb (don't stand on a chair) ,leaf blowers, edge trimmers etc. These types of tasks can and do injure people – wear safety glasses and ear protection (if you don't have a pair at home, see your manager and we will provide them)

Finally;

- Have a happy, safe and fun filled break.
- Most of all enjoy yourself and give the gift that money can't buy, "promote safety" in all that you do this holiday and for the year to come.
- Season's Greetings and the best of health from the HSEQ Department to you, your family and friends