

## Holiday Safety

The holiday season has begun and there are lots of activities going on which can act as distractions to our work. It is a challenge to stay focused at work during this time of year. So, this is when it is especially important to take four seconds for safety. When you find yourself working away and your thoughts running wild with all the plans and holiday activities -- **STOP**, take those four short seconds to look around and come back to the present moment. Look for a hazard in the middle of your activity. Are you standing on a ladder? Are you in an awkward position or about to trip on something lying on the floor? Hazards do not go away. Only our awareness of the hazards goes away. When we ignore hazards, we tend to get injured.

Holiday injuries tend put extra stress on everyone. Imagine yourself sitting around the holiday celebration table in a leg cast because you fell off a ladder or tripped over something. Unfortunately, these stories are more common than all of us might admit. Injuries during holidays seem to magnify how many people are affected by an injury to one person. How many people count on you each day to come home safely? If you add them all up you might be surprised.

Taking four seconds for safety may seem unimportant to you, yet it is the one activity, the one action you might take during a busy and distracted day which will have the most benefit in keeping you safe. Think of it as your gift to yourself. In fact, you can think of each of those people who would be affected by an injury to you every time you take four seconds to refocus.

**WE HERE AT ISLAND ACOUSTICS WISH YOU AND YOUR FAMILIES A SAFE AND HAPPY HOLIDAY! BE SAFE AND COME BACK TO WORK THE WAY YOU LEFT IT!**

