

THE INDUSTRIAL ATHLETE DIGEST

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SURVIVING CHRISTMAS VACATION

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The holidays are a magical time of year. There are so many things to celebrate this season! All the more reason to prioritize safety during the holidays. What better way to learn this lesson than from America's favorite family, The Griswolds.



TREE HUNTING

For those of you who still embrace the frosty majesty of the winter landscape to get your tree, there are a few things to consider before embarking on your journey.



Firstly, **MAKE SURE** you have something to cut down the tree!

Second, dress appropriately. Gloves, boots, socks, warm pants and a coat are key. These will keep muscles warm for the work you're about to do.

TREE CARE

- Trees are wider than they appear when wrapped. Make sure the space between tree and window is sufficient.
- Be sure to shake the tree out before bringing it inside the house to get rid of dead branches, bugs, and you know... squirrels.
- Keep all dogs and other critters away from the base of the tree. Trees need water to stay hydrated and you don't want it to dry out before Christmas dinner.



HOLIDAY DECORATIONS

Some key points to ponder:

- Dress warmly but keep your sleeves out of the way of your staple gun, nail gun, or light clip!
- Ladder safety IS important.
- Always, always double check the light bulbs **AFTER** you've made sure that extension cords are plugged in.



HAPPY HOLIDAYS, EVERYONE!

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

