

### THE HOLIDAY SEASON

Once again the Holiday Season is here. The Holidays are a time to enjoy the company of family, friends and co-workers. Help make sure the Holidays are happy by keeping the workplace safe and healthy.

The Holidays can be hectic as we try to make deadlines, getting reports done and multitasking. All of this during a time when we are thinking of spending this Holiday Season in our own unique Holiday way. Are you starting to feel that knot in your shoulders already?

**Stretch to relax.... Roll those shoulders, stretch those arms, flex those hands, flex that neck and take that deep breath...let it out slowly. Repeat and release those breaths through your nose. Feeling better? It works! Now it's time to refocus on the task(s) at hand.**

Awareness is key for both management and workers alike. Be aware of the loss of focus, STOP and reset! Be aware of your team members who are not focused and help bring them back on track.

This holiday season make the commitment to be there for your family and friends by being **Accident Free.**

**The Health & Safety Team and our fellow co-workers at Pacific Comp wish you and yours a Happy and Safe Holiday!**