

# WORLD SAFETY ORGANIZATION



## Safety Brief Newsletter

**December 2020**

**Hello to all our members!**

**From Wanda Turner, Executive Assistant, WSO**

I wanted to take a moment to reach out to all our members around the globe, as we come to the end of an unprecedented year. A year full of new obstacles, challenges, changes and adjustments pending from a global pandemic, as we are hopeful for the new year upon us. In 2020, we made great strides in safety advancement worldwide and the safety world continues to adjust as new challenges arise.

Currently, I am in the transition process of my new role with WSO and are working on the Newsletters. I'm hopeful that I will be able to distribute them to our members and post on the website in the coming days.

In the meantime, here are a few Holiday Safety Shares from Scott Masters, Construction Lead Safety Specialist, Alliant Corporation and important updates to our members.

I wish you all a wonderful Holiday and look forward to the new year!

## Holiday Safety

### Take a moment for Holiday safety

The holidays are here and there are lots of activities going on which can act as distractions to our work. "Did that present we order arrive on time?" "Did we forget to invite anyone to our dinner?" "What was I supposed to bring to that party?"

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 activities of the Holidays, 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. And when we ignore hazards, we tend to get injured.

Holiday injuries tend to put extra stress on everyone. Imagine yourself sitting around the dinner 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 around the 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 Holiday present 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.

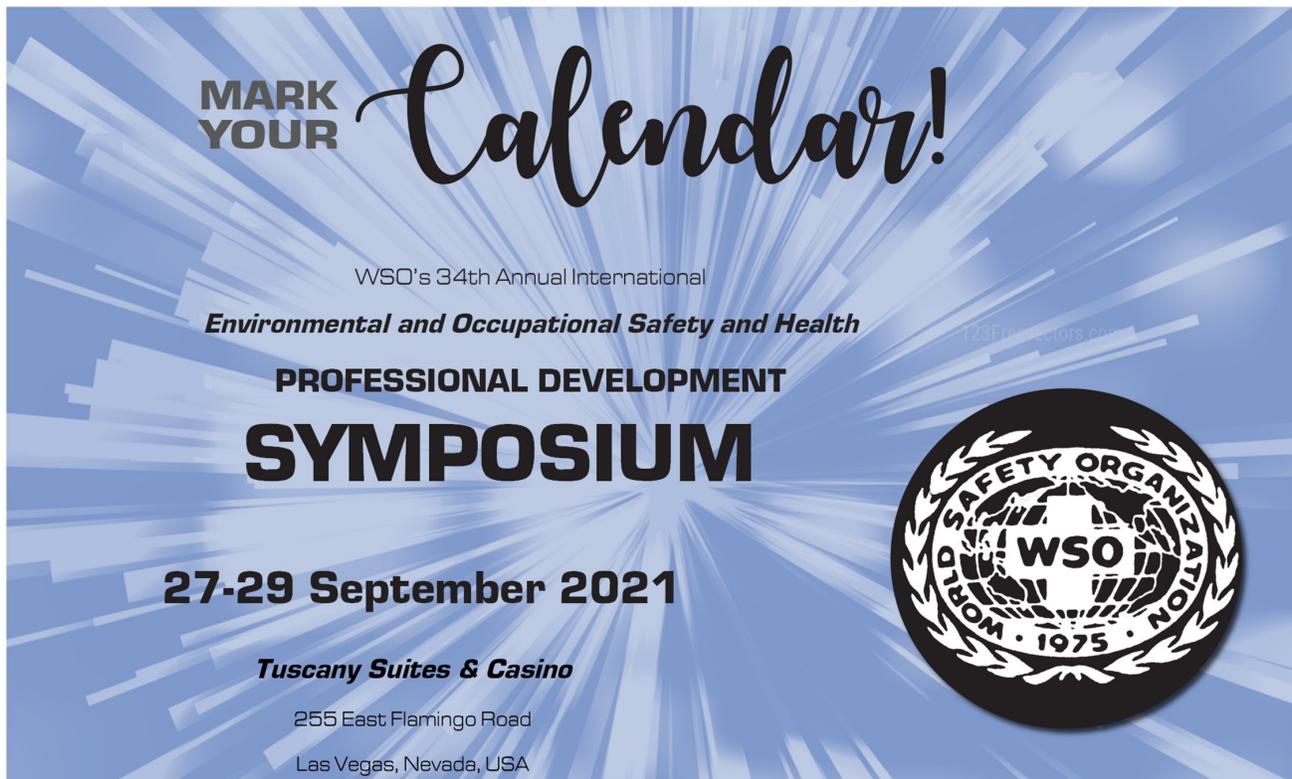
Think about this when you are about to drive away to some gathering this Holiday. The noise, the excitement, the distraction! Take a moment, take a big breath, count slowly to four, then drive away. Chances are that you will arrive safely once you focus for those four seconds.

## Important Information for our members:

We have been informed of an email system error which has sent out repeated emails to some individuals, we apologize for this inconvenience and are working to alleviate these issues moving forward. The particular email that they were coming from may be blocked, if necessary as it is no longer an active account. We appreciate your patience with us as we take care of this.

There has also been a scam email going around, which some of our members have received. This email is claiming to be from World Safety Organization and is asking for login information. Please delete this if you do receive it. We will not send out emails that require login information of your programs.

We wish everyone a safe and happy season and new year!



**MARK YOUR** *Calendar!*

WSO's 34th Annual International  
*Environmental and Occupational Safety and Health*

**PROFESSIONAL DEVELOPMENT  
SYMPOSIUM**

**27-29 September 2021**

*Tuscany Suites & Casino*  
255 East Flamingo Road  
Las Vegas, Nevada, USA



# HOLIDAY STRESS RELIEF

The holidays may be a time of joy, but they aren't always a time of peace. Balancing your family's expectations with work commitments and social obligations can make this the most stressful time of the year. At the office, you may discover that the work is still coming in, but most of your colleagues aren't. You may even be planning to take some time off yourself. Before the season gets too busy, try these strategies for reducing holiday stress in the workplace.

## Plan

Create a calendar for the holiday period, noting who will be at work on which days. If you know in advance that the office will be short-staffed at certain times, you can make plans. This might include reassigning essential tasks, prioritizing duties or hiring temporary help. If most of the office is on vacation, just having an extra person there to answer the telephone could reduce your stress level dramatically.

## Prioritize

What absolutely has to be done today, and what can wait until after the holidays? Ask yourself this question when you begin to feel stress at work. If a task can be held for completion in a week or two, set it aside.

## Keep it simple

One reason for holiday stress is the desire to make everything "perfect." If you're working during this season, you may have less time for shopping, cooking, social events or travel. Lower your stress level by simplifying your holiday plans.

## Organize your workspace

If you're going on vacation, organize your desk before leaving. Label files so that others can find information easily and leave a list of projects that you're working on. If something needs to be done in your absence, leave written instructions. Your voice mail message should include the date of your return and the name and telephone number of someone in the office who could take an urgent message.

## Take care

Fatigue, headache, elevated blood pressure, shortness of breath, increased irritability and insomnia. These are all symptoms of stress. You can reduce these symptoms by taking care of yourself during the holiday season. Eat balanced meals, get plenty of sleep, avoid alcohol and exercise regularly. Exercise is particularly important for energy and good health during the holiday season. Get a head start on your New Year's resolution: Talk to your doctor now about creating the right exercise program for you.

## Breathe

If work becomes too stressful, stop and take a number of slow, deep breaths. Inhale count to 3 slowly and gradually exhale. After 4 or 5 breaths, you probably will feel much more relaxed.

## The spirit of the season

When your co-workers are on vacation, the phone's ringing off the hook, the fax machine has run out of paper and you still haven't finished your holiday shopping, the season may not seem quite so jolly. Nevertheless, do something to remember the real spirit of the holidays. Consider donating gifts to a needy family, collecting canned food for a local shelter or sponsoring "Santa's visit" to a local children's hospital. You might find this is the best "stress reliever" of all.

Happy Holidays and Stay Safe!

Scott Masters

Construction Lead Safety Specialist

**Alliant Corporation**