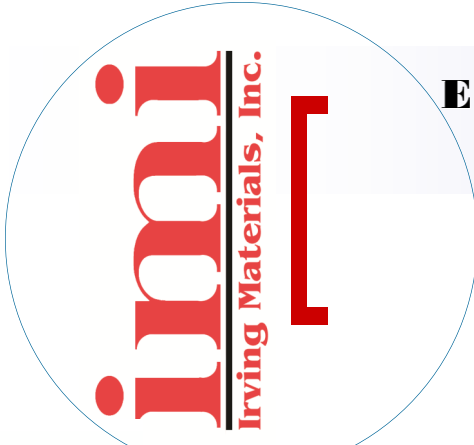


Environmental, Health and Safety News

January 2014

We're Proud of Our Work



Safety First! All Day, Every Day - Our Families, Friends and Customers Depend On It!

Something to Think About!!

Be the change you want to see in the world!

- - Mahatma Gandhi

Now I have a dilemma, I begged for suggested slogans for the new year and several great ones have been submitted. So how do I decide!

Marcus Marcum sent me this suggestion:
Safety is Not a Disease, It is a Cure!

Grady Ray from our Muncie Aggregate location offered:
In 2014 Every Day,
Safety First in Every Way.
Or

In 2014 Let's Decide,
Safety First Company Wide.

Melinda Nixon, also from Muncie, suggested:
In 2-0-1-4 let's SLAM the door
on careless thought & deed;
SLAM the danger; SLAM the risk,
and safety will succeed.

Garry Johnson from Hopkinsville, KY
submitted the one to the left

Thanks To All!!



New Year's Resolutions

The start of the New Year is the time for Resolutions. Let's make a resolution for 2014 and beyond to be safe and healthy!

Do you know the meaning of "resolution"? Well look at the root word "solution" and add "re". Solution implies that a problem has already been solved. When you add the "re" it would indicate that you are solving the problem again. How many of you have made resolutions that are indeed resolving the same old problem?

Research shows that many New Year Resolutions have to do with improving health like resolving to: lose weight, exercise more, stop

smoking, drinking less, reduce stress and so forth. The problem is that statistics show that only 46 percent of New Year's Resolutions are actually still being followed after six months and less than 20 percent after a year.

No matter what you think of the health care system in United States, we are in for a lot of change. Many of the new mandates in the Affordable Health Care Act are kicking in. I suspect that the next few years are going to be uncomfortable for a lot of people.

I am pretty sure one of the main thrusts of "Obama Care" is improved efficiency in the delivery of health care. We will have to see if that can be accomplished. I suspect that we are going to be forced to take more personal responsibility for our own health. So let's go back to the New Year's Resolutions.

A couple of articles that I have read recently offered some very good advice on making New Year's Resolutions that can truly improve your health.

There are lots of factors that affect your health, from losing weight, to where you live, to how much TV you watch. Dr. Amy Crawford-Faucher, a family physician at the University of Pittsburg Medical Center said, "Good health happens when the physical, emotional, and social or environmental parts of our lives are in balance. When people resolve to 'lose weight', they are actually saying, I want to feel and look better.'" It was suggested in a CNN article that "losing weight" should not be the main goal of

We are on the web
www.irvmat.com

Irving Materials, Inc Environmental, Health and Safety News

Editor:
Walt Tharp
2321 E - 150 N
Bluffton, IN 46714

Cell Phone: 317-432-9604
Office Phone: 260-824-3428
Fax: 260-824-4422
E-mail: walt.tharp@irvmat.com

Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skilled execution! It represents the wise choice of many alternatives!!

Continued from the front page

your New Year's Resolution, but rather a nice side benefit to being happy and healthy.

Other suggestions for having a happier and healthier life include:

Get Some Fresh Air

Jennifer Beaton, Vice President for fitness with the Bay Club Company in San Francisco, says we should make an effort to get some fresh air everyday. Find a place in nature that speaks to you and visit there regularly and/or park your car a little farther from the door.

Step Away From the TV

All those new electronic devices that arrived under the Christmas tree are great but according to Dr Rebecca Cipriano, research shows that children who spend too much time in front of screens, whether TV or computer, are at a greater risk for obesity, have a harder time falling and staying asleep, don't focus well, and experience more anxiety. Who is to say that adults are any different?

Sleep More

Location: _____

Supervisor: _____

please sign below, confirming the material was reviewed: _____ January 2014

Most people need about eight hours of sleep daily. According to Jae Berman, a registered dietician at the Bay Club, sleep helps you burn fat, decrease stress, improve your immune system and boost your mental clarity.

Try Something New

Of course the something new should include some form of exercise: maybe ice skating or skiing, bike riding or simply walking. The important point is to do something that you enjoy. Find things that bring a smile to your face and good health to your body.

Do It With A Friend

It is a proven fact that making a resolution with a close friend will have a much better chance of lasting and thereby resulting in a permanent change to your lifestyle. It goes to accountability, you can fudge on something that you resolve to yourself, a friend will be better able to make you stick to the resolution.

Resolve in 2014 to be Safe and Healthy!

