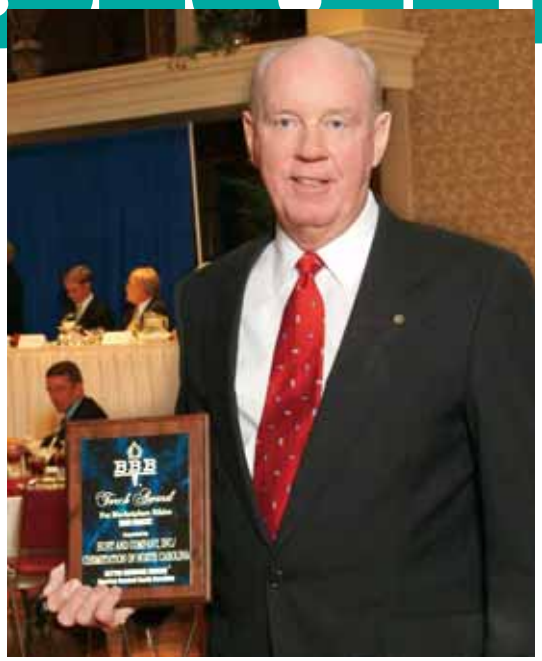
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INSIGHTS

Vol. XVII No. 12, December 2005

Ethics Rewarded



The Better Business Bureau of Greensboro, NC recently made its inaugural presentation of the "Torch Award for Marketplace Ethics." It was the highlight of this year's Annual Meeting and Awards Luncheon. One of our own was included in their selection for 2005 recipients… ChemStation of North Carolina.

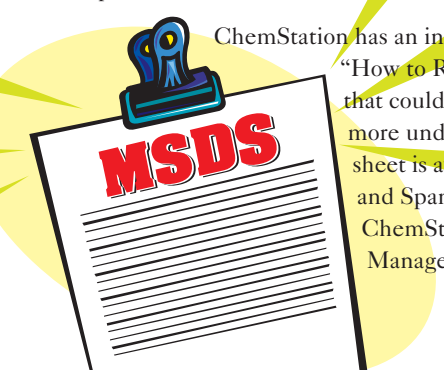
The prestigious award was established to honor companies in their service area that display a solid commitment to conducting their business practices in an ethical fashion. Through their examples, the Torch Award promotes not only the importance of ethical business practices, but also the efforts made by outstanding businesses to ensure that our country's marketplace remains fair and honorable.

Clyde Hunt, Jr., and his sons (Skipper Hunt and Carter Hunt) have been part of the ChemStation family since 1996. Since his beginnings with ChemStation (opening the Greensboro facility) he has also opened operations in Raleigh, NC and Kingsport, TN. As you can see, he's not only ethical but ambitious!

We congratulate Mr. Hunt and his family, and applaud their commitment to ethical business practices while *Keeping it Clean* for ChemStation. ■

MSDSs… A Valuable Safety Resource

Material Safety Data Sheets (MSDSs) are provided by ChemStation on all our products to help educate you about the safe use of chemicals in the workplace. You can check an MSDS to learn about a substance's physical and chemical properties, precautions for safe handling, use and storage, potential health hazards, and first aid procedures.



ChemStation has an informational sheet "How to Read an MSDS" that could help make it more understandable. This sheet is available in English and Spanish. Ask your ChemStation Account Manager for a copy. ■

December at a Glance

Hooray! It's National Sign Up for Summer Camp Month and National Tie Month. The first week in December is Cookie Cutter Week and December 1 is Hypnotize Yourself Out of Pain Now Day. It just doesn't get any better than this. Remember to celebrate National Dice Day on the 4th and National Pawnbrokers Day on December 6. Sixty-four years ago on December 7, 1941, Pearl Harbor was bombed in a surprise Japanese attack, marking the U.S. entry into World War II. December 13 is Pick a Pathologist Pal Day. *Gone With the Wind* premiered in Atlanta, Georgia on December 15, 1939. The Wright Brothers made their first airplane flight at Kitty Hawk, NC on December 17, 1903. Winter arrives on December 21 which is also the 68th anniversary of the theater premier of *Snow White* in 1937. Winding down the month, December 29 is Tick Tock Day and on December 31, you can celebrate Make Up Your Mind Day in preparation for all those New Years Resolutions you promise to keep.



Safe Lifting Tips

Lifting is such a common activity that we often forget that there is a right way to do it. Anytime you pick up a box or heavy object – at work or at home – use proper lifting techniques to avoid back injuries:

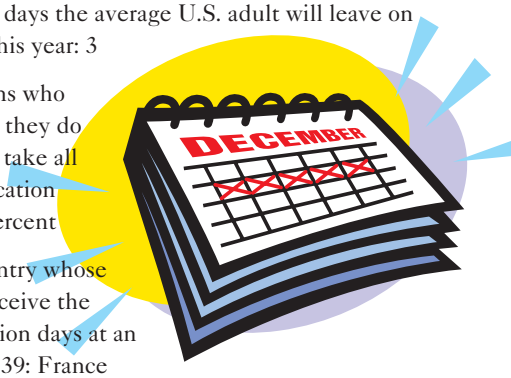


- Before lifting an object, estimate its weight by tilting it up slowly. If it's hard to move, it's too heavy to lift. Get help, or use a lifting aid.
- Get under the load by bending your knees, not your back.
- Keep the object you are lifting as close to your body as possible.
- Never twist your body when you are lifting. Instead, turn your entire body by using your feet.

We Wish You a Safe and Happy Holiday Season!

Use Them or Lose Them

- Vacation days Americans are likely to give back in 2005: 421 million
- Vacation days the average U.S. adult will leave on the table this year: 3
- Americans who report that they do not always take all of their vacation days: 31 percent
- The country whose workers receive the most vacation days at an average of 39: France



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Wasted Time

Companies assume that employees, on average, waste 56 minutes per day at work. The truth is that U.S. employees admit to squandering more than two hours a day, says a new Salary.com survey of 10,000 people. The top distractions: surfing the Web, conducting personal business, "spacing out" and running errands. Men and women fritter away time at an equal pace, but young employees waste more time than older ones.

The number one reason employees waste time on the job, they say, is that they don't have enough work to do.
Source: National Institute of Business Management





Send your comments to:

Insights Editor, ChemStation, 3400 Encrete Lane, Dayton OH 45439
Email: kdunlap@chemstation.com

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Soapbox

The San Francisco Cable Cars are the only mobile National Monuments.

Magnetism is one of the Six Fundamental Forces of the Universe, with the other five being Gravity, Duct Tape, Whining, Remote Control, and the Force that Pulls Dogs Toward the Groins of Strangers. – *Dave Barry*

Tell a man there are 300 billion stars in the universe and he'll believe you. Tell him a bench has wet paint on it and he'll have to touch it to be sure.

Without geography, you're nowhere.

Research shows that 14 out of 10 people like chocolate.

The 50-50-90 Rule: Anytime you have a 50-50 chance of getting something right, there's a 90 percent probability you'll get it wrong.

If you can keep your head while all around you are losing theirs, you probably don't understand the problem.

The sooner you fall behind, the more time you'll have to catch up.

Before you criticize someone, walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

A recent survey shows that three out of four people make up 75 percent of the world's population.

Tell me what you need and I'll tell you how to get along without it.

Things are more like they are today than they have ever been before.

If you think that something small can't make a difference, try going to sleep with a mosquito in the room.

The trouble with being a parent is that by the time you are experienced, you are unemployed.