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INSIGHTS



ChemStation

Use Your Head

Hard hats are a very important part of your protective equipment. If you're working in a designated hard hat zone, or where there is a possible danger from falling objects, or from electrical shock or burns, make sure your hard hat is where it belongs – on your head!

Hard hats must also be adjusted correctly. The top of the wearer's head should never be closer than 1-1/4 inches from the shell of the hat. Any improperly adjusted hard hat may offer little or no impact protection to the wearer.

Don't take risks with your personal safety. Hard hats should be worn on all jobs where hazards exist.



Emergency Preparedness for Workers with Disabilities

It's hard enough for the average worker to make a safe escape from the workplace in an emergency. But the problem is much tougher for employees with disabilities.

Whether impairment involves mobility, vision, hearing, speech, or cognitive functioning, it can make safe evacuation especially challenging.

And remember, we're not just talking about employees who joined your organization with disabilities. You also have to think about workers who may have temporary disabilities – from an accident, for example – that could affect their ability to respond to workplace emergencies.

THINKING GREEN

3 Ways to Live More Ecologically

Ceiling fans typically spin full time in the summer only to sit idle through most of the winter months. If your ceiling fan is reversible, you can operate the fan at low speed in the clockwise direction in winter. This produces an updraft that forces warmer air near the ceiling down into the living space to help warm your home and reduce the furnace's workload.

If you currently use a top-loading washing machine, you may want to consider replacing it with a newer front-loading style when the time comes. Front loaders are much more efficient, using less water and heat, which benefits both the environment and lowers your utility bills. As companies continue to update their technology, these hard-working machines will only get better.

For many people, coffee is the perfect start to every workday. But the cost of this daily pick-me-up often goes far beyond the price of the beverage. Disposable cups from vending machines take precious resources to produce and ship, and they quickly turn into garbage. A ceramic coffee mug is a much better alternative for the environment.

Teamwork

ChemStation's team of chemists and technical staff work closely with our network of sales representatives to develop new cleaning solutions to meet the daily challenges of business and industry. If you have a cleaning challenge, talk to your ChemStation representative. From washing eggs to cleaning ink off printing plates to scrubbing floors…every month our network of Manufacturing Centers across the country is delivering custom-formulated chemicals to exacting customer specifications.

Laugh it Off

Stressed out? Try laughing. Laughter triggers the body's release of endorphins; chemicals in the brain that cause people to feel good.

Aside from having positive effects on your mental state, laughter can actually produce positive physical changes in the body. Laughter stimulates circulation and helps to relax muscles, and both of these things can combat some of the physical symptoms of stress. Laughter also causes you to take in more oxygen, which stimulates your heart, lungs, and muscles. Over time, laughter may even help to ward off disease by strengthening the immune system.

Humor can also help you create a positive perspective. If you can see the humor in a situation, you're not only less likely to experience stress, but you're more likely to be able to cope with difficult situations when they do arise.

Sharing laughter is also a great way to connect with other people. In turn, the more healthy personal connections you have, the more able you will be to find support in stressful situations.



What Are You Afraid Of?

In a recent survey conducted by Career Builder, participants said they gro w nervous at the thought of layoffs (36%), decreased pay (13%), heavy workloads (9%), and having to present in front of other people (9%). They also referenced forced relocation (4%) and simply "the boss" (3%).

The participants also disclosed the professions they rated the "most terrifying." Here are the top 15:

- Bomb squad technician
- High-rise window washer
- Armed forces
- Miner
- Police officer
- Alaskan crab fishing
- Mortician
- Firefighter
- High school teacher
- Cemetery worker
- Exterminator
- Stand-up comedian
- Animal control
- Stunt person
- Politician



SOAPBOX

History does not repeat itself. The historians repeat one another.

America's No. 1 energy crisis is Monday morning.

Organizing is what you do before you do something, so that when you do it, it's not all mixed up.

Luck is what you have left over after you give 100 percent.

Ever stop to think – and forget to start again?

Eventually you will reach a point when you stop lying about your age and start bragging about it.

Orville Wright did not have a pilot's license: Don't ever be afraid to bend or even break the rules.

A TV can insult your intelligence, but nothing rubs it in like a computer.

Efficiency is a highly developed form of laziness.

ChemStation®

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By the Numbers



Gallons of soap delivered:
171,020,284 since 1984



Empty drums not in landfills:
3,109,460 since 1984