



## Safety Message of the Day for IMEA Members



### **Staying Focused, Especially During the Holiday Season Safety Message**

During this busy time of year at work, with the pressure to finish projects and the upcoming holiday seasons that bring its own stress and distractions, its easy to become overwhelmed with everything going on. Below we have outlined some points that should help you manage this hectic time of year and keep you safe.

Did you know that there are specific workplace hazards present during the holiday season? In order to protect yourself and your co-workers:

- Staying Focused – on the task at hand
- Hazards of Rushing – to get the work done on time
- Hazards of Fatigue – physically and mentally
- Hazards of Stress – of work and the holidays