



Shortcuts



What is a shortcut?? *The dictionary defines it as:*

- A path between two points that is faster than the commonly used paths.
- A method to accomplish something that omits one or more steps.

How about you? What shortcuts do you take? What danger are you putting yourself in?

Everyone takes a shortcut at one time or another. You cross the street between intersections instead of using the crosswalk or use a chair to climb on instead of a ladder. But in many cases, a shortcut can involve danger. If you have the habit of taking dangerous shortcuts, break it.

Rushing is one of the main causes for taking shortcuts. No task is that important that it can't be done safely. Yes, we all have goals and objectives to meet, but more importantly is that we meet them the same way we started . . . with all our parts intact.

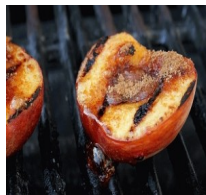
Frustration is another cause for taking shortcuts. We get frustrated with machines, people, processes and rather than stopping and thinking, we just do it. We get so wound up and throw safety out the window.

It Won't Happen To Me!

Basically, most of us are just thinking about getting the job done and we tend to rationalize the risk of getting injured. We think to ourselves that we have done this job many, many times this way and nothing bad has happened. Therefore, nothing bad will happen to us today.

Labor Day

Toast to the American Worker! Many of us are looking forward to celebrating Labor Day. For over 125 years, we annually recognize the contributions workers have made to the strength, prosperity, and well-being of our country. While you rest and reconnect with your family, try this healthy treat!



Grilled Peaches -Recipe by Emma Silvers

Ingredients: 4 Peaches, washed, halved and pitted (too ripe will fall apart) Balsamic vinegar, to taste, about a tablespoon. Brown sugar to taste. Light olive oil. Optional- 4 leaves fresh basil, chopped.

Directions: Drizzle peaches with balsamic vinegar. Sprinkle with brown sugar. Set one hour. Preheat grill. Brush grill with a dab of oil. Place peach halves face-down on grill. Turn after 3 to 4 minutes. Sprinkle flat side (now facing up) with brown sugar. Remove after a few minutes when they are soft throughout. Garnish with basil.

Flu Season

Flu Season is drawing near. The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months of age or older be vaccinated annually against influenza. While the vaccine does not offer 100% protection, it is the single best way to protect yourself from the flu. Your body builds immunity against the virus within two weeks of receiving the injection. Although minor side effects are possible, you cannot "catch" the flu from the vaccine.

Additional protective steps include:



- Washing your hands regularly
- Stay home if you are sick.
- Avoid touching eyes nose mouth
- Cough/Sneeze into your arm instead of hands

Flu Shots will be available to employees and spouses at Employee Appreciation Day. Remember to bring your Insurance Card. The event will be October 23rd from 10-2p at Lane Agri Park in Murfreesboro.