



December 2011

Do you have content for the HSE Newsletter?

Please forward ideas, articles or suggestions to:

Kezia.sablan@gu.g4s.com

All submissions will be considered, however not all submissions will be used.

Other key benefits to good housekeeping include:

- Helps to limit potential of slips, trips and falls from spills or cluttered floor areas.
- Helps to prevent a fire that could shut down a business and lead to possible loss of jobs.
- Creates a good "first impression" of workplace environment and reflects well on the quality of work.
- Increases efficiency of workspace.

Good housekeeping benefits everyone

Securing Your World

SAFETY DURING THE HOLIDAYS

Safety during the holidays might be the last thing on your mind.

You are distracted by not only work but some holiday shopping, cooking and just trying to get things done.

Unfortunately, the holiday time of year also has the highest crime rates all these can be a factor and make you an easy target., with theft at the top of the list.

You're unaware of the surroundings and people with in the area. Criminals are looking for that one person, so you have to be prepared, be aware and stay informed. Protect your self and be street smart.

During the holidays we all should take some time and think about safety.

When out shopping, be observant and aware of your surroundings. Avoid parking in isolated areas. Walk in lighted areas and on established paths.

Send the right message. **Look and act as though you know where you are going.**

If someone makes you uncomfortable or the situation doesn't seem right, trust your instincts and leave.

Carry your purse close to your body and grip it tight. Do not hold your purse by the straps.

Shop with family or friends if possible. There is safety in numbers. Be alert in crowded places: jammed aisles, elevators, public transportation.

Plan ahead. Avoid exhaustion, and don't "shop 'til you drop." Take your purchases home and come back to finish your shopping another day.

Happy Holidays

Frequently asked questions about Christmas Trees

From your local Fire Department

What tree should I choose?

Choose a tree with fresh, green needles that don't fall off when touched. It's also important to cut 1-2" from the base of the trunk before placing the tree in the stand.

Where is a good location for the tree

Place the tree away from heat sources and never use lit candles to decorate your tree.

Remember to turn Christmas tree lights off before leaving the house or going to bed.

Live trees inside your homes

Remember to water them on a daily basis so they don't dry out and become a fire hazard.

Taking caution when it comes to placing ornaments and lights on trees is also suggested, as some can be hazardous to children and pets.

Things like tinsel and glass balls and anything that dangles from the tree...the animals play with and swallow. Poinsettias as well, if they eat them, they're poisonous," said WSU Community Practice Veterinarian Raelynn Farnsworth.

Officials said after the holidays when the tree begins dropping needles, it's time to get rid of it.

Be sure to call your local recycling center for instructions on how to properly dispose of your tree and wreaths.

G4S

G4S Security Services
G4S Security Systems
1851 Army Dr. Rte. 16
Harmon, GU 96913

Phone: 671-646-2307
Fax: 671-649-7245
E-mail:



Safety check and tips

Holiday Safety

Keep a close eye on your children while shopping. Teach your children to go to a store clerk or a G4S security officer if they ever get separated from you. Make sure your child knows where to meet you if you get separated.

- Take your children home if they start to get tired. Cranky kids can be the distraction a criminal is looking for.
- Carry the day's most expensive purchases closest to your body. Avoid leaving your purchases unattended or hidden in your car under a blanket. Criminals don't mind smashing your car window. Put your purchases in the trunk.
- Have your car or house key in hand before you reach the door. This reduces the time you are standing at the locked door searching for keys.
- Keep car doors locked even when driving. Keep the windows rolled up far enough so that outsiders cannot reach in.

Under 3 years old

Children under 3 tend to put everything in their mouths. Avoid buying toys intended for older children which may have small parts that pose a choking danger. Never let children of any age play with uninflated or broken balloons because of the choking danger. Avoid marbles, balls, and games with balls, that have a diameter of 1.75 inches or less. These products also pose a choking hazard to young children. Children at this age pull, prod and twist toys. Look for toys that are well-made with tightly secured eyes, noses and other parts. Avoid toys that have sharp edges and points.

Ages 3 through 5

Avoid toys that are constructed with thin, brittle plastic that might easily break into small pieces or leave jagged edges.

Look for household art materials, including crayons and paint sets, Teach older children to keep their toys away from their younger brothers and sisters.

Ages 6 through 12

For all children, adults should check toys periodically for breakage and potential hazards. Damaged or dangerous toys should be repaired or thrown away.

If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.

If you buy a bicycle for any age child, buy a helmet too, and make sure the child wears it.

Teach all children to put toys away when they're finished playing so they don't trip over them or fall on them.

The U.S. Consumer Product Safety Commission (CPSC) oversees the safety of toys and many other consumer products.

Food is an important part of many holiday celebrations. But don't let food-related illness ruin your holiday.

Food safety boils down to three basic rules:

- Keep hot food hot and cold food cold.
- Keep everything in the kitchen clean.
- Wash hands frequently.
- Refrigerate cooked foods that are not served immediately. Food is left unrefrigerated longer than two hours, the chance of bacterial growth increases.

PREVENT BACTERIA FROM GETTING INTO FOOD

- Hands should always be thoroughly washed with soap and warm water before handling food.
- Towels and wash cloths should be kept clean. Sponges are known for harboring bacteria, so eliminate or limit their use in the kitchen.

Counter tops and utensils should be washed with hot, soapy water between each step in food preparation.

LEFTOVERS

- After the meal, immediately refrigerate leftovers such as meat, dressing, gravy or soups in small shallow containers.
- Do not allow foods to sit several hours at room temperature as this will provide time for the growth of disease-causing bacteria. Refrigerate stuffing and other items separately from the bird.
- Do not cool leftovers on the kitchen counter. Divide them into smaller portions so they will cool more quickly and put them in the refrigerator as soon as possible.
- Serve leftovers either very cold (directly from the refrigerator) or very hot (heated to 165° F or higher).
- Cover leftovers to reheat. This helps maintain moisture and ensures that meat is heated thoroughly.

Eat refrigerated turkey within three to four days and stuffing and gravy within one to two days.