**SAFETY 24 / 7**

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Welcome to Summer 2016! As we head into the middle of July, the summer heat is here, the construction season is in full swing, and summer fun is on everyone’s calendars.

So, what does that have to do with Safety 24 / 7, you ask? In a word: EVERYTHING! Every aspect of our life is impacted if we are involved in an incident. Everyday across the United States 16 fathers, mothers, sons and daughters will not return home from work. **49 will not see another day from incidents that occur at home.** Those are staggering statistics. Is your safety attitude only important at work????? NO WAY!

Is Gallagher concerned about your safety at work AND at home? You bet we are! As a member of the Gallagher family, your well-being is our number one Value. Our ongoing goal is to continue to develop knowledge and beliefs that influence our own personal perceptions toward safety. Safety excellence does not have a schedule, nor a beginning or end. It is our goal is that it is ALWAYS present 24/7 in your life.

 

For us to improve as a group, we must begin the journey to safety excellence individually. To that end, one of the most powerful motivators I have found for me to be safe 24/7, is by having a personal mission statement. Tape the following message to your mirror, dashboard, or under your hardhat and read it once a day: “Today is the most important day for me to be safe because\_\_\_\_\_\_\_.”

Some of mine have been: “…I’m heading to the lake with the kids this weekend.” or “…I’m meeting my folks for dinner this weekend.” No one has greater stake in your safety than you and your loved ones.

In addition to our personal mission statements, we will begin our safety 24/7 journeys by reading “Safety 24/7, Building an Incident-Free Culture.” Initially, this easy reading book will be distributed to all members of the office and field supervision. As we develop our 24/7 culture, we anticipate that everyone working within the Gallagher family will have the opportunity to read this very relatable story.

Stay tuned as we journey together.

**SUMMER FUN**

Everyone enjoys summer, but is always important to monitor the conditions in extreme heat when outside, whether we are at work or play.

* Wear SPF15 or greater sunblock. Re-apply frequently.
* Hydrate before going out in the heat. Remember to take water breaks every 15 minutes.
* Eat light meals before outdoor activity.

Listen to your body. Watch for signs of overexertion:

* Dizziness
* Sore/Painful muscles
* Elevated heart rate
* Profuse sweating
* Abdominal Pain
* Nausea