

# Happy New Year - 2020 New Years Resolutions

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Posted by CSTC Staff

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Many of us have made resolutions to help make 2020 our best year yet! Why not make a resolution to make Health & Safety more of a priority in your life?

## **Find your WHY.**

Your WHY is the one constant that will guide you toward fulfillment in your work, life and goals.

## **Look back on the past year.**

Make resolutions based on the successes of the past year. Avoid the patterns which did not work.

## **Stay positive.**

Keeping a positive attitude can go a long way.

## **Acknowledge distractions.**

Activities that distract from tasks need to be acknowledged and thrown away! These can take away the concentration that need to be poured into the task and goals at hand.

## **Know what to do in case of an emergency.**

Knowing who to call or how to react is as vital as knowing how to avoid hazardous situations.

## **Engage in safety training and make suggestions.**

Safety training is where you get the building blocks to create a safer work environment. If you see a potential hazard, or even something that needs a little improvement, speak up. Your input will help keep yourself and others safe.

## **Inspect Personal protective equipment, gear and your workstation.**

Is the safety vest still properly fitted? Does your workstation provide adequate ergonomic support?

## **Drink an adequate amount of water.**

Stay hydrated! Especially during the warmer months.

## **Exercise regularly and stretch.**

Take a walk during your break and concentrate on stretching the areas of your body that you feel need relaxation.

## **Most effective behavioral changes are met by:**

- Forcing a growth mindset that embraces personal growth.
- Keeping metrics, Regular reporting and Publicly declaring goals.
- Force skills that overcome and/or let go of fear.

- Force undistracted periods of work.
- Build specific knowledge and skills. New knowledge creates a foundation for new skills.

## **A HEALTHY STAFF MAKES FOR A SAFER STAFF!**

Tags: Did you know? (<https://www.cstcsafety.com/blog/category/did-you-know>)

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