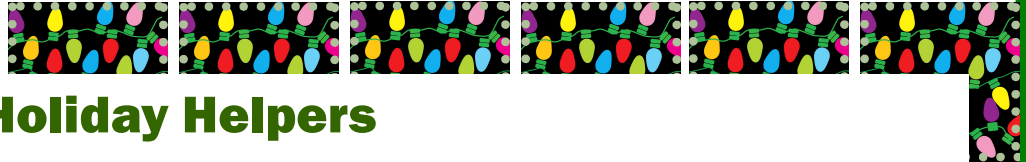




Bear Paw Press



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Holiday Helpers

We have a ton of lights up around our office this year and it looks pretty beautiful if we do say so ourselves! The holidays should be a wonderful time of year, but we still hear the stories of loved ones getting hurt putting the twinkles on the trees . Hospital emergency rooms treat thousands of people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees. Keep the season merry with this list of safety tips.

- Check lights for cracked sockets and loose connections ,discard cords that are frayed or damaged

- Only use CSA approved lights
- Position bulbs facing the ground to prevent water or moisture from entering the socket
- Never overload wall outlets, or run extension cords under carpets
- Unplug electrical decorations before replacing bulbs
- Never place the tree near a heat source, heat source include fireplaces, radiators, heating ducts, space heaters
- Take extra caution when

using a ladder

- Blow out candles and turn off all festive lights before leaving the house or going to bed
- When purchasing a artificial tree look for the label "fire resistant"
- Ensure your tree is fresh-a freshly cut tree is less of a fire hazard
- Ensure your trees water reservoir is always full of water

For more tips and information go to:

[www. Safety-council.org](http://www.Safety-council.org)

Test Your Christmas Trivia Knowledge



1. What was Rudolph's father's name?
2. Who recorded the song "Here Comes Santa Claus?"
3. Who narrated the original 1966 TV show "How The Grinch Stole Christmas?"
4. What country started the tradition of exchanging gifts?
5. Who made Christmas famous?
6. How many swans a swimming?
7. Who narrated both 'The Year Without Santa Claus' and 'How the Grinch Stole Christmas'?
8. In what city was Jesus born?
9. What are other names for Santa Claus?
10. What is the country of origin, of the poinsettia?

Answers on page 3



The first Christmas card was sold in London in 1843

Good Posture is Great!



Over time, poor posture can be a factor in chronic back pain and unfortunately many of us experience one, or both, of these!

What is good posture? Start by taking a good look at yourself. Stand in front of a mirror and look at yourself sideways. You should be able to identify a line running vertically from your ear to your shoulder, then from your hip to your ankle bone. There are three natural curves to your spine; one in the neck, one in the upper back, one in the lower back.

These natural curves help to align your body properly. You can also help improve your posture by stretching regularly, lifting objects using safe lifting techniques (see the safety manual!).

When you are standing be sure to hold your head straight and keep your shoulders level with one another. Check your hips to ensure they are level with each other too!

During sitting, especially long periods of sitting, be sure to keep your feet flat on the floor, slide your hips as far back in the chair as possible. Try to

keep your desk at elbow height and adjust your chair if necessary but keep in mind your knees and hips should be level as well!

If you are leaning forward to see your monitor, tv, or other items, you need to rearrange your area to promote good posture.

Most importantly, don't stay glued in the same position for long periods of time. Whether at work or driving, take regular breaks and change positions frequently. Good posture is great—get it straight!

Don't Drink and Drive



Arrive Alive

We all know that December delivers more celebration and office parties, plus more alcohol is consumed than any other time of the year. So it's crucial to remind everyone that even one or two drinks can produce tragic consequences.

Plan ahead for a safe ride



home. Call a cab, take transit or use a designated driver.

- Know your limit
- Avoid 'rounds'
- Know what your drinking
- Say no to 'top-ups'

- Don't just drink, have a meal too
- Offer non-alcoholic drinks
- Have food on hand
- Appoint a bartender
- None for the road

Keep these safety tips in mind all year round!

Christmas Punch

- 2 boxes cherry Jell-o*
 - 2 cans frozen orange juice*
 - 1 can pink lemonade*
 - 23 oz. unsweetened pineapple juice*
- Mix all ingredients according to package directions and then mix them all together. Refrigerate for 24 hours before serving.*

Flu— Flu—Ah— Choo!

It seems the cold and flu season is holding on extra long this year. Every year many people get the winter flu. However, following a few simple actions is all you may need to do to significantly reduce your chances of getting sick or spreading germs to family, friends and coworkers!

The 'flu' is extremely contagious due to the fact that it usually

spreads from hand to mouth contact. So whether you are in the office, school, or even at home, you are susceptible to catching it. Here are a few easy steps everyone should take!

- Get a flu shot
- Cover you nose and mouth with a tissue or hand (then wash!) when you sneeze
- Wash your hands: the most important germ fighting

method that we have

- Eat a well balanced diet and drink plenty of water
- Get plenty of sleep
- Exercise regularly
- Avoid sharing drinks and cutlery
- Keep phones and desktops clean - they can harbor more germs than a toilet seat!

Focus on the Family

What will you be doing over the holiday season? Are you spending time with family, friends, or co-workers?

Whatever your plans are, there are a few things you should try to squeeze into your days off to get the most out of your winter break.

Family time—always important but more so on this holiday! Play a game, go for a walk, toss a snow ball around, you get the idea. It's family time and you need to spend some time with them to reconnect and establish those strong bonds.

Friend time—these are your best pals who always have your back

even though they don't get to see you as much as you wish they could. Make a few moments to have some memories to share with your pals. These friends are here to last.

You time—when was the last time you did something just for you. Not because you squeezed something in that you had to do like a doctors appointment but a real honest 'this is what I love to be doing' moment? Well do it. Make a block of time all yours and knock this one out of the park.

Ice skating time—if you have kids this one is even better. Get them onto a pond or onto some ice .

They love to be on ice sliding around with running noses and the promise of hot chocolate and marshmallows waiting for them in the future.

Laughter—it might happen when you are doing some of this other stuff but if it doesn't then find something that makes all of you giggle until you throw up. Well not that hard—but close!

Pillow fights, jello eating, helium talking, videos of the fainting goats, whatever gets you into fits of giggles but share some cheek burning laughter together and these will be memorable and treasured holidays.

Merry Christmas!



Christmas Trivia

Answers

1. Donner
2. Gene Autry
3. Boris Karloff
4. Italy
5. Bing Crosby
6. Seven
7. Tim Allen
8. Bethlehem
9. Saint Nicholas, Kris Kringle, Pere Noel, Sinter Klaus, Father Christmas
10. Mexico

Christmas Clean Up

The winter break is a great time to clean out your wallet, get rid of old receipts and make sure your certificates are in good shape, in order & all where they should be!

Take the time now to plan what training you will be needing over the spring and summer so you can book the time for these lessons. A little bit of effort now will make for a seamless transition in the spring and summer.

Most clients won't accept photocopies of certificates these days so it is super important to have legible originals on hand. Be sure to take a photocopy of them—but keep the photo-

copies on file at home in case you need to call to have them re-issued.

Also remove the company specific cards from your last employer. You may want to hold on to them but they cause unnecessary clutter in the Bear Slashing Certificate Wallet.

Next step is to reorganize your cards by date of expiry, keeping the nearest date at the top. Next time you flip open your certificate wallet you will easily see what courses you are next in line for and when.

A little bit of maintenance will go a long way. Do your best to plan your training dates to fall on slow season

times. This will maximize your working availability.

Also remember that any training you do on the off season is important to your worker file. Get a copy and forward it to me at the office so I can stay up to date too!

I would be happy to help you out any time of the year, just give me a shout!

New training for this year will be:

- Drivers Hours of Service and
- Defensive Driver Training.

~Nicole

Bear Slashing Ltd.

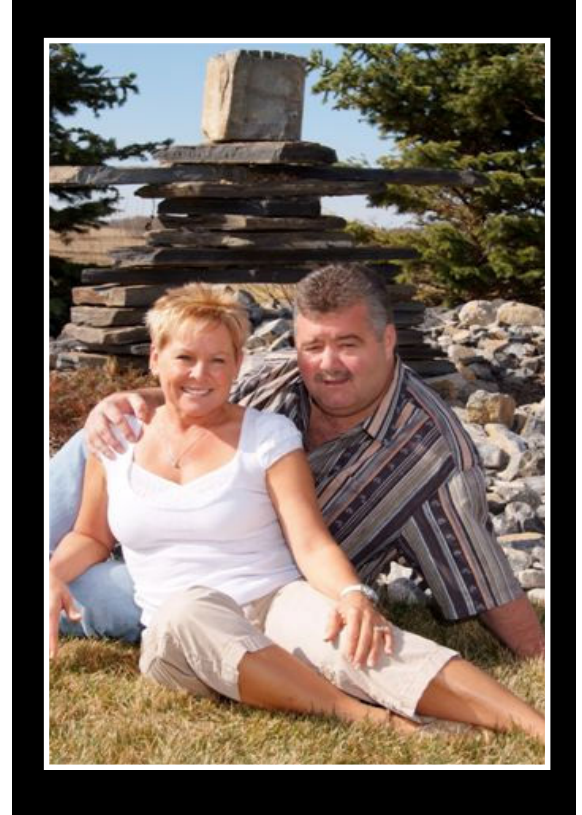
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This Bear Never Sleeps

Snow Down Out There!

A person doesn't save much time when they drive over the speed limit. Things like other drivers, traffic lights, road conditions and so forth have a way of naturally balancing us all out.

You may end up 4 or 5 minutes ahead but the risk you assume is huge. The faster you drive the smaller your window of perception becomes. The less hazards you can see and anticipate. You have less reaction time and that means higher risk for injury.

When you are on the road it isn't about being first. It's about be-

ing. It's about arriving in one piece. You don't call up your partner to declare, 'I got home first' but you do call to say, "I got home safe."

This winter while we are making miles out on all sorts of roads in all sorts of conditions, be aware of the factors you are facing. Consider the drivers and their frame of mind. Be thoughtful and courteous. Be comfortable with second or even last. In the end that might put you first.

Other factors to consider are the condition of your vehicle, tire se-

lection and wear, emergency equipment, first aid equipment, flares, is your windshield in good condition, are the horn and lights working, do you have extra fluids?

Before making a road trip do the check list to be sure you won't get caught out in the cold. A little bit of work now will save you hours of frustration down the road.

Happy travels & hey...

Snow down out there!