

# BEAR PAW PRESS

## SHOP AWARDED FOR 2 YEARS NO LOST TIME

Bear Slashing was very pleased to be able to recognize the Bonnyville Shop for their successful achievement of 2 consecutive years with zero lost time incidents.

The shop and its' personnel have been very dedicated to achieving this particular goal and have conscientiously participated in the HSE program within their own division and throughout the company.

We truly value the com-

mitment workers displayed in making this goal a reality!

Danny marked the achievement by awarding Andre, Shop Foreman, with a commemorative plaque, and workers received thank you gifts from the company.



We congratulate you on this great achievement and look forward to future safety success from the Bear Slashing Shop!

Thank you!

### INSIDE THIS ISSUE:

SHOP AWARDED FOR 2 YEARS NO LOST TIME 1

A WORD FROM THE WOODS 1

LAUZON LOWDOWN 2

DON'T BUG ME 2

DEEP THOUGHTS BY RUSS 2

IT'S NOT EASY BEING SUN-SCREEN 3

LEONA TALKS TEAM BUILDING 3

HYDRATION HEALTH 4

## A WORD FROM THE WOODS

I don't know about you but I love to roast marshmallows and hotdogs over the open fire. As everyone is out fixing up their yards to have outdoor BBQ's with friends and family there are a few safety facts that one should remember. Before you pull out the roasting sticks, and invite friends over make sure your fire pit meets the requirements for your area and that there are no fire bans in place.

If you have an urban home area fire pit it should

have at least 3 meters clearance, measured from the fire pit edge to buildings, property lines, or combustible materials. Your fire pit height should not exceed 0.6 meters when measured from the surrounding grade to the top of the spark arrester screen (yes—it should have one!).

The pit opening should not exceed 1 meter width or in diameter when measured between the widest points or outside edges. A spark arrester mesh screen with

openings no larger than 1.25 cm and constructed of expanded metal or equivalent non-combustible metal should be used to cover the pit.

For Rural/forested area fire pits, they should be located over bare rock, gravel, sand, mineral soil, or concrete for a distance of at least 3 meters from the edge of the pit. As well as they should be located 30 meters from any combustibles.

At work or at play—protect our woods.

## LAUZON LOWDOWN— CHRONICALLY DISORGANIZED ANYONE?

Does your office look like a bomb went off it? How many hours a day do you spend looking for something? Do you have piles of papers on your desk, floor, and chairs?

If you have answered yes to one or more of these questions then you are in the same boat as I am in. Although being chronically disorganized is not a physical or mental disorder, it can cause you real PROBLEMS.

Chronically disorganized

people can have adverse effects on the people around them. They usually aren't prepared for meetings, appointments, paying bills, meeting deadlines and finishing things that they have already started—yikes!

Being chronically disorganized sometimes just sneaks up on you and once you start to get slightly behind in paper work, it can be hard to find the motivation to get organized once again.

So shed some light, turn a new leaf—do what you have to do and quit wondering if you will ever get a handle on things again. Make it happen!

Start with simple things like sorting good papers from garbage. Find the right spot (not just a place to set it down) for each item and when you get new papers be sure to put them in their spot immediately—DO NOT PROCRASTINATE.

Write down tasks in a

daily agenda so that it is clear what you have to accomplish and when. Do not run from fire to fire but stay on track and be sure to keep part of your day open to accommodate the inevitable tasks that do 'pop up'.

So to all my fellow chronically disorganized people, I hope that you take the time to organize you self again. This is the best time of year for fresh starts and I for one am revved up and raring to go!

## DON'T BUG ME

Many people ask what is the west Nile Virus? It's a virus that is carried by a small number of mosquitoes.

Can the West Nile virus make me or my family sick? If a mosquito bites you, it does not mean you will get sick.

Even if an infected mosquito bites you, the chance of getting sick is very small.

Be aware though and know the signs & symptoms of illness:

- Fever, headache, aching muscles, jlike the flu.
- Feeling tired or having a rash.

Some simple and easy safety rules are:

- Emptying any pools or

containers of water that you are not using. That way, a mosquito can't lay eggs in it.

- Spray clothes with insect repellent.
- Wear long-sleeved shirts and long pants when you're outside in the early morning or evening.

You can still have fun

outside you just

need to follow these simple rules and be prepared even though the risk is small.

Teach your children about insect safety as well. From mosquitoes and bees to spiders and ants we should all know how to keep the bugs from bugging us!



## DEEP THOUGHTS BY RUSS

So many times we go through the day thinking of what we could have done better or should have done yesterday. Then it becomes difficult to focus on today, and our performance drops.

This creates a cycle that is easy to get into and yet, so hard to get out of. You've

heard the wisdom, "Don't go to bed angry." Well this is similar in spirit—it's important to leave your day behind you and to do that a few things need to happen.

**Take time to evaluate your day**, this should be done at the end of the day when all the major work is at

an end. Ask yourself what you did well that day and what you could have improved on.

**After you have reflected on the day make sure you close the day**, and only bring home the lessons from that day and not the problems. Some things

that help with closing the day is remember that you can't change what happened, but you can focus on the things that you are able change in the present.

**Focus on the positive action** you can take and when you see your day developing an act or situation

## IT'S NOT EASY BEING SUNSCREEN

Abandoned in the back of a shelf for months on end and only pulled out when the sun is blazing hot and even then people still complain about me! Well I can protect you from dangerous UV rays which can damage your skin and cause skin cancer (and it's not good for wrinkles either!).

So it's not easy being sunscreen but it is easy to pick out a great new bottle with all the choices there are these days. When purchasing a sunscreen remember to get one that protects you from both UVA and UVB rays. You

should have a sunscreen with an SPF of 15 or greater. Choose brands with features like spray on/no rub and water/sweat proof. Water proof sunscreen protects you for about 80 minutes in water; water resistant will only get you about 40 minutes.

If you have very sensitive skin you will want to look for something that is hypoallergenic. As well if you are prone to acne then you want to make sure your sunscreen is non-comedogenic (won't clog pores).

Beware of the expiration

date—it is there for a reason. If you have an old bottle of sunscreen from years past it may not protect you as well as it should and give you a false sense of security that could hurt you or your children.

In order to get the maximum benefit from your sunscreen you should apply it 30 minutes before you even go outside. Re-apply sunscreen every 2 hrs or immediately after being in the water.

Other things you can do to try and avoid that nasty summer burn is stay in the shade



when ever possible. Wear protective clothing, make sure you have a wide brim hat and protect you eyes with sunglasses. Avoid being in the sun at peek hrs usually 10 am till 4 pm.

Ask your pharmacist about prescriptions and sensitivity to sunlight.

## LEONA TALKS ABOUT TEAM BUILDING

Spending day after day working with the same group of people can become frustrating, and more than a little problematic. The key to alleviating these potential issues is to concentrate on the positives that also come out of working with this same group of close knit creatures!

Like family, they are the ones you talk to when things are crazy at home, the ones who give you sage advice when you need it the most, and often the ones who know you best (and worst!).

Team building is important to maintain the bonds that are inevitable when your

work relationships are more like family and you see your co-workers more than your spouse.

All of us should take the opportunity every once in a while to see each other during our off hours to remember that even though we all have a job to do, we are human as

well and have a bigger reason for being here in the first place.

Understanding the source of the inspiration may be just what we all need to work in harmony just a little bit better!

## DEEP THOUGHTS BY RUSS—CONTINUED

which you know will bring issue during your reflection time change it now!

**Face situations as soon as they are causing a disturbance** in your thinking, gather more data, get to the facts, and clear it from your mind. This will enable you to think effectively for the re-

mainder of the day rather than have a semi-productive day while concentrating on other matters that are not properly solved or dealt with.

**Awareness, action, reflection, and change are key** elements to this cycle of performance focus. By targeting and achieving each

one you will create a new you who is able to identify potential hurdles along the way, correct situations before they become true issues, work effectively and efficiently, end the work day with a clear head and positive outlook.

This technique takes a little practice but try it for 10

days. You will see a difference in your work, your home life, your stress levels and in your ability to concentrate on what is going on at any given time.

And don't forget...

Don't go to bed mad!

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Bear Slashing Ltd.  
7402-50th Avenue  
Bonnyville A.B.  
T9N 2G8

Phone: 780-828-8048  
Fax: 780-828-1913  
E-mail: [bonnyville@bearslashing.com](mailto:bonnyville@bearslashing.com)

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[WWW.BEARSLASHING.COM](http://WWW.BEARSLASHING.COM)

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Bear Slashing Ltd. would like to congratulate the **Bonnyville Shop** for achieving

**2 Years**

**No Lost Time Incidents**

Thank you for your commitment and continuing efforts to promote the health and safety of workers and the company.

Your efforts are truly appreciated!

## HYDRATION HEALTH

There are many ways in which you may get dehydrated, such as excess sweating, malnutrition, increased body temperature and not replenishing your fluids. The initial signs of dehydration occur when the body has lost about 2% of its total fluid. These mild symptoms may include:

- Thirst
- Loss of appetite
- Skin flushing
- Dark colored urine
- Dry mouth
- Chills
- Headaches

These are just a few symptoms. If these symptoms are left unabated, when the total fluid loss reaches 5% the following affects of dehydration are normally experienced:

- increased heart rate
- Increased respiration

- Decreased sweating
- Decreased urination
- Muscle cramps
- Nausea
- Tingling of limbs

When the body reaches 10% fluid loss emergency help is required IMMEDIATELY as it can be fatal. Symptoms of severe dehydration are:

- muscle spasms
- Vomiting
- Dim vision
- Painful urination
- Confusion
- Difficulties breathing
- Seizures

Be aware that these are not the only signs of severe dehydration, just some of the more common ones. The symptoms will differ from person to person

because our bodies are unique in composition, age, and other factors.

Dehydration prevention is the best treatment for every age. The average person should drink 8 glasses of water per day. But remember every body is different and will require different amounts. Drinking sodas and sugary drinks will not rehydrate you. Also keep in mind that by the time you feel thirsty you are already dehydrated so keep a bottle of water handy and sip throughout the day.

While your outside working away this spring/summer you want to keep in mind to listen to your body and drink plenty of water. The worst thing for you to do is to get dehydrated.

