



The Unique Reporter

Unique Services

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February 2010

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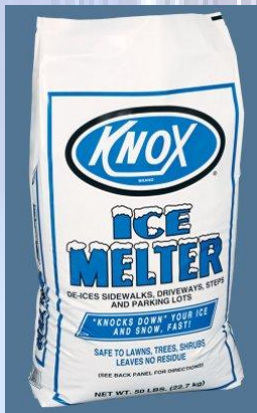
How to Avoid Wintertime Slips and Falls

In many parts of the country, winter brings with it wet and icy conditions. This is dangerous not only for driving, but also for walking! Thousands of injuries occur



from people slipping and falling because of ice and snow. It's estimated 12,000 Americans die each year from a fall. A worker injured

from a fall on ice or snow can be off work for a long time, increasing insurance costs and workers compensation expenses.



How do you reduce injuries when your cleaning employees are getting in and out of their cars and walking across ice and snow covered parking lots? Don't get caught off guard. Pay attention to the weather

and encourage your employees to monitor what's going on outside. Depending on weather conditions, your employees may need to pack a shovel, boots and ice

melt. Parking lots and walkways might not be

shoveled if it starts snowing after business hours.

Following are tips to avoid slipping and falling on the ice:

- Park close to the building and in well-lit areas so you can see the surface you are walking on.
- Take your time and pay attention! Take short, flat steps and walk at a slower pace.
- Wear proper footwear. Boots with rubber treads are a must!
- Walk on sidewalks and stay off paths that are not maintained in the winter.
- If there are handrails, use them!
- Be careful when taking the trash out to dumpsters. This area may be slippery, and it may not be cleared of snow and ice.
- Take extra time and care when carrying heavy objects (this includes taking out the trash.)

Once inside, employees must take extra caution as floors may be wet and slippery from

snow and ice falling off shoes and boots. Remind building owners that longer mats will catch more of the ice, snow, ice melt and other debris that people track in on shoes and boots.

Train employees to take extra care when driving in winter weather. They may need extra time driving between buildings, especially if the buildings your company cleans are not close to one another. If you clean buildings after 5:00 p.m., ask the building owner when the parking lot is plowed so employees can move their care if necessary.

No matter if you love or hate winter (and the ice and snow that it brings with it) it's necessary to slow down and be prepared so you and your employees can avoid becoming one of those winter fall statistics. Take a few moments in your next safety meeting to remind your employees how to be ready to deal with the problems that winter brings with it.

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Employee of the Month Florence Ellison

Florence Ellison, site supervisor at the VA clinic in Savannah, GA has been awarded the February 2010 Employee of the Month. The exceptional work ethic and the outstanding job that she does is one of the many reasons she was nominated. During a recent site inspection, Ceil Norwood, Quality Control Manager, had this to say about Florence: "Nell puts forth the extra effort to get the job done right. During my visits for the past year or so Nell has received high praises from

the managers at the clinic. Her consistent influence on the employees to do a good job has put her in position to receive employee of the month award."

Congratulations on a job well done!!



CONGRATULATIONS!



Announcements

- If you have any changes to your address, contact numbers, etc. please be sure to notify your site supervisor or quality control manager ASAP.
- Please contact Zuheiry Ocasio for any HR related issues

Quote of the Month

“When was honey made with one bee in a hive?”

—Thomas Hood



Welcome Aboard...



Jason Middleton
Rome Recruiting
(Gala Plaza)

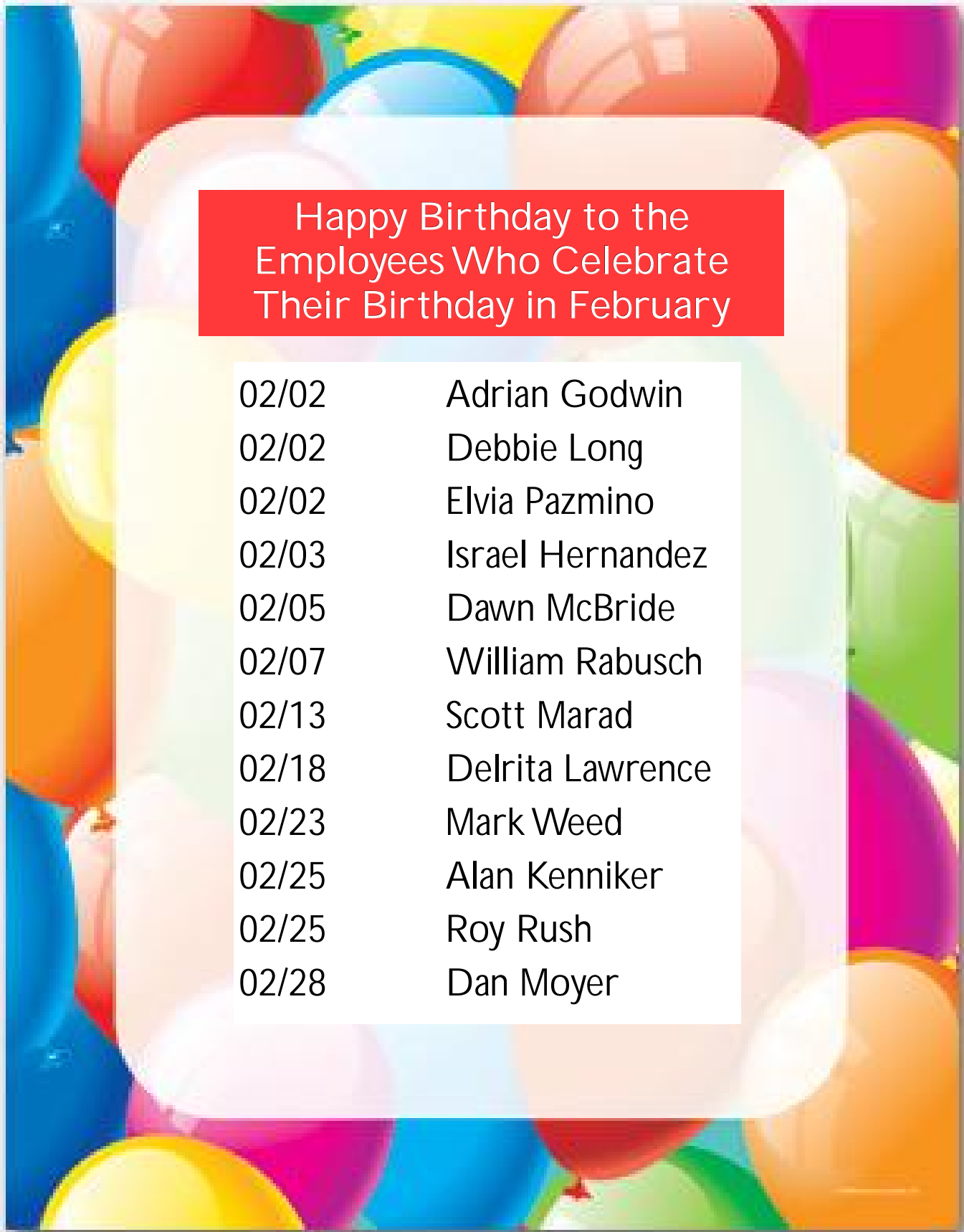


Martin Ajayi
VA Athens



Norman Williams
Detroit Dam &
Powerhouse

These employees have joined the Unique Services team in February 2010.



Happy Birthday to the
Employees Who Celebrate
Their Birthday in February

02/02	Adrian Godwin
02/02	Debbie Long
02/02	Elvia Pazmino
02/03	Israel Hernandez
02/05	Dawn McBride
02/07	William Rabusch
02/13	Scott Marad
02/18	Delrita Lawrence
02/23	Mark Weed
02/25	Alan Kenniker
02/25	Roy Rush
02/28	Dan Moyer

4 Ways to Live Longer

The hard science of medicine gets all the credit for staving off disease and adding on years. But practices that strengthen your inner life—your mind, mood, and sense of connection—count, too, often as much as any solution that comes from a scalpel or prescription pad. Research shows that these five strategies help the most.

Let The Sunshine In



- What we know: People who have a positive outlook when they're young end up living longer.
- What you can do: Become an extrovert—join a community group, try a new activity, strike up a conversation with a stranger. Acting gregarious can make you feel more outgoing, which is linked to a more positive mood.

Do Good Works

- What we know: People who volunteer at two or more organiza-

Volunteers!



group in which you can be a mentor.

Say a Prayer

- What we know: Regularly stepping through the doors of a house of worship may slow your progress toward the pearly gates by 7 to 14 years. This is due to the fact that faith communities provide support, and religious people tend to avoid life-shortening vices like smoking or drinking excessively.
- What you can do: Bolster public worship with private spiritual practices like meditation and prayer.



Socialize (Selectively)

- What we know: People with strong social connections enjoy better health. But having good relationships matters more than seeing



friends or relatives often.

- What you can do: Confide in your spouse or significant other.

Keep Your Brain Young

- The glut of information on the Internet can seem mind-numbing, but the stimulation you get from wading through it exercises your brain, which may keep it more youthful.



Suggestions:

If you have any suggestions for the upcoming editions of the newsletter, please fill out this page & return to Christy at the office:

144 South Avenue SE, Marietta, GA 30060

Employee Name	Site(s) Services

E. Pluribus Unum
Out of many, one