

# Cleaner. Safer. Healthier.

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## CEO Corner



Welcome to the first edition of our totally redesigned newsletter: Cleaner. Safer. Healthier. The title Cleaner. Safer. Healthier reflects everything that we have built our business on and it is the promise that we make to every client.

Matrix and its operating divisions, including Shellville Services, is one of the largest building service contractors in the country. Matrix employs over 1,700 associates who are responsible for maintaining over 45 million square feet of space in seven states each day.

As our business continues to grow, we'll use Cleaner. Safer. Healthier to share important information about the company and to keep everyone in the Matrix family up to date. We'll also keep you apprised of new developments and provide tips to make work easier.

If you have any suggestions for columns that you would like to see, feel free to contact me.

## To Your Health



Fighting high cholesterol isn't always about completely cutting out the foods you like. For example, a recent study has determined that daily intake of 2.4 ounces of nuts, including almonds, hazelnuts, pecans, pistachios, walnuts, macadamia nuts, and peanuts, can improve cholesterol levels and reduce the risk of heart disease.

Scientists at Loma Linda University in California looked at data collected by 25 other research projects on nut consumption in seven different countries. They found that eating the equivalent of two and a half small bags of nuts helps reduce both overall cholesterol levels and levels of LDL (or "bad") cholesterol,

as well as improving the total ratio of cholesterol to the patient's HDL (or "good") cholesterol levels.

The study was partly funded by several nut-industry foundations, including the California Walnut Commission, the Almond Board of California, and the National Peanut Board.



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## HR Q&A

Do you have a question about a personnel policy, benefit, or the company? Just submit your question to: [hr@cleanforhealth.com](mailto:hr@cleanforhealth.com).

Brad Georgetti, our Senior Vice President of Human Resources, or Lynn Domboski, our Director of Human Resources, will be delighted to help by answering your question.

We are committed to helping you by keeping the lines of communication open.



## Tips from HR



### Overcome A Big Mistake To Preserve Your Career

Some workplace mistakes are easy to correct; others can have a long-term impact on your job or career. When you sense you've offended your boss, a colleague, or an employee, ignoring the situation and hoping it will improve on its own can be disastrous.

- **Own up to the problem.** Admit that you've made a mistake. Showing your willingness to admit your mistakes and learn from them will go a long way toward rebuilding those bridges.
- **Make Amends.** Do whatever you can to rectify your error, whether that means working overtime, redoing an assignment, or explaining the situation to anyone that needs to know. Demonstrate that you take responsibility for your actions..
- **Ask for advice.** Talk to the people affected by your mistake and ask them what you can do to make things better and what you should do next time.



## Safety First

### Helpful Hints In Identifying Hazards In The Workplace

Use all of your senses to raise your awareness in Hazard Recognition throughout your facility and report immediately to management if you:

- Smell anything out of the ordinary such as leaks, pungent odors, or a burning or smoke smell.
- See anything that may be harmful or potentially dangerous such as protruding items, exposed wires, trip hazards, or slip potential.
- Hear any loud noises, grinding motors, or excess noise from any building machines.



### Bloodborne Pathogens

Needle stick injuries and other sharps related injuries which expose workers to blood-borne pathogens continues to be an important public health concern. Workers in many different occupations are at risk of exposure to blood-borne pathogens, including Hepatitis B, Hepatitis C, and HIV/AIDS. First aid team members, housekeeping personnel in some settings, nurses and other healthcare providers are examples of workers who may be at risk of exposure. "Be careful and be prepared."



## ECOSMART

### In Home Energy Reduction

Keep your air conditioning on 75 to 78 when you are not at home. This will keep the humidity low and will not put a strain on your electric bills. Also, keep shades down and curtains closed during the peak sun times of the day. This will keep the house cooler. Avoid using the stove for long periods of time.



## Grins & Giggles

Not the brightest bulb?

- She once spent a half-hour staring at an orange juice carton because it said "Concentrate."
- He asked for a price check at the dollar store.
- When he missed the 44 bus, he decided to take the 22 bus twice.
- He's so uncoordinated, he once tripped over a cordless phone.
- She sold her car—for gas money.



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