

Cleaner. Safer. Healthier.

Vol. 3 | October 2010 | Number 9

Tips from HR



In the service of creating a high performing and positive work environment:

- Maintain a presumption of good will toward one another. Treat each other as equals with trust and respect.
- Act professionally. Acknowledge one another daily.
- Support each other 100%.
- Communicate directly with each other.
- If you have an issue with a co-worker, go directly to them. If unable to resolve, go to H/R as a last resort.
- Be candid and honest.
- Recognize that mistakes happen. Ask for help if needed and be accountable for your actions.
- Listen more than you talk and seek to understand.
- "Gripe" positively and provide solutions.
- Explain the "why" as well as the "what".
- Integrate appreciation, acknowledgement, affirmation, and fun into your work.

Regularly review and modify these rules to ensure that you are helping to create the best work environment possible, and continually ask, "How can I/We become better?"



Reduce-Reuse-Recycle

The critical first step of waste prevention has been overshadowed by a focus on recycling. Please help to promote a greater awareness of the importance of the "Reduce" part of the Reduce-Reuse-Recycle mantra. Cut down on printing out emails, take reusable plastic bags to the grocery store, and take one less paper towel and napkin when washing or wiping your hands. Think of all the MANY ways that we can each play a direct role in helping to preserve our environment.



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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.

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.



Fast Facts

TRUE

During the Middle Ages, the Roman Catholic Church decided to make the change-over from pagan religion to Christianity a bit easier, and therefore allowed the new converts to maintain some of their pagan feasts. It was agreed, however, that from now on they would be celebrated as "Christian" Feasts. So instead of praying to their heathen gods, they would now pray to, and remember the deaths of saints. For this reason the church decided to call November 1 the "Day of All Saints," and the mass to be celebrated on that day "Alhallowmass." in consequence of this, the evening prior to this day was named "All Hallowed Evening", which subsequently was abbreviated as "Halloween." In spite of this effort to make October 31 a "holy evening," all the old customs continued to be practiced, and made this evening anything BUT a holy evening!



Grins & Giggles



What do you call someone who puts poison in a persons corn flakes?

A Cereal Killer

What is a vampires favorite sport?

Casketball

Do zombies eat popcorn with their fingers?

No, they eat the fingers separately

What do zombies eat at a cookout?

Halloweenies

Safety First



Wet Floor Caution Signs

Prevent a fall by warning building occupants, including co-workers, of potentially slippery floors. Place signs in full view at all points of entry to a room or area that has a wet floor due to a spill, damp mopping, carpet cleaning, or other wet maintenance procedure.



- Use wet floor signs all the time, not just when the building tenants may still be working. Remember that co-workers need warning of potential hazards too.
- When placing wet floor signs in a lobby, place a sign in front of each elevator and stairwell door as well as all other access points.
- When damp mopping a stairwell, place wet floor signs at each entrance.
- Signs need to remain in place until the floor is completely dry.

Quotable

Courage does not always roar. Sometimes courage is the little voice at the end of the day that says, "I'll try again tomorrow"

To Your Health



Don't Overdue the Salt

People need between 1,500 and 2,400 milligrams of salt a day to be healthy; 2,400 milligrams is about one teaspoon. About 11 percent of our average daily salt intake comes from the salt we add to food. The majority of it - 77 percent—comes from processed food.



- Check labels carefully. Salt can come in many different forms: monosodium glutamate, baking soda, and disodium phosphate, to name a few. Choose foods that are low in any kind of sodium (and pay attention to the serving size listed).
- Avoid processed foods. Stick to fresh vegetables and unprocessed meat, chicken and fish. Many prepared foods are loaded with much more sodium than you need. Rinse canned foods before serving to wash off some of the salt.
- Eliminate salt from your recipes. Instead of adding salt to the food you prepare, try different herbs and spices. You can usually leave salt out completely without sacrificing taste—when you're cooking pasta, for example. Pay attention to the condiments and sauces you use, too, and look for alternatives.



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