

# Cleaner. Safer. Healthier.

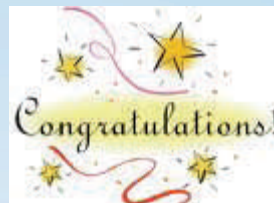
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## Announcements

## EXTRA!

### Congratulations Jessica Dustin!

Jessica Dustin, daughter of Syracuse Regional Manager Scott Dustin, is enrolled as a freshman at RIT (Rochester Institute of Technology). She is in the Biomedical Research Program, with the intention of becoming either a Medical Doctor or Veterinarian. She would like to find a cure for cancer. We are proud to report that Jessica made the Dean's List with a Grade Point Average of 3.8.



## Management Tips

### Brainstorming

Seek alternatives to brainstorming when you need a range of ideas.

Everyone knows that brainstorming is the best way to generate ideas in a group, right? Actually, some recent research suggests that might not always be the case.

In experiments conducted by researchers at Texas A&M University, participants were found to produce fewer ideas when they were part of a brainstorming session than they did when working individually—a difference of 44 percent in some cases.

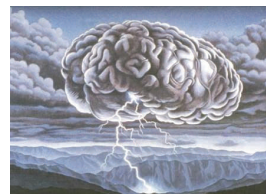
When working separately, participants also generated a wider variety of ideas.

In addition, the researchers found that people in brainstorming meetings have a tendency to

quickly conform to the first few ideas they're exposed to, thus leading to a narrower range of options overall.

The researchers were careful to point out that they're not advocating for the complete elimination of brainstorming sessions. But in situations where you need the widest variety of ideas possible, you might get better results letting people work separately before sharing their ideas with the group.

On the other hand, when you want to explore a limited number of options in depth, interaction during a traditional brainstorming meeting is probably your best bet.



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### Grins & Giggles

*You're grown up when...*

## 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)

The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

—Helen Keller

There is nothing better than the encouragement of a good friend.

-Katharine Butler Hathaway

If you don't go after what you want, you'll never have it. If you don't step forward, you're always in the same place.

—Nora Roberts





## Turn Your Best Online Profile Forward

Could your Facebook profile prevent you from getting a job offer? The online job site CareerBuilder reports that its survey of over 3,200 hiring managers found that 22 percent say they screen job applicants by viewing their social networking profiles, and 34 percent have eliminated job candidates because of the content they've found. Top objections? Forty-one percent cited posts on drinking or drug use, and 40 percent were troubled by candidates' provocative photographs. Also: poor communication skills; evidence of dishonesty concerning applicants' qualifications; discriminatory remarks on race, religion, or gender; and unprofessional screen names.



## Safety First



### Avoid Heat Stroke

Stay safe from heat stroke when hot weather hits.

As temperatures rise in the summer months, so does the risk of heat exhaustion or heat stroke. Both are serious. Heat stroke can be deadly.

Heat exhaustion is more common. It typically strikes when people work or play strenuously in a hot, humid environment, causing them to sweat excessively. With diminished fluids and salts, the body loses its ability to cool itself, resulting in symptoms including dizziness, muscle cramps and pain, head-ache,

nausea, and weakness. Heat stroke is a life-threatening condition caused when the brain is unable to control the body's cooling system. The rise in internal body temperature can result in damage to the brain and other organs.

"Classic" heat stroke can develop over a period of days; "exertional" heat stroke strikes more quickly and primarily affects younger, more active persons.

Symptoms of heat stroke include loss of consciousness, confusion, hallucinations,

hyperventilation, and flushed, hot, or dry skin. Seek medical help immediately if you suspect heat stroke.

Even in a case of heat exhaustion, consult with a physician, especially if the person loses consciousness, complains of chest or abdominal pain, has trouble keeping fluids down, or has a temperature of 104° F or higher.



## Fast Facts

# TRUE

### Fathers' Day History

President Calvin Coolidge, in 1924, supported the idea of a national Father's Day. Then in 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day. President Richard Nixon signed the law which finally made it permanent in 1972.



## Grins & Giggles

You know you're grown up when . . .

- Your refrigerator has more food than beer in it.
- 6 a.m. is when you get up, not when you go to bed.
- You hear your favorite song . . . on the elevator.
- You make plans to watch the Weather Channel.
- A clean sweater and jeans is no longer considered "dressing up."
- You have no idea how late the pizza place delivers.
- Your older relatives feel comfortable telling dirty jokes around you.
- A \$7 bottle of wine is no longer "the good stuff."



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