

Date: September 23, 2019		FAX THIS SHEET IN TO THE OFFICE AFTER YOUR MEETING!!!
Project Number#:	Job Name:	Person Conducting Meeting:

Flu Season is Around the Corner

Vaccinate to Protect You and Your Loved Ones from the Flu.
Everyone 6 months of age and older should get the yearly flu vaccine. It takes about two weeks after vaccination for your body to develop an immunity. Get vaccinated now, so that you will be protected all season long!



Last week's Bonus Question: Who were the 3 winners from TBT last week?

Answer: Jesse Vadnais, Antonio Carrillo & Dave O'Brien

For **inspection packets or repair tags** call **Dave Sangren @ (612) 644-3136** to have some delivered to your jobsite.

Any questions give Sturg a call (612) 221-8603

PLEASE PRINT YOUR NAME!!!

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Visit our website: www.olympiccompanies.com

Comments:

**As of September 19, 2019 we have worked 27 days without a Lost Time Injury.
We have safely worked 40,208 hours towards our ATV goal of 150,000 hours!**

Toolbox Talks winner for last week: **Jose A. Rodriguez @ Daymark**

This week's Bonus Question: **Where can we get a flu shot?**

Hint: **Ask Google**

"Building a Safer Place to Work" one week at a time.

Cold and Flu Season

Cold & Flu season can begin as early as October and usually ends sometime in April. While there is no way to cure the common cold or flu, healthy living can help boost your immune system.

Foods that may boost the Immune System:

garlic, cheese, yogurt (look for "live active culture"), Vitamin C found in fruits & juices, and Zinc found in meat, chicken, peanuts & peanut butter.



Keep the Germs Away:

The most important thing you can do to keep from getting sick is to wash your hands. A common way to catch a cold is by rubbing your nose or eyes, so to protect against infection, wash your hands frequently.



Healthy Bodies Have an Easier Time Fighting Off Infection:

- Get plenty of rest
- Eat a well-balanced diet
- Exercise regularly
- Decrease stress
- Cut back on unhealthy habits such as smoking and over consuming alcohol

**TAKE CARE
OF YOUR
BODY.**

**IT IS THE
ONLY PLACE
YOU HAVE
TO LIVE IN!**

Winners of the *No Lost Time Safety Award* for June & July

\$500 VISA Gift Card

Chuck Hecht

Kevin Lake

Tom St. Marie

Maurice Restrepo-Lopez

Steve Brochman

Kevin Kennedy

Tim Backlund

Doug Peterson

Tony Dubord

Joe Peterson

Cole Erickson

Travis Bell

Jason McVenes

Josh Luedke

Emmanoel Najara

Jim Biesiada

Matt Chicos

Jeremy Gatz

Gregg Pearson

Chris Rangel