



## THE PACESETTER WAY Leadership Team Insights

Brought to you this week by Stephanie Clark, Manager of I-Reps

**Be Serious About Safety:** Safety is crucial to our culture. By focusing on our environment, we become more organized, conscious of our activities, and aware of work flow. Safety and productivity are linked through our interactions with machinery, product, and people. Every “near miss” is an opportunity to avoid future injury, loss, or disaster.

The last time Aviva blogged about this topic, she accurately brought up how critical it is especially for our service centers to be serious about safety. When I had my first tour at our Atlanta Service Center, that was the first time I learned just how dangerous service centers can be if not handled with the utmost care. As we were walking between the walls of coils, I recall hearing that a single coil could weigh up to ten times the weight of my car. I imagined I would be flatter than a pancake if one happened to roll on me. I quickly scooted up closer to Harry, our Service Center Manager, and made sure I stayed right next to him the whole time. Turns out though, I had no reason to worry because Harry and his crew are, in fact, safety professionals and run an incredibly safe operation because they know and respect the rules and the limits.

When I started to think about what I wanted to touch on for this topic, my mind went straight to the cliché but practical truth: Safety starts with YOU. I think one of the overlooked factors in safety is taking care of oneself. It is very easy to be so focused on other things that you can forget to look out for yourself. I am sure that if I polled ten people, 100% of them would be able to list something they were stressed about, myself included. I will admit that I have a hard time saying no. Probably one of my greatest strengths can also be my greatest weakness in always wanting to help and to never let someone down. Here comes the cheesy part...I am learning that when I say yes to everything, I am inevitably saying no to myself. Stress comes in many different fashions, but it has the same result every time: it takes a toll on us. When we get stressed and burnt out, we can lose our clarity and productivity in every area of our lives. I know stress is not avoidable and there are sometimes situations that we are not able to get out of. That's understandable; but when you can, take time for yourself...even if it's just ten minutes to go on a quick run to clear your head. Even Superman, the Man of Steel, took time away from being a superhero to relax, recharge, and get some vitamin D in the sun. It's fantastic to help others, but make sure you plan some “you time” for what makes you happy: running, reading, watching your favorite Netflix show...you get the idea. Being serious about safety starts with respecting yourself and knowing your limits so that you can be your best.

Check back next week for more Leadership Team Insights and be sure to comment on our website about all you are doing to live out these fundamentals!

