

GREEN Your Holiday Scene

As we feast, give gifts, decorate and travel during the holiday season, we also consume lots of resources and generate lots of waste. The amount of household garbage in the United States can increase by 25 percent between Thanksgiving and New Year's Day, from 4 million tons to 5 million tons.

The holidays are special, but this year's festivities don't have to negatively impact our environment. There are a number of measures that all of us can take to lessen the amount of trash we produce and the amount of time we spend on the road. **Here are some easy tips to green the holiday season!**

Holiday parties and other activities present many opportunities to reduce waste through reuse and recycling:

Turn off or unplug holiday lights during the day. Doing so will not only save energy, but will also help your lights last longer.

Think green while shopping. Try to buy items with minimal packaging and/or those made with recycled content. Check product labels to determine an item's recyclability and whether it is made from recycled materials.

Consider the durability of a product before you buy it as a gift. Cheaper, less durable items often wear out quickly, creating waste and costing you money. Look for items that embody the concept of reuse. For example: swings made from used tires, wooden toys made from scrap wood, craft kits that take advantage of used goods and discards, and drawing boards that can be erased and reused.

Thousands of paper and plastic shopping bags end up in landfills every year. Reduce the number of bags thrown out by bringing reusable cloth bags for holiday gift shopping. Tell store clerks you don't need a bag for small or oversized purchases.

Wrap gifts in recycled or reused wrapping paper or newspapers.

Also remember to save or recycle used wrapping paper. **Donate the older toys that you no longer use to charities.**

Bake cookies or other goodies for your friends and loved ones and package them in reusable and/or recyclable containers as gifts. **If you host a party,** set the table with cloth napkins and reusable dishes, glasses and silverware. Consider renting more formal tableware that you might not use very often. Also save and reuse party hats, decorations and favors.

Compost leftover food scraps and leaves. **After parties, fill your dishwasher to capacity** before running it. You will run fewer cycles, which saves energy.



More Green Holiday Tips

Cards

Buy cards made from recycled paper (look for *post-consumer* content) and printed in nontoxic inks.

Buy cards and envelopes that can be recycled in your town. Choose cards printed on white stock without metallic or plastic coatings.

Buy cards wrapped in the least bulky or most recyclable packaging.

Consider substituting postcards for cards that require envelopes.

Reuse the fronts of old holiday cards as gift tags.



Decorating

Decorate with more energy efficient LED (light emitting diode) strings rather than the larger, old-fashioned lights. LEDs are exceptionally energy efficient when producing individual colors, many using up to 90% less energy than an incandescent bulb to produce the same amount of light. For example, the amount of electricity consumed by just one 7-watt incandescent bulb could power 140 LEDs — enough to light two 24-foot

(7.3-meter) strings. And be sure to turn them on only when someone's around to appreciate them.

Avoid foil and plastic-embossed paper because it uses more resources in its manufacturing process.

When you're not enjoying a fire in your fireplace, close the flue and block the hearth to prevent heat loss.

Food

Store leftovers in reusable containers. **Buy food gifts with as little packaging** and processing involved as possible.

Recycling

Review the list of recyclables that your town or city accepts, and be sure to send all the applicable paper, plastic, glass bottles and aluminum cans to the recycling center.

Shopping

Bring your own bags on shopping trips so shops won't have to give you new ones with your purchases. If using a plastic bag, be sure to bring it back to the store for recycling next time you go.



Don't accept a new gift box with your purchase if you have a supply of old ones, or try to wrap it without a box.

Use your legs or mass transit when shopping, or buy your gifts by phone or on the web.

Go to shops in areas you can walk or bike to, rather than ones you have to drive to. When you need to drive, combine several errands into 1 trip or travel with friends.

Transportation

If you are traveling during the holidays, consider taking public transportation or carpooling with friends or relatives.

Trees

Buy a living tree you can plant outside or keep as a houseplant after the holidays.

Buy a tree grown locally to save energy associated with transportation.

Buy a smaller tree. There's less to dispose of when you take it down, and shorter growing time translates into less land required.

If your town doesn't have a tree chipping/reuse system, ask why.

The Importance of Reporting a Near-Miss Incident

A **NEAR MISS** is an unplanned event that did not result in injury, illness or damage — but it had the potential to do so. Only a fortunate break in the chain of events prevented an injury, fatality or damage; in other words, it was a miss that could have been an accident.

Other familiar terms for a near miss are these events: a close call, narrow escape or, in the case of moving objects, a near collision or near hit.

Example: An associate walks down the hall, stepping over an extension cord stretched across his path. He turns a corner and nearly collides with another worker. To avoid the collision, he steps to the side, spilling coffee on the floor and inadvertently jostling a shelving unit, on which a tool placed close to the edge of the top shelf falls and hits the ground.

No one is hurt in this fictional scenario. However, the associates in it experience multiple near-miss situations — any one of which could have led to serious injury.

How Does Reporting a Near Miss Prevent Future Incidents?

Many safety activities are reactive and not proactive. Waiting for an accident to occur before taking steps to prevent a recurrence is a poor practice. Near-miss incidents are often overlooked because there was no harm (no injury, damage or loss). Thus, many opportunities to prevent the incidents are lost. Recognizing and reporting near-miss incidents can significantly improve worker safety and enhance the company's safety culture.

What Are the Benefits of Reporting Near-Miss Incidents?

Reporting a near-miss incident helps the company capture sufficient data for statistical analysis, correlation studies, trending, and performance measurement (improvement over baseline).

It provides an opportunity for associate participation, a basic component of a

successful safety management system.

It creates an open culture, where everyone shares and contributes in a responsible manner to their own and their fellow workers' safety.

Reporting and resolving near-miss incidents are considered leading indicators (pro-active activities). Finding the root causes of near-miss incidents and implementing effective corrective actions will help reduce accidents and drive down injury rates.

How You Can Help

- ✓ If you witness or are involved in a near-miss incident, notify your supervisor of the EHS department immediately.
- ✓ Don't be afraid to report a near miss.
- ✓ Be aware of your surroundings. If you find a hazard, fix it if possible. If you can't fix the hazard, report it to your supervisor or the EHS department.

Flu Myths and Facts

How's your flu IQ? As flu season kicks off, test your knowledge with these myths and facts. Then, get vaccinated.



Myth: You can get the flu from a flu shot.

Fact: The flu vaccine cannot cause the flu. The flu vaccine does not contain active flu virus, and the nasal mist contains a weak form that cannot sicken you. You may experience some side effects from the shot, such as redness and soreness at the injection site. The nasal spray may cause side effects such as a runny nose or cough.

Myth: The flu is just like a bad cold.

Fact: The flu is a serious illness, especially for young children, older people and people

who have chronic health conditions such as asthma or diabetes. The flu can cause complications and can lead to secondary infections such as pneumonia. Each year, many people are hospitalized from flu and some even die from it.

Myth: It's not worth it to get a flu shot because you can still get the flu.

Fact: If you're exposed to the influenza virus shortly before or after getting vaccinated, you can get a mild case of the flu. It takes approximately 2 weeks for you to develop full immunity.

Myth: Once flu season has started, it's too late to get a flu shot.

Fact: The Centers for Disease Control and Prevention (CDC) advise getting a flu shot soon after vaccines become available, usually in October. However, flu season lasts several months, and it is never too late to get a flu shot as long as the vaccine is circulating. Flu season typically peaks in January, but can last until May and June.

In Their Own Words

My name is Danny Alford, and I work at Pace

Harrison. I did not get the flu shot last year.

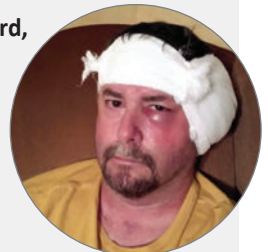
But I can guarantee you that from now on I will. Here is my story.

Last year, I decided not

to take the flu shot because I hadn't gotten sick in several years. So instead of getting the vaccine, I had the privilege of being in a coma and hooked up to ECMO for 3 months.

Extracorporeal membrane oxygenation (ECMO) is where a machine has to put O₂ into your blood because the heart and lungs are not working correctly. After surviving that my gallbladder failed, and I had to go back and have it removed. The antibiotics

made me lose my hearing. I had to have a cochlear implant surgically placed in my ear to help me hear things again! Please learn from my mistakes.



Greenhouse gas . n. a gas, such as carbon dioxide, that contributes to the greenhouse effect by absorbing infrared radiation.

The ABCs of GHGs

The term **greenhouse gases (GHGs)** has become synonymous with climate change, but if there was a pop quiz on the basics of GHGs, it's a safe bet not too many would get an A. This article reviews what GHGs really are and how they contribute to climate change, and then we will look at recent GHG-related indicators of climate change.

Almost all of Earth's atmosphere — more than 99.5 percent — is composed of 3 gases: nitrogen, oxygen and argon, all of which are required for life, and none of which contribute to climate change because they do not absorb radiation.

The remaining 0.43 percent of our atmosphere is composed of trace gases, with 0.39 percent water vapor, .039 percent carbon dioxide (CO₂), .00018 percent methane (CH₄), .000032 percent nitrous oxide (N₂O), and last but not least, .0000000067 percent sulfur hexafluoride (SF₆). These trace gases all absorb infrared radiation, and together they comprise the primary GHGs responsible for changing

our climate and warming the planet. (See the table below for descriptions.)

So, how can such comparatively tiny amounts of just a few gases be the cause of such potentially catastrophic climate change?

It's a surprising, simple process, though one that is often misunderstood.

As the sun emits shortwave radiation (a.k.a., sunlight) into the Earth's atmosphere, about 30 percent is reflected back into space by clouds and the Earth's surface; about 20 percent, in the form of ultraviolet radiation, is absorbed by the atmosphere, and the remaining approximately 50 percent is absorbed by the Earth's surface.

Once absorbed by the Earth, this solar energy is then re-emitted from the surface but in a weaker form with longer wavelengths in the infrared range. While some of this radiation moves through the atmosphere back into space, the majority is absorbed in the atmosphere by GHGs, which in turn re-emit it in all directions — into space, into other GHG molecules, and back again to the surface of the Earth. As the amounts of GHGs emitted into the atmosphere from man-made sources have increased since the industrial revolution, more infrared radiation is absorbed and less is allowed to escape back into space, and as a result, we are experiencing amplified warming

on the surface of the Earth.

To quantify the heating effect of GHGs, scientists combine the amount of a GHG in the atmosphere, the length of time it remains in the atmosphere, and the GHG's ability to absorb infrared radiation. Together, these 3 factors are called **radiative forcing** or **climate forcing** and are used to calculate the Annual Greenhouse Index. In 2013, the Annual Greenhouse Gas Index was 1.34, representing a 34 percent increase in radiative forcing since 1990 (which has a set value of 1.0). Of all the GHGs, CO₂ continues to rank highest in volume man-made GHG, and CO₂ alone accounts for a 27 percent increase in radiative forcing since 1990.

Another measurement is that of Global Warming Potential (GWP), which combines only how well a GHG absorbs radiation in its atmospheric lifetime. GWP uses CO₂ as a baseline for other GHGs and is a measure of the total energy a GHG absorbs over a set period of time, normally 100 years, compared to CO₂. Thus, giving CO₂ a GWP of 1, CH₄ has a GWP more than 20 times greater than CO₂, and N₂O has a GWP more than 300 times that of CO₂.

So, you can see even trace amounts of certain gases can have their effects magnified to an extent where they cause an unmanageable amount of heat to be trapped and retained in the atmosphere.

GHG	CHARACTERISTICS	NATURAL SOURCES	MAN-MADE SOURCES
Carbon dioxide (CO ₂)	Colorless and odorless	Plants, animals, soils, and seawater during respiration	Fossil fuel combustion and other fuel combustion such as wood
Methane (CH ₄)	Colorless, odorless and nontoxic	Natural gas, wetlands, swamps, marshes, termites, and oceans	Fossil fuel mining and natural gas transportation, cattle, rice paddies, and landfills
Nitrous oxide (N ₂ O)	Colorless, nonflammable with a "sweetish" odor	Oceans and rainforests	Fertilizers, nylon and nitric acid production, cars with catalytic converters, and burning organic matter
Sulfur hexafluoride (SF ₆)	Very potent and persistent with a 1,000-year atmospheric lifetime	None	Primarily used in the electric power industry and also in the magnesium casting industry

TIPS: Winter Allergies

With the holiday season just around the corner, millions of Americans are preparing to decorate their homes, gather for feasts and travel to visit relatives. However, for allergy and asthma sufferers, the holiday season presents several potential triggers, according to the American Academy of Allergy, Asthma and Immunology (AAAAI).

Whether it's feasting on holiday meals, setting up your Christmas tree or visiting your pet-owning relatives, allergy triggers

may be lurking inside our warm, cozy homes this time of year. Unfortunately, with busy schedules, travel time and the stress of the holidays, it is easy to forget to take the proper care when dealing with allergies and asthma. However, avoiding potential triggers and taking the proper precautions are necessary to keep symptoms under control.

The AAAAI suggests the following tips to help keep your allergies and asthma under control this holiday season:

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- When attending holiday parties or family gatherings, **inform the host about your food allergy** and ask about the ingredients used to prepare the meal.
 - **Carry an auto-injectable dose of epinephrine** when attending a holiday party where unrecognized food allergens could be hiding. Homemade items do not have ingredient lists and could be contaminated with trace amounts of allergenic foods through contact with storage containers or kitchen utensils.

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PACE UPDATES

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- ➔ **Remind family members and friends** that strict avoidance is the only way to manage food allergies, and that even 1 little bite can trigger a dangerous reaction.
- ➔ **If visiting relatives who own pets**, take your allergy medication before arriving in order to minimize a possible reaction.
- ➔ **Evergreens often carry microscopic mold spores.** You might think you are allergic to your Christmas tree, but it is likely that it is the mold spores that are causing those symptoms like sneezing, watery eyes and an itchy nose.
- ➔ **Clean decorations and artificial trees outside before decorating.** They can gather mold and dust while in storage. Wash fabric decorations in hot, soapy water to remove mold and dust before displaying them.
- ➔ **When spraying artificial snow** on windows or other surfaces, be sure to follow directions. These sprays can irritate your lungs if you inhale them.
- ➔ **The holidays can be a stressful time of year.** Pay attention to your stress level, which can sometimes lead to an asthma attack. Deep breathing and relaxation can help.
- ➔ **Take along your own pillow** with an allergen-proof cover, and request down-free pillows if staying in a hotel or at a relative's house. Dust mites can be especially troublesome if traveling away from home.
- ➔ **Ask your relatives and friends** to avoid burning wood in the fireplace. The smoke can trigger an asthma attack.

If any of these concern you, see an allergist or immunologist to confirm the diagnosis of allergies or asthma, or to receive education and guidance in techniques for managing allergies and asthma. If your symptoms are not under control, consult with an allergist or immunologist to discuss the treatment options that are available.

News from Pace Industries, St. Paul Division

On Saturday, July 12, associates from the St. Paul Division of Pace Industries participated in the 4th Annual Motorcycle Fund Raiser Ride to raise money for St. Jude Children's Research Hospital. Riders departed from Biff's Sports Bar and Grill in Spring Lake Park, Minnesota, and rode into western Wisconsin/eastern Minnesota for a few stops before returning back to Biff's for food, music, prize drawings and a silent auction. The Event raised \$7,530 for St. Jude Children's Research Hospital.



Riders departing Biff's Sports Bar and Grill in Spring Lake Park, Minnesota. Old Glory raised by the local Blaine/Spring Lake Park/ Mounds View Volunteer Fire Department.



Committee Members: Front Row (Left to Right) Dale Augustine, Bill Schultz – Pace St. Paul Associate, Jason St. Clair – Pace St. Paul Associate, Tara Cordie – Spouse of Pace St. Paul Associate. Back Row (Left to Right) John Thorsen, Bill Brodie – Pace St. Paul Associate, Terry Dehkes Committee Chairman – Retired Pace St. Paul Associate, Gary Reiners and Andrew Schmitz – owner Biff's Sports Bar and Grill.