



In only a matter of minutes, a small house fire can rage out of control. Heat temperatures from the building fire can reach up to 1,500°F. The flames emit carbon monoxide gas, which is odorless, colorless and tasteless — and can cause immediate unconsciousness, followed by death.

Every family should have and practice a home escape plan to follow in the event of a fire. The plan should include drawing a diagram of your home, marking the locations of windows and doors; planning two escape routes out of every room of your home; setting up a meeting place outside of the home where everyone can go following an escape; and practicing the escape plan once a month. Every member of the family and frequent visitors to the home should

know and practice the escape route. The Federal Emergency Management Agency (FEMA) emphasizes that even children as young as 3 years old can understand an escape plan.

Safety Tips

- ➔ Complete a home fire safety checklist and identify fire risks in your home. You can download your home fire safety checklist at <http://pacecares.paceind.com>.
- ➔ Test smoke alarms and carbon monoxide detectors monthly, and change the batteries at least once a year.
- ➔ Place smoke alarms on each floor of your home and in each bedroom.
- ➔ Make sure that everyone in the home can hear the smoke alarm from their bedroom.
- ➔ Make a family fire escape plan and practice it once a month.
- ➔ Make sure that everyone in the house understands the family fire escape plan.
- ➔ Place fire extinguishers throughout your home and make sure everyone in the house knows how to use them.
- ➔ Never leave food unattended on the stove, keep all matches and lighters out of the reach of children, and don't place portable heaters near flammable materials.

Community Linkages

- ➔ Know the number for the local fire department.
- ➔ Attend events offered by the local fire department.
- ➔ Learn how to use a fire extinguisher through your local fire department.

Exit Drills In The Home: EDITH

EDITH can help you prepare for an emergency. Most home fires occur at night, when people are the least prepared. Home fires can become a disaster if you and your family are not familiar with how to escape during an emergency.

To design your own fire escape plan, sketch the floor plan of your home on a piece of paper. Indicate on the plan all doors, windows, and other areas from which you could escape each room in your home. Draw arrows to indicate the normal exits, which will be your primary escape routes. With an alternate color, draw arrows to indicate secondary exits from each room.

Meeting Place

Choose a location outside the home where

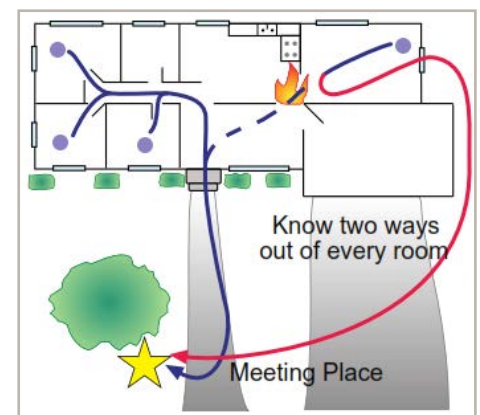
family members should meet once they have safely escaped. A neighbor's front yard, side walk, or mail box may be an ideal meeting place.

Practice, Practice, Practice

Your fire escape plan may look great on paper, but does it really work? Regular exit drills in the home will allow you to test the plan and make adjustments as needed. When practicing your exit drills in the home, remember to use alternate escape routes as well. Children should be closely supervised during drills in the home, and no one should take unnecessary chances.

Tips

- ✓ Prepare a fire escape plan.
- ✓ Install and maintain smoke detectors.



- ✓ Practice **Exit Drills In The Home** regularly.
- ✓ Plan two ways out of each room.
- ✓ Examine your home for fire hazards and take steps to prevent a fire before it occurs.
- ✓ Make sure children know the 911 phone number in order to report a fire or other emergency.

General Safety – Attitude and Behavior

By David Deere, Harrison Safety

Humans instinctively seek to avoid pain and death. And yet, we may behave in a manner that is a threat to our well-being. There are a couple of reasons why this occurs. The first is lack of knowledge. What you do not know can hurt you! The second reason we may act in a risky manner is attitude. Now might be a good time to do a quick self-analysis. What is your attitude toward safety?

When asked, some may say they are all for it. Others may complain about any safety effort being made. The difference between the two is one of attitude. Your attitude affects almost all that you do and how you do it.

Have you ever noticed that people who are successful in life, or are just happy, tend to have a positive attitude? And so it is with safety. Look at it this way: Safety rules and procedures are written to protect you from harm. They are not written to make your work life more uncomfortable or inconvenient. After all, safety equipment and training cost your

employer additional up-front money.

If you cooperate in safety matters, not only is there a lesser likelihood of you getting hurt, you will not be doing battle with the boss who is just trying to do his job by enforcing the safety rules. In addition, you should feel more confident on the job knowing you have a better chance of making it through the day without injury. Less fear of injury — and the boss no longer on your back — has to brighten your day!

We are not perfect. Even the best of us can forget or make errors in judgment. To maximize our safety efforts, we must look out for one another. If someone tells you that you are not working in a safe manner, do not become angry or defensive. They are just looking out for your well-being. If you did not know you were doing something wrong, be thankful your errors were noted before someone got hurt. If you simply forgot or got a little careless, be grateful that someone cares enough to get you back on track. If you see someone doing something

unsafe, speak up, but do so diplomatically. Treat others just as you would like to be treated in the same situation.

Remember, attitude affects behavior. If you have a positive attitude, odds are you will exhibit safe behavior. A negative attitude toward safety will only cause conflict, stress and, ultimately, an accident.



Halloween Chills: Why Do We Enjoy Being Scared?

Halloween may be one of the scariest holidays of the year, but people seem to take delight in being scared in every season. What's the appeal of ghost stories, horror movies, frightening novels and things that go bump in the night? Experts have a few theories:

We like the adrenaline. Fear has the same adrenaline-producing effect as excitement. It feels good. Scary movies, stories and books are methods of releasing adrenaline in a controlled environment.

Shared fear helps us bond. Activities like telling ghost stories around a campfire or watching a scary movie together allow us to form ties with strangers as well as family and friends.

Horror helps us deal with real-life terrors. We can deal with the very real horrors of modern times by transforming them into fictional movies and stories in which the monsters and bad guys are always caught and punished.



Trick-or-Treaters Halloween Safety Tips

Halloween is a fun time for kids, and adults, but it is also an important time to be vigilant for safety hazards. Some tips to ensure a safe Halloween include:

- Costumes should be short enough so they don't cause your child to trip and fall.
- Add some reflective tape to the costume or bag your child is using to carry candy, or choose a costume made of bright material that is visible in the dark.
- Masks should fit securely and allow your child to see well.
- If using face paint, make sure it is nontoxic and hypoallergenic.
- Children should be well supervised by an adult when trick-or-treating.
 - Carry a flashlight.
 - Follow the rules of the road.
 - You should prepare your home for trick-or-treaters by removing obstacles.
- Provide treats that are individually wrapped.
- Artificial lights and candles are a safer alternative to real candles with a flame, which can pose a fire hazard when lighting a jack-o'-lantern.
- Stay in familiar neighborhoods.
- Don't cut across yards or driveways.
- Stay on sidewalks.
- (If no sidewalk) walk on the left side of the road facing traffic.
- Wear a watch you can read in the dark.
- Shoes should fit (even if they don't go with your costume).
- Only approach houses that are lit.
- Stay away from and don't pet animals you don't know.
- Walk, don't run.
- NEVER enter a stranger's house or car for any reason.

Go by your local HR office and pick up your Halloween Safety kit free from Pace. Each kit includes a coloring book, crayons, glow stick, and a reflective bag to carry all your candy in. Bags should be in after October 26.

Why Leaves Change Color

The Splendor of Autumn

Every autumn, we revel in the beauty of the fall colors. The mixture of red, purple, orange and yellow is the result of chemical processes that take place in the tree as the seasons change from summer to winter.

During the spring and summer, the leaves have served as factories where most of the foods necessary for the trees' growth are manufactured. This food-making process takes place in the leaf in numerous cells containing chlorophyll, which gives the leaf its green color. This extraordinary chemical absorbs from sunlight the energy that's used to transform carbon dioxide and water into carbohydrates, such as sugars and starch.

Along with the green pigment are yellow to orange pigments, carotenes and xanthophyll pigments that, for example, give the orange color to a carrot. Most of the year, these colors are masked by great amounts of green coloring.

Chlorophyll Breaks Down

In the fall, because of changes in the length of daylight and changes in temperature, the leaves stop their food-making process. The chlorophyll breaks down, the green color disappears, and the yellow to orange colors become visible and give the leaves part of their fall splendor.

At the same time other chemical changes may occur, which form additional colors through the development of red

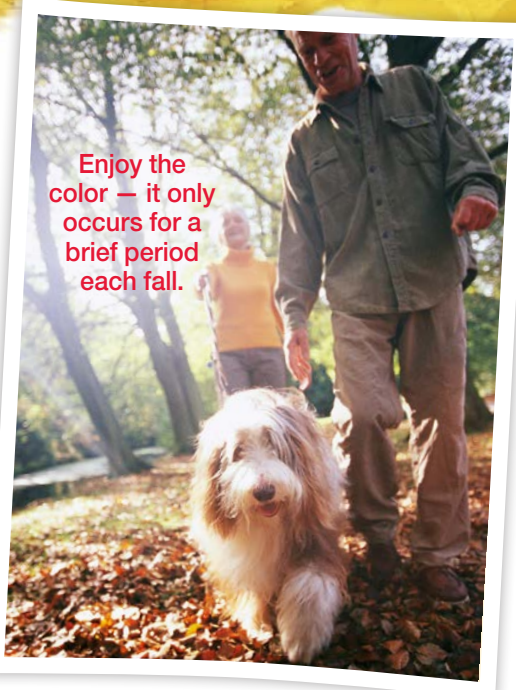
anthocyanin pigments. Some mixtures give rise to the reddish and purplish fall colors of trees such as dogwoods and sumacs, while others give the sugar maple its brilliant orange.

The autumn foliage of some trees show only yellow colors. Others, like many oaks, display mostly browns. All these colors are due to the mixing of varying amounts of the chlorophyll residue and other pigments in the leaf during the fall season.

Other Changes Take Place

As the fall colors appear, other changes are taking place. At the point where the stem of the leaf is attached to the tree, a special layer of cells develops and gradually severs the tissues that support the leaf. At the same time, the tree seals the cut, so that when the leaf is finally blown off by the wind or falls from its own weight, it leaves behind a leaf scar.

Most of the broad-leaved trees in the North shed their leaves in the fall. However, the dead brown leaves of the oaks and a few other species may stay on the tree until growth starts again in the spring. In the South, where the winters are mild, some of the broad-leaved trees are evergreen; that is, the leaves stay on the trees during winter and keep their green color.



Enjoy the color — it only occurs for a brief period each fall.

Only Some Trees Lose Leaves

Most of the conifers — pines, spruces, firs, hemlocks, cedars, etc. — are evergreen in both the North and South. The needle- or scale-like leaves remain green or greenish year-round, and individual leaves may stay on for two to four or more years.

Weather Affects Color Intensity

Temperature, light, and water supply have an influence on the degree and the duration of fall color. Low temperatures above freezing will favor anthocyanin formation producing bright reds in maples. However, early frost will weaken the brilliant red color. Rainy and/or overcast days tend to increase the intensity of fall colors. The best time to enjoy the autumn color would be on a clear, dry and cool (not freezing) day.



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PACE UPDATES

George Mason Retires

(should this need a byline?)

George Mason, who has been a part of the Pace Family for 29 years, recently announced his retirement.

George worked for a company in Malvern, Arkansas, called Precision Industries. If you don't know who George is, then let me try to describe him to you. George is about 5'8". When he goes to work, he always wears his signature white shirt, black pants and black dress shoes. Being from south Arkansas, George has a southern country accent, which is a little deep. You can recognize his voice — and hear it — a mile away. He is very dedicated to his wife, Shirley, as well as his children and grandchildren.

So you still don't know who George is? Then I'll continue. If you have ever received aluminum or zinc and transferred the metal from one location to another or melted it through the Metal Inventory System, then you know something about George because he designed that system. If you have ever used the maintenance application to create PMs or work orders, you know something about George. If you use the Labor Distribution software to job on or job off of shop orders, work orders or maintenance — yep, that's George.

Even when you come to work and clock in or you're leaving for the day and clock out, then you have used the software that George designed. Very seldom does a person have a major impact on a company the way that George has. He will be greatly missed. Hopefully, you now have a pretty good idea of who George Mason is. Please join me in congratulating George on a successful career and wishing him a very happy retirement.



Back-to-School Health Checklist

Experts say how to keep your child on the right track to health this school year. By Jean Lawrence, Reviewed by Louise Chang, MD

Shuffling your child back to school these days takes more than a new wardrobe and a shiny apple. What about the dizzying array of immunizations? Hearing and vision tests? Special instructions for the school nurse? And tips for buying and loading a backpack that won't turn your precious offspring into an achy, whiny pack mule?

Those Dreaded Shots

"We won't enroll any student without an immunization record," says Candy Mac Donald, RN, PHN, MSN, school nurse for eight schools in the Marysville Joint United School District in Marysville, Calif., north of Sacramento. "There are more and more shots now, too," she adds, including hepatitis B, chickenpox, and possibly a booster of the MMR in junior high (flu shots also may be recommended). The American Academy of Pediatrics (AAP) website fully explains childhood vaccinations, advising you what is needed at what age. Your school district or local health department will also make this clear, and you can consult your pediatrician as well.

In California, Mac Donald says a first grade physical is recommended and will probably hold true if performed before kindergarten.

To find out more about how to keep your child on the right track to health this year, go to <http://pacecares.paceind.com>.

"We had to have the shots, period," says Jennifer Santesteban, who has a 10-year-old son in a Phoenix school district. Many health departments also offer free immunizations to children for some families without insurance. If you are in doubt, ask the school secretary for guidance.

Can Your Child See Clearly?

As many as one in 20 children can't see out of one of their eyes, according to Pamela F. Gallin, MD, director of pediatric ophthalmology at Morgan Stanley Children's Hospital of New York Presbyterian Hospital in New York City. "This is a difficult observation [for a parent] to make." Gallin recommends vision testing by your pediatrician, even though some testing is also given in school in some areas of the country.

"A younger child can 'read' the chart by turning a hand in the direction the 'E' is facing," she says, describing what she calls the "E" game. "School-aged children, even kindergartners, probably can identify letters or at least numbers."

The reason to have this done is simple: Kids who can't see well can't perform as well in school.