

“For Safety’s Sake - Do Something”

Too Much On Your Plate?

Whether it’s at work, home, or the dinner table, only take on what you can handle.

If we take on too much (at work or home) we have a higher chance of making mistakes. Trying to juggle too many tasks at once increases the opportunity for mistakes to happen, missed deadlines, and even increased risk of incidents and accidents.

This goes for holiday indulgence, too! You’ll feel much better (and be a holiday success!) if you do everything in moderation.

Know your limits and ask for help when you need it.

