



Denver Drywall Company  
Since 1945  
Monthly Newsletter  
January 2003

Denver Drywall Company wishes each of you and your families a Happy Holiday Season & a Wonderful New Year!

**A Happy  
New  
Year!**



### YEARS OF SERVICE

Congratulations to the following folks, who in the month of December have hit their respective anniversary with Denver Drywall Company!

Frank Ayala	12/92	"10"	Hugo Loya	12/92	"10"
Elias Guzman	12/99	"3"	Jose Trevizo	12/99	"3"
Stuart Mitchell	2/99	"3"	Charlie Fox	12/00	"2"
Jose M. Perez	12/01	"1"			

### A LITTLE SIDE OF SAFETY:

With the beginning of 2003, one begins to set new goals and New Year's resolutions.

This past year, we at Denver Drywall experienced a total of nineteen injuries for the year. This is just three less than the 2002 year. But as we all know, one injury is one too many.

In an effort to accomplish the ultimate goal of zero accidents, we at Denver Drywall are beginning the year off with mandatory stretching by everyone prior to beginning the workday.



More than half the injuries this past year were contributed to employees not stretching out and warming up their bodies before lifting. We need to set our sights on zero accidents and zero incidents by working smarter and working safer.

Have a safe and happy holiday season!

# Health Education Corner



## PROTECTING YOURSELF AGAINST COLD & FLU SEASON

People are spending a record amount of money on prescriptions and over-the-counter drugs to help ease the symptoms of the flu and the common cold, as well as other infectious diseases.

More people are dying each year from infections caused by microorganisms that have become resistant to many antibiotics. Even if you don't catch one of these infections, you are likely to experience at least one attack of some type of infectious illness before winter is over.

Hands are the primary vehicle of transmission of many infectious diseases. Germs and viruses causing these diseases are passed by such routine things as handling food, touching doorknobs, shaking hands, and putting your mouth on a telephone receiver.

Carelessness about hand washing can lead to the infection by the germs that cause vomiting and diarrhea as well as common colds, strep throat, and flu.

Hand washing is the most available "low-tech", low cost prevention of illnesses. Frequent hand washing with warm soapy water is one of the simplest and most effective means of preventing illness and infections according to the U. S. Center of Disease Control Prevention.

For best results, hands should be washed with warm soapy water for at least 20 seconds (about the length of time it takes to sing "Happy Birthday"), before preparing or eating food, after using the restroom, after changing diapers, after touching a pet, after touching raw meat, poultry or fish and whenever hands come in contact with body fluids.

Help keep your home and workplace disease free by doing your part in stopping the spread of germs by washing frequently and reminding your children to do the same.

The information provided in the "Health Education Corner" of Denver Drywall's monthly newsletter is provided in good faith, and not intended to be a substitute for proper medical care provided by a physician, nor is it intended to override a physician's recommendations. Denver Drywall assumes no responsibility for any circumstances arising out of the use, misuse, interpretation, or application of any of the information supplied in this article.

The only way on earth to influence other people is to talk about what they want and show them how to get it. - Dale Carnegie