**Safety Off-The-Job – Fall 2011**

The weekend was absolutely beautiful. I hope you enjoyed it! I devoted Saturday afternoon to completing outdoor projects. Most of this time was dedicated to weeding and cutting my perennial garden. I was so focused on completing this project that I did not observe advice that I often offer to others involving seeking help when lifting heavy items, avoiding awkward postures, and taking regular rest breaks. By Saturday evening, my back was killing me. Sunday was a great day to rest and let my back recover.

On Monday, I reflected on information to highlight for our fall off-the-job safety campaign. I thought about how our health and safety are often related to implementing useful practices we are already familiar with. Although I still find it stimulating to test the limits of my strength, I know that at my age lifting heavy loads is not a good thing, especially where the well-being of my back is concerned. An article in the fall issue of the National Safety Council’s *Family Safety & Health®* magazine reminded me to be more conscious of observing safe lifting techniques. If I am wise, I will heed the admonition that is offered in the article.

The fall issue of *Family Safety & Health®* will be sent to every campus department today. Please take time to read this magazine and share information with your family and friends. If you have a pet, I encourage you to read the cover article on including your pet in your emergency preparedness plan.

To receive a personal copy of *Family Safety & Health®*, please contact the Environmental Health and Safety Office at [envirohlth@cortland.edu](mailto:envirohlth@cortland.edu) or at extension 2508. Since there are a limited number of magazines, they will be distributed on a first-come, first-served basis.

For our fall off-the-job safety promotional campaign, we are offering travel flashlights to four employees who request a copy of *Family Safety & Health®*. Employees will be randomly selected to receive this gift.

Please have a safe and enjoyable fall.

Sincerely,

Glenn W. Wright

Director, Environmental Health and Safety