



N3L3 and The Holidays

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on www.easternalliance.com, or contact your Risk Management Consultant for assistance

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The holiday season is here! It is no surprise the season is often nicknamed the most wonderful time of the year; the quality time with loved ones, celebrations, good food, and cherished memories are unmatched. Take a moment to think of your holiday traditions, plans, and joy this time of year brings. It may be the camp fire with all your closest friends or watching your child's face light up when they open that perfect gift. No matter what it is that brings you happiness the most important aspect is that you are there.

Despite being dubbed the most wonderful time of the year, the holiday season also unfortunately results in an increased number of accidents both in and outside of the workplace. We all know the days and weeks leading up to the holiday are chaotic and taxing. There are more people on the road, our minds wander as we plan our celebrations, we stress over our finances and time, we are doing unusual tasks like hanging lights, and the list could go on. All of these items contribute to the likelihood of fatal and life-changing injuries; injuries in which could take away the precious, irreplaceable holiday moments with your loved ones.

***As we approach the holidays we ask that you remember N3L3:
"The Next 3 Seconds Protect Your Life, Your Loved Ones, and Your Livelihood."***

A few reminders to use at home and work to keep you safe and injury-free:

- Stay present and keep your mind on the task at hand.
- Pre-plan work to identify hazards and safe work practices.
- Avoid shortcuts.
- Do not rush; too often we rush through a task to "get to something better" such as the end of our shift, weekend, or holiday plan but in doing so we are exposing ourselves to greater risk.
- Remember, the Past Does Not Predict the Future. Just because nothing bad has ever happened does not mean nothing bad ever will.
- Stop work and reevaluate when concerns present themselves or "something doesn't seem right".
- Use the right tool, equipment, protective gear, etc. for the job.
- Practice extreme caution on the road. There are more drivers on the road than usual and many are traveling unfamiliar roads. Others may be distracted by cell phones, stress, or a wandering mind.
- Don't get dragged down by fatigue. Many find themselves working harder or longer during the holidays for extra spending money or to get everything at work done before a few days off. As with most things in life, moderation is key.

We hope you have a wonderful, safe holiday season and remember N3L3 as you embark on each day.