

## Giving Thanks and Being Safe

As you gather with your loved ones this Thanksgiving to begin the feast, please pause a moment to really look at the faces that surround you. Listen to the sound of their laughter and celebrate the roles they play in your life. They are the reason you get up every day and come to work. They are the ones who depend on you to be there on this holiday, and on many more to come. As you celebrate the blessings of the year, take a moment to consider how fragile happiness is, and how quickly it can be taken away.

It's sad that the Holiday Season is also the season of increased accidents, both at work and in our private lives. It's a season of distraction and indulgence, when people drink more than they otherwise would, and stay out later than they probably should. That means sluggish mornings and decreased concentration during the day. It can be the perfect recipe for an accident.

By all means, celebrate the Holidays. Have fun with your friends, reunite with your family and squeeze every drop of enjoyment out of every moment you have. Just remember your grandma's advice: All things in moderation.

If you have a drink too many, call a cab or have a friend drive you home. If you're not feeling well enough to come to work, call in sick. It's the smart thing to do. It's the *right* thing to do.

The people who love you—all of those faces around the table—need you to be safe.

**HAVE A WONDERFUL THANKSGIVING HOLIDAY.**

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