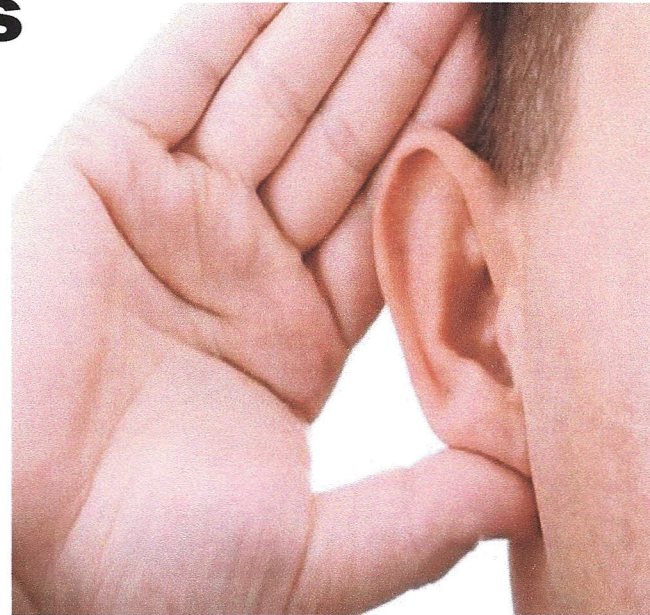


Prevent Hearing Loss

The risk of hearing loss is high in many industries. It is important to take preventative measures to protect your hearing. Once your ear drum is damaged there is little to no chance that you will regain your hearing without the help of hearing aids. A variety of noises can cause hearing loss. Loud noises are most commonly thought of as causing hearing loss, but low constant noises can also damage your hearing. To prevent hearing loss you should limit your exposure to noise whenever possible. Be sure to wear ear plugs when working in loud areas. Ear plugs are inexpensive and can help protect your hearing. Make sure the ear plugs you have fit comfortably in your ear. However, most ear plugs will not guard your ears 100% so even if you are wearing ear plugs it's a good idea to limit your exposure to noise. If you wear ear phones to listen to music be very careful of how loud you have your music. Ear phones should be kept at about 80 decibels which is a lot lower than most of us listen to our music. Be aware of your workplace and the noise pollution in it. Take preventative measures to ensure that you prevent hearing loss.



Check Out Our Website

Did you know we now have a brand new website? Check out www.ecistaffing.com. We have chalked our website full of useful information for current employees and job seekers. Our job search section allows you to browse our current job openings. We update our job postings on a daily basis so be sure to check back frequently. Read about our staffing policies and what kind of services we offer to our employees. Don't forget to check out our resources and tools for valuable information and articles to use in your job search. Applications are also available to be downloaded on our website. Don't forget to "like" us on Facebook to stay connected with the latest news from Employee Connections.

Check us out at ecistaffing.com



Stay Awake & Alert

By not being alert and awake at work you run the risk of causing yourself and those around you serious injuries. When you are tired and not alert you lack judgment and the ability to react quickly. People go to work tired for a number of reasons. Perhaps you just started working the night shift and you are not used to the hours. Poor sleeping habits, medical conditions, poor diet and lack of exercise can cause you to be drowsy while on the job. If you feel yourself becoming tired at work drink some water. Dehydration can lead to drowsiness. Coffee and soda are not your best options. The sugar and caffeine will give you a quick boost of energy but will wear off quickly and leave you more tired. Sip water throughout your shift to stay alert. Avoid eating a heavy meal during your lunch break. A full stomach can make you drowsy. Try to have a protein rich meal with limited sugar. During your break get up and walk around, go outside and get some fresh air. Getting up to stretch and walk around will help combat your drowsiness. It is important to always be alert and awake while at work. You will not only be safer but more productive as well.

Injured on the job?

If you are injured on the job notify Employee Connections and your supervisor immediately. If you have questions on our injury procedures please contact our office.