

VPP Porcelain Press

Issue 28, January 12, 2003



Mother Nature is finally providing snow for the mountains! The resorts are open, and it's time to hit the slopes! Whether you are an old pro, or new to downhill skiing or snowboarding, the National Safety Council, in collaboration National Ski Areas Association reminds those who play in the snow of some important safety tips you should follow when you're out in the cold.

Tips for While on the Slopes!

- **Take a lesson.** You'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- **Stay in Control.** To have control, you must be aware of your technique, the terrain, and the skiers/snowboarders around you.
- **Oops!!** If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side-step down the slope. (3K763)
- **Drink plenty of water.** Be careful not to become dehydrated.
- **Curb alcohol consumption.** Skiing and snowboarding do not mix well with alcohol or drugs.
- **Know your limits.** Stop before you become fatigued, but most of all, have fun!

For additional information on safe skiing and snowboarding, check with the National Ski Areas Association.

<http://www.nsc.org/skisafe.htm>

We Want to Hear from You!

Do you have a safety tip you'd like to see highlighted?

Do you have a safety-related subject you'd like to see addressed in this newsletter?

Do you have other suggestions for improving the Porcelain Press? (3A347)

If so, please contact the editor at 376-4088.

VPP Survey Results

In December, PNNL staff were asked to complete a VPP survey to evaluate their impression of safety and health at the Lab. **More than 1500 staff (over 40%) responded to the survey**, providing the VPP Steering Committee with results they can use to improve the Safety and Health Program at the Laboratory. **You make it happen!**

- Results indicate that **PNNL continues to have very good performance with respect to VPP criteria.**
- There is very **good knowledge and awareness of the basic elements** of PNNL's worker safety and health program. (3J368)
- There continue to be **opportunities for improvement** related to some workers' perception of management commitment and the value of some safety and health program elements.

Most respondents elected to receive a "recognition award" from the VPP. This award recognizes the stellar worker safety and health performance of PNNL staff during the past year.

The VPP Steering Committee is preparing the award, and distribution of the award will be made soon.

Three payroll numbers have been placed in this issue. If yours is one, you win a VPP prize! Contact 375-3750 or 376-4088 to claim your prize!

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