



TAMPA AREA SAFETY COUNCIL

Servicing ALL Areas in Hillsborough, Pinellas, Pasco, Hernando, Manatee, Sarasota, Polk, Highlands, Hardee & DeSoto Counties.

# November 2011 EVENTS



<p><b><u>QUICK PICKS:</u></b>  <b><u>First Aid/CPR-AED</u></b>  November 10, 9:00 am - 4:30 pm  <b><u>Forklift Operator Safety Training</u></b>  November 17, 9:00 am - 12 Noon  <b><u>“Mastering Workers’ Compensation”</u></b>  November 22, 8:30am—2:30pm  <b><u>Maintenance of Traffic</u></b>  November 17 &amp; 18, 8 am—5 pm</p>	<p><b><u>Basic Driver Improvement-4 Hour Course</u></b>  <b><u>Advanced Driver Improvement-12 Hour Course</u></b>  <b><u>Drug, Alcohol, Traffic Education-4 Hour</u></b>  <b><u>First Time Driver Course</u></b>  <b><u>Child Passenger Restraint-4 Hour Course</u></b>  Please e-mail <a href="mailto:tascmarian@aol.com">tascmarian@aol.com</a>  <b>OR</b> <a href="mailto:tascnancy@aol.com">tascnancy@aol.com</a>  for monthly schedule &amp; pricing information for above courses</p>
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<p><b>November Classes.....</b>  <b>Nov 3:</b> EPA Lead Class (RRP)  <b>Nov 3 &amp; 4:</b> OSHA 10 HR Construction  <b>Nov 4:</b> MOT Intermediate Refresher Training  <b>Nov 7-9:</b> OTI 3110 Fall Arrest Systems  <b>Nov 10:</b> FA/CPR /AED  <b>Nov 11: Veterans Day—TASC CLOSED</b>  <b>Nov 17 :</b> Forklift Safety Training  <b>Nov 17 &amp; 18:</b> MOT Intermediate Level Training  <b>Nov 22:</b> ASM - Mastering Workers’ Compensation  <b>Nov 29:</b> EPA Lead Class (RRP)</p>	<p><b>Coming in December .....</b>  <b>Dec. 1:</b>FA/CPR/AED  <b>Dec. 1 &amp; 2:</b> OSHA 10 Hr General Industry  <b>Dec 2:</b> MOT Intermediate Refresher Training  <b>Dec. 5-8:</b> OTI 510 - Construction  <b>Dec 8:</b> EPA Lead Class (RRP)  <b>Dec 9:</b> OSHA Alliance Workshop  <b>Dec 12-14:</b> OTI 2250 - Principles of Ergonomics  <b>Dec. 15:</b>Forklift Safety Training  <b>Dec. 15 &amp; 16:</b> MOT Intermediate Level Training  <b>Dec 20:</b> EPA Lead Class (RRP)  <b>Watch for details on all of the above</b></p>
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If your Company has any **on-site training needs**, please call Patty at (813) or (800) 248-1567  
Check our website at [www.tampasafetycouncil.org](http://www.tampasafetycouncil.org) for information and registration for all of our classes.  
Questions? Email us at  
**[TASCPatty@aol.com](mailto:TASCPatty@aol.com)** OR **[TASCJudy@aol.com](mailto:TASCJudy@aol.com)**  
(813) or (800) 248-1567

	<p><b>The Tampa Area Safety Council will be closed Friday November 11th in observance of Veterans Day.</b>  <b>The Safety Council will also be closed Thursday November 24th &amp; Friday November 25th for THANKSGIVING --- HAVE A SAFE AND HAPPY HOLIDAY!!!</b></p>	
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## EAT – DRINK – AND BE WARY!



	<p>Indian to Pilgrim: “You’ve got to be kidding! You want to have a picnic outside in late November!”</p>
<p>Most historians agree the first official celebration of Thanksgiving occurred a full month earlier and lasted for three days! Of course, our ancestors didn’t count calories or worry about their arteries when they feasted for three days. That banquet, unlike our current “traditional” one, was low in saturated fat, salt, and cholesterol.</p>	
<p>Since Thanksgiving marks the beginning of a festive season noted for overindulgence in food and drink, think of your health before you “pile it on.”</p>	
<p>Here are some tips to help you keep the weight off so that you don’t start the new year unpleasantly plump:</p>	
<ul style="list-style-type: none"> <li>* Choose raw vegetables instead of chips, crackers, or any appetizer that has been deep-fried.</li> <li>* Drink a large glass of water before meals.</li> <li>* Don’t top your vegetables with butter or gravy.</li> <li>* If you must have a piece of pie, eat it without whipped cream, cheese, or ice cream.</li> <li>* Take a walk after meals and enjoy your healthy lifestyle!</li> </ul>	