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## Think Act Safety. Safely.

### Hand and Ankle Campaign



#### SHUT Readiness

#### Checked/Inspected/ Certified/Signed Off?

People and machines; Equipment and vehicles; barricades and notices; fittings and pipes, licences and permits; etc.

*Beware of Hidden Hazards during Shutdown*

### 6 Leadership Lessons You Can Learn Over Lunch

Patrick Leddin, Ph.D., PMP on LinkedIn

#### 2. Remain focused & passionate; and leverage the abundance mentality

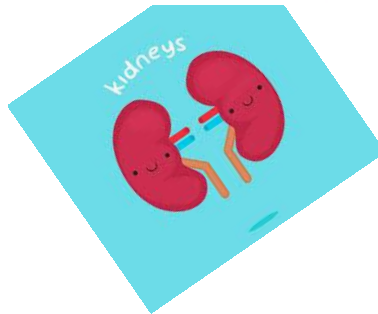
We know the value of focus and passion, but we sometimes forget the value of abundance. Focus on a particular offering and get excited... At the same time, work with others, network.

Few people will cross a busy street to get to one food truck, but they will travel across town to visit a collection of them. One truck is interesting - a gaggle of trucks is a festival.

Consider these questions about your team or organization:

- ◆ Does your team and organization practice scarcity or abundance?
- ◆ How are these practices impacting your success today and in the long-term?
- ◆ Are you missing opportunities to work with other partners, even competitors, to expand the market together?

### KIDNEY HEALTH FOR EVERYONE EVERYWHERE



### What a Kidney Does

**WATER.** Ensures that there's not too much or too little water in the body.

**BLOOD PRESSURE.** Makes sure that pressure isn't too high or too low.

**WASTES.** Gets rid of urea, uric acid, toxins, and other wastes via urine.

**BONES.** Activates vitamin D, which helps the body absorb calcium.



**ACID-BASE BALANCE.** Makes sure that the body isn't too acidic or too alkaline.

**HEART.** Maintains a balance of electrolytes (like potassium, sodium, and calcium), which is critical for heart rhythm.

**BLOOD.** Releases erythropoietin, which tells bone marrow to make red blood cells.

### 10 Habits that Damage Kidneys

1. Not emptying your bladder early
2. Not drinking enough water
3. Taking too much salt
4. Not treating common infections quickly and properly
5. Eating too much meat
6. Not eating enough
7. Painkiller abuse
8. Prolonged Insulin supplements
9. Drinking too much alcohol
10. Not resting enough



**Success** may be defined by how **teams** performed. While knowing your team and **supporting** them in times good and bad are critical, defining a **culture** and setting expectations are equally essential. **Communication** is the key — there should be no surprises. If I'm in the loop, I'm on your team.



- 08 – Yolande Venter
- 09 – Sifiso Madonsela
- 17 – Ernest Nkgudi
- 18 – Alinah Phadi
- 19 – Catherine Dyanti
- 23 – Johannes Mthethwa
- 24 – Abednego Kunene
- 24 – Sanele Thango