



# KŪOLA...ALIVE & SAFE



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## MEO's Monthly Safety Contest

**Be sure to read the monthly safety newsletter to find out about this month's topic, and to help you in answering the contest questions. The winner will be drawn during the monthly general staff meeting. The first entry drawn with the correct answers will receive \$20.00. Here is your chance to win some money and gain valuable safety tips at the same time.**



**This month's topic is:  
"Happy Holidays"**



**CIRCLE THE BEST ANSWER**

**Your heart beats over 100,000 times a day.**

- a) True
- b) False

**A healthy lifestyle comes from making positive choices in the areas of? [Circle only one (1) answer]**

- a) Physical Fitness
- b) Stress
- c) Work
- d) Relationships
- e) Nutrition
- f) All of the above

**Families best cope with disaster by preparing in advance and working together as a team.**

- a) True
- b) False

**Which of the following are tips to help you quit smoking? [Circle only one (1) answer]**

- a) Stay away from smoking areas.
- b) Exercise
- c) Chew gum or suck on cinnamon sticks.
- d) All of the above.

**The biggest problem with treatment of high blood pressure is not a lack of knowledge about it, but a lack of the application of our current knowledge.**

- a) True
- b) False

**Print Name \_\_\_\_\_ Department \_\_\_\_\_**

All entries must be received no later than **Wednesday, December 20, 2006**. Submit entries to the suggestion box in Administration lobby, suggestion box at Transportation; or mail to Human Resources at P. O. Box 2122, Kahului, HI 96733. **Limit one entry per month. All correct entries will be eligible to win the grand prize of \$100.00 at the end of the year!**