

# ECC Monthly Safety Tip

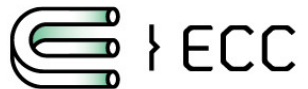
December 2025

Sleigh the Day  
Let's Keep MOVING!



Team Members:

**Cameron Palmer, Chemical Project Designer, IMEG**  
**Savannah Snell, Digital Innovation Manager, IMS-DTS**



# Why Movement Matters

## Benefits for you

- Keeps you alert on site
- Reduces back pain and stiffness
- Improves focus

STAYING ACTIVE ISN'T JUST GOOD FOR YOUR HEALTH – IT IMPROVES FOCUS, PRODUCTIVITY, AND JOBSITE SAFETY

## Easy Activity Ideas

- *Walk to Communicate:* Visit colleagues instead of emailing
- *5-minute Breaks:* Take quick walks between tasks
- *Active Lunch:* Take a 10-minute walk after eating
- *Stretch Hourly:* Set a timer to stand up and reset
- *Team Challenges:* Step competition – fun + fitness



# Let's Sleigh Our Goals Together!



This December: Move as Hard as you Work

Sleighting Step Goals = Sleighting Project Goals

SET a DAILY STEP GOAL

START a TEAM  
CHALLENGE

SCHEDULE MOVEMENT  
BREAKS