

TALKING EMPLOYMENT

By Bill Murphy
Nevada Business Services



Bill Murphy

We cannot go through life expecting everything to be the way we want it to be. The same can be said of a job. Anytime you want a job, apply for a job and accept a job, you accept ALL responsibilities associated with that job. You will have to be able to adjust to that job or in any employment situation. Your ability to adjust can determine success or failure.

Your attitude towards the job will dictate your success or failure and how long you are employed with this company. The right work attitude plays a major role in the

world of employment. This is an "either-or" situation. When one wishes to be truly successful in his vocation, he must ask himself, "Do I have the right work attitude?" Your attitude is your understanding of what is expected of you, your ac-

ceptance of your work assignments and responsibilities, and your adjustments.

When you accept employment, you will have to accept the fact that you must be able to get along with all sorts of people, whether co-workers or customers. To get along before may not have been necessary because you were home and controlled, now things have changed.

Your physical environment and working conditions will require an adjustment in the areas of regular and irregular work hours, long hours of confinement (such as having to stay in one place or one room), standing, sitting or walking all day and of course re-location. Prior to going to work, you were in your environment, designed by

yourself and around familiar people.

It is almost impossible for your supervisor to be with you or watch you constantly. He/she does not always see all the little personal work tasks that save time and money that you perform. Therefore, you must give one hundred (100%) of your efforts and accuracy in place of the sixty (60% percent or so accepted at that time. Above all, be patient, your total work performance will come to light someday. A mature, solid employee learns to stand on his own two feet and learns to think creatively and is active in reading, memorizing and repeating back instructions and directions.

You should and must be proud of the work that you

do. It makes a difference if one performs that work or task in a poor, mediocre or good fashion. It is important that you must feel that your work and performance is important, because with a healthy attitude towards work you will perform on your job with pride. If you don't feel good about your job and feel that your work is important, then no one will.

You must cooperate and get along with people when working. The important point to remember when talking about having the right work attitude is that you should want to cooperate instead of cooperating because you are

told to do this. There will be times, however, when you will get frustrated, mad or irritated. Part of the right to work attitude is the ability or desire to control ourselves and attempt to understand our fellow workers. If you are successful in your working relationships, then you will increase your chance of being successful on the job. You must remember two things: you should want to develop good relationships instead of doing it because someone told you to and the other thing to remember is that ALL employees are human too and have feelings, desires and intentions as you do.

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OUTDOORS

by AARON PASS

Summer Hazards

Winter is long gone, spring has sprung and folks are out enjoying the woods and waters. It's time for summer picnics, camping trips, fishing and water sports. It's also time to remember proper precautions.

Summer and its attendant activities do pose some hazards besides those filled with sand and water at the local golf course. First off, there's Old Sol himself to consider. Excess sun exposure is very uncomfortable in the short run and can cause serious problems in megadoses on an unprepared body. This is why sunbathers (the smart ones) monitor their exposure and use sun blocks.

On the other hand, Donald Deskbond spends the entire day on the water worrying about what the pike will like. Sun block? Never! None of that sissy stuff for daring Don who is medium-well in time for dinner.

Not laughing matters are the other summer sun and heat hazards. Heat exhaustion, heat stroke and dehydration are serious and potentially fatal conditions. Heat exhaustion is usually the result of overdoing it in hot weather, particularly if one is out of condition. It is the result of too much blood being diverted from the brain to help cool the body. Symptoms include dizziness, nausea, irritability, faintness and heavy sweating. The remedy — back off and cool down.

If you don't, heat stroke is the next step. The body's cooling system overloads and shuts down. The skin becomes hot and dry, and the victim may become confused and lose consciousness. Heat stroke is a medical emergency. Cool the victim with water and good air circulation and seek medical assistance.

Dehydration is another danger. The loss of body fluids and salts through profuse sweating can bring on cramps and, ultimately, shock. Replace lost fluids with fruit juice and "thirst-quencher" beverages containing electrolytes.

Bugs — the nemesis of summer fun. They range from the merely irksome, such as midges ("no-see-ums"), mosquitoes and chiggers, to the truly painful bees and wasps, to the dangerous ticks, which may carry Lyme disease or Rocky Mountain Spotted Fever.

A good insect repellent helps ward off the midges, mosquitoes and ticks. The milder concoctions are OK for a backyard cookout. But for serious outdooring you will want to consider one of the 100 percent DEET preparations. This, combined with protective clothing, and in tick country, frequent body checks, provides your best protection.

The stinging insects — wasps, bees, etc. — are best avoided by caution. Their stings are painful and dangerous to those who are allergic. The best treatment is a paste of meat tenderizer applied immediately to the sting. Some redness and swelling are to be expected. But if the symptoms worsen, and if the victim feels faint, disoriented or complains of shortness of breath, suspect an allergic reaction. Seek medical aid immediately.

Are we ready to skip summer entirely? That is not the intention. Summer is a wonderful time for family fun. But fun, whatever the season, should be tempered by common sense and reasonable precaution. **lll**

Aaron Pass has written hundreds of articles about hunting, fishing and camping for newspapers and magazines.

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