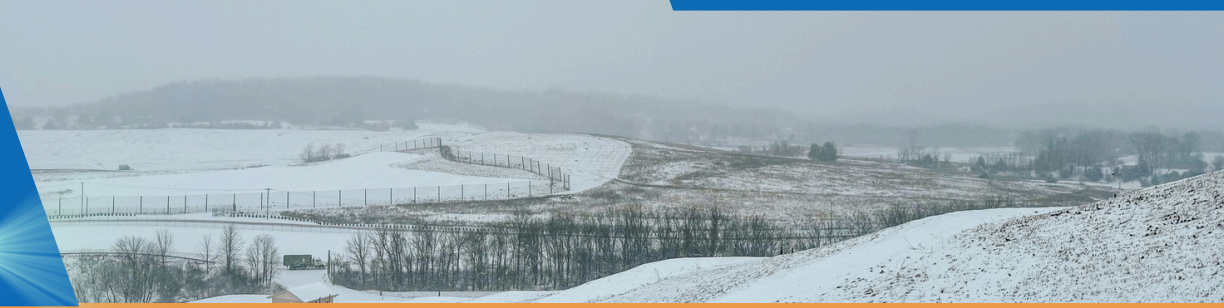


STAY ALERT
DON'T GET HURT



NEW LANDFILL EXIT PATTERN

A new traffic pattern has been established and is now in use! Please follow signage on site and refer to a map, pictured below, to get familiar to the new route:



**GLRA WINTER WEATHER ALERTS
WILL BE ANNOUNCED ON:**

ABC27

FROGGY VALLEY 100.1

GLRA FACEBOOK PAGE

GLRA WEBSITE

New Year, New Conditioning-

Physical conditioning isn't always top priority to kick off our daily grind, but it should be and now is the time to make that positive change! Waste Collection Workers are industrial athletes. Physical readiness in the solid waste and recycling world needs refocused. Small tweaks to your routine may help improve how you feel and function.

- Don't get enough sleep? Try gearing your evening toward hitting the hay 30-45 minutes earlier, a couple nights a week.
- Incorporate a few arm and leg stretches into your morning routine.
- Swap out a sweet drink for a bottle of water for improved hydration.

Consistent investment in ourselves will pay off in short time. We can increase our physical durability and overall performance. Unlike our equipment and vehicles, we only get one vessel to operate in at all times!

Stay safe out there, see you soon!

