



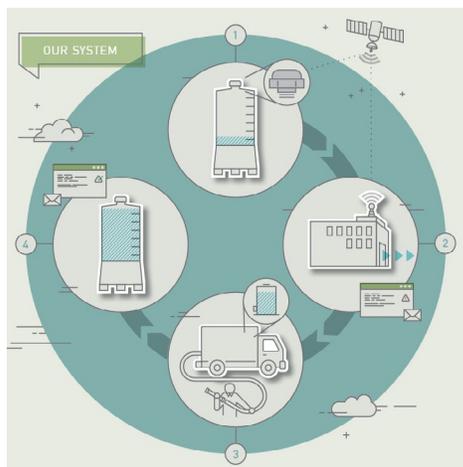
## Winter Driving Safety

Depending on the amount of snow and ice your region gets, winter driving can be very dangerous. NHTSA (National Highway Traffic Safety Administration) and OSHA (Occupational Safety and Health Administration) provide information on safe winter driving to help prevent motor vehicle injuries due to winter storms. They focus on the three P's of Safe Winter Driving – PREPARE for the trip; PROTECT yourself; and PREVENT crashes on the road.

Below are a few of their tips when it comes to preparing for the trip:

- **Maintain Your Car:** Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.
- **Have On Hand:** flashlight, jumper cables, abrasive material (sand, kitty litter, floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.
- **Stopped or Stalled?** Stay with your car, don't over exert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

To learn more, visit [www.osha.gov/Publications/safeDriving.html](http://www.osha.gov/Publications/safeDriving.html).



## Our Unique System

ChemStation specializes in providing our customers with high quality industrial cleaning chemicals using a unique system of delivery into refillable containers – bringing safety, convenience, and local service right to your door.

If you know of a company who would benefit by using the ChemStation System, please refer them to your local ChemStation Manufacturing Center or have them visit [www.chemstation.com](http://www.chemstation.com) for more information.

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## Random Facts about Sleep

A good night's sleep is important to our overall health and well-being. Here are a few sleep facts from the National Sleep Foundation:

- Man is the only mammal that willingly delays sleep.
- In general, most healthy adults need seven to nine hours of sleep a night.
- Sleep is just as important as diet and exercise.
- Snoring is the primary cause of sleep disruption for approximately 90 million American adults; 37 million on a regular basis.
- People who don't get enough sleep are more likely to have bigger appetites due to the fact that their leptin levels (leptin is an appetite-regulating hormone) fall, promoting appetite increase.
- In general, exercising regularly makes it easier to fall asleep and contributes to sounder sleep. However, exercising sporadically or right before going to bed will make falling asleep more difficult.
- Rates of insomnia increase as a function of age, but most often the sleep disturbance is attributable to some other medical condition.

To read more of their sleep facts, visit: <https://www.sleepfoundation.org/articles/25-random-facts-about-sleep>



Don't be afraid to give up the good to go for the great.  
– John D. Rockefeller

Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.  
– Zig Ziglar

The people who are crazy enough to think they can change the world are the ones who do.  
– Steve Jobs

## BY THE NUMBERS

Gallons of soap delivered:

320,641,068

since 1984



Empty drums not in landfills:

5,829,837

since 1984

