

Bad Habits

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NEWPORT NEWS -- Newport News police say a construction worker was fatally injured after he was run over by piece of heavy equipment.

The victim was identified by police as 34-year-old Kirk Patrick Giezey of Hampton. They said he was riding on the scoop portion of a front-end loader before he was found dead today.

The accident occurred at a home construction site. The state police and officials from the Virginia Department of Labor and Industry were at the scene.

When you read stories like this in the newspaper, you just have to scratch your head and wonder . . . "what was he thinking?" However, there are probably some habits each of us has that are not that dissimilar in terms of safety. How about you? What risks do you take each and every day here at work?

Today, reflect on one of those bad habits you may have and make an effort to change your behavior. They say that if you can focus on breaking a habit for 21 days, it will truly be gone. Do it for you . . . do it for your loved ones.

Presented by: _____ Date: _____