

# HYDRAFLOW QUARTERLY



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## Environmental Management Systems (EMS) 2025 Performance

On an annual basis, Hydraflow reflects on Environmental Management Systems (EMS) performance, establishes EMS goals that will be monitored for the current year, and plans initiatives to facilitate continuous improvement of Hydraflow’s environmental impact as needed. After analyzing 2025 EMS data, it was determined that Hydraflow was able to meet or exceed most of our EMS goals that were put in place.

**Quarterly Luncheon**  
**Friday, April 24th!**  
Menu:  
Mini Italian Sausage Sandwiches  
Pesto Chicken  
Cheese Tortellini  
Italian Meatballs  
Penne Pasta  
Garlic Bread  
Caesar Salad  
Tomato Mozzarella Salad  
Assorted Desserts and Drinks!

**OUR ANNUAL PICNIC IS  
SUNDAY MAY 31<sup>ST</sup>  
MEDIEVAL TIMES!**  
New Hydraflow shirts will be your  
entry into Medieval Times!

Additional picnic tickets are available  
for purchase through HR:  
Adults \$55 Child \$35  
RSVP forms will be sent out shortly,  
due 5/15



**Year: 2025** **Date: 02/23/26**

**Overview:**  
Hydraflow established the targets below for the year 2025. Progress will be measured throughout the year and reviewed at the Executive Management meeting.

**Objectives, Measurement, and Targets**

| Energy   | Goal    | Actual      |
|--|---------|-------------|
| • Average Monthly Peak Demand Target Threshold:  | 738     | 711 kW      |
| • Average Monthly Usage in kWh Target Threshold: | 204,425 | 105,326 kWh |

  

| Water                            | Goal              | Actual            |
|----------------------------------|-------------------|-------------------|
| • Annual Usage Target Threshold: | 9,500,000 Gallons | 6,680,200 Gallons |

  

| Waste           | Goal         | Actual       |
|-----------------|--------------|--------------|
| Hazardous Waste |              |              |
| • Oil/Water     | 4400 Gallons | 4808 Gallons |
| • Alodine       | 300 Gallons  | 174 Gallons  |

  

| Paper                              | Goal                    | Actual          |
|------------------------------------|-------------------------|-----------------|
| • Trees Saved with paper recycling | (at least) 75 Trees     | 195 Trees       |
| • Number of Prints (less than)     | (less than) 1.1 Million | 947,502 Million |

# SAFETY PAGE

## Microbreaks Safety Talk

By ICW



### WHAT'S AT STAKE

Long hours of repetitive work, awkward postures, and constant strain on the muscles can slowly wear down the body, even in jobs that don't feel physically demanding. Without regular recovery time, workers are more likely to develop fatigue, stiffness, eye strain, and long-term musculoskeletal injuries. Microbreaks — short pauses that last seconds, not minutes — give the body and mind a chance to reset before strain turns into pain.

### WHAT'S THE DANGER

Muscle fatigue and stiffness, staying in one posture for long periods causes muscles to lock up. Over time, this leads to soreness in the neck, shoulders, lower back, and wrists — often without a single “big” moment that caused it.

Repetitive Strain Injuries – Repetitive motions wear down joints and tendons. Without tiny recovery moments:

- Tendons swell and become irritated.
- Grip strength weakens.
- Pain appears during simple tasks.

#### Loss of Focus and Fatigue

Microbreaks don't just help the body — they help the mind. When workers push through long periods without pausing, concentration drops, reaction time slows, and mistakes become more likely. Sitting or standing still for too long slows blood flow. This can lead to numbness, swelling, and increased fatigue, especially in the legs and lower back.

#### Eye Strain from Screens or Detail Work

Focusing on a screen, tool, or small components without rest can cause blurred vision, dry eyes, and headaches. Even a 20–30 second break helps reset and relax the eyes.

### HOW TO PROTECT YOURSELF

#### Use Short, Frequent Breaks

Microbreaks work best when they happen often. A pause of just 10–30 seconds can reset your posture, loosen tight muscles, and restore circulation. The goal isn't to stop working — it's to keep your body moving enough to avoid strain.

#### Move and Stretch with Purpose

A few simple movements can release tension that builds up from repetitive tasks or staying in one position too long. These small actions keep muscles active and reduce the risk of repetitive strain.

### FINAL WORD

Microbreaks may only take a few seconds, but they protect your body far more than you realize. Small, consistent pauses keep muscles loose, eyes focused, and fatigue under control. When you make these brief resets part of your routine, you stay more comfortable, more alert, and far less likely to get hurt. A few seconds now can save you from hours of strain.