Workplace Wellness

Safety Starts with You



A healthy workplace starts with caring for both physical well-being and safety. Small, intentional habits can help employees stay protected, energized, and ready to do their best work.

STAY INFORMED & BE PREPARED:

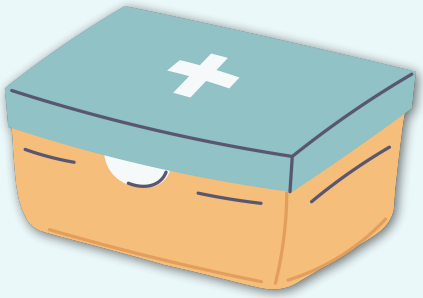
- **Keep Skills Current:** Participate in safety trainings to stay familiar with protocols, emergency procedures, and hazard prevention best practices.
- **Know Your Way Out:** Take time to identify emergency exits and routes in your workspace—quick awareness can make a critical difference.
- **Practice Prevention:** Follow safety guidelines specific to your role and facility to help reduce risks, prevent injuries, and protect everyone at work.

PHYSICAL WELL-BEING:

- **Move Smart:** Use proper lifting techniques and take brief stretch or movement breaks to protect your body and reduce strain.
- **Recharge & Hydrate:** Regular rest breaks and staying hydrated help maintain energy, focus, and overall well-being.
- **Fuel for Success:** Choose balanced meals and snacks to support sustained energy—limit excess caffeine and sugary options to avoid crashes.

ACT EARLY

Address risks as soon as they're identified. Taking preventive action helps reduce accidents and supports a safer workplace for all.



SAFETY, ERGONOMICS & FIRST AID:

- **Use the Right Tools:** Wear required personal protective equipment (PPE) and set up your workstation for proper posture and comfort to help prevent injuries and strain.
- **Be Ready to Respond:** Know where first aid kits are located and who is trained to help so you can act quickly if an injury occurs.

Well-being and safety go hand in hand. Protect your health, prevent injuries, and support a positive work environment.