

Safety FOCUSED

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Your Role During Safety Meetings

One of the most effective ways to promote a healthy working environment is to get involved in company safety meetings. Read this article to learn more about an employee's role in these meetings.

4 Ways Employees Can Supplement Wellness Programs

Workplace wellness programs can increase productivity, decrease absenteeism and raise employee morale. Read on to learn ways to get the most out of these programs.

**SAFETY MEETINGS
ALLOW YOU TO STAY UP
TO DATE ON POTENTIAL
WORKPLACE HAZARDS
AND SAFE WORKPLACE
PRACTICES.**

A monthly safety newsletter from



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Your Role During Safety Meetings

One of the most effective ways to promote a healthy working environment is to get involved in company safety meetings. These informal, brief meetings allow you the opportunity to stay up to date on potential workplace hazards and safe workplace practices, such as machinery use, tool handling and equipment use.

When it comes to workplace safety meetings, you should keep the following in mind:

- Attending safety meetings is mandatory. Be aware of what days your employer holds meetings, and plan accordingly.
- Actively participating is important. Some of the best safety ideas come from workers, often because they know what and where the dangers are. If you have something to add during safety meetings, don't hesitate to speak up.
- If you have an idea for a safety topic, chances are others will find it of interest as well. Feel empowered to share safety concerns and improvements with your supervisor.

Above all, it's important to take safety training seriously. Together with the help of your peers, employers can use safety meetings, training and hazard identification practices to ensure workplace health and safety.

4 Ways Employees Can Supplement Wellness Programs

Workplace wellness refers to the education and activities that a worksite may do to promote healthy lifestyles for employees and their families. Workplace wellness programs can increase productivity, decrease absenteeism and raise employee morale.

Because employees like you spend many of their waking hours at work, the workplace is an ideal setting to address health and wellness issues. While it is an employer's job to implement general wellness policies, there are a number of things employees can do to supplement health initiatives.

Specifically, to improve physical and mental health and to enhance their employer's wellness programs, you should do the following:

1. **Eat sensibly.** It's easy to snack at work, particularly if your office is equipped with vending machines. When it comes to healthy eating, moderation is key. Eat a healthy, filling breakfast and substitute greasy food with salads.
2. **Drink plenty of water.** Dehydration can cause ill effects, such as drowsiness and sluggishness. Aim to drink between six and eight glasses of water every day. Doing so can even reduce hunger.
3. **Stop smoking.** Tobacco use increases your risk for heart disease, cancer, stroke and chronic obstructive pulmonary disease. Abstaining from tobacco is one of the best ways to protect your health and get the most out of wellness programs you participate in.
4. **Manage your stress.** Too much stress can lead to insomnia, anxiety, depression, low morale, short temper, headaches and back problems. Finding ways to manage stress will not only improve your physical and mental health, but it can also help you approach wellness initiatives with a positive mindset.



5 BENEFITS OF WORKPLACE WELLNESS PROGRAMS

1. IMPROVED PRODUCTIVITY
2. LOWER HEALTH CARE COSTS
3. A STRONG SENSE OF ACCOMPLISHMENT
4. WEIGHT LOSS
5. LESS STRESS

