

*Hazard Recognition: Backyard Safety*  
*Safety Principle #5: Management is responsible for establishing a safe work environment and clear expectations for safety performance*

<b>Hazard Recognition: Backyard Safety</b>						
<b>May 2017</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	1 Dress to Protect	2 Stay Cool	3 Power Tools	4 Vaccinations	5 Wear Gloves	6 Body Positioning
7 Gripping	8 First Aid for Cuts	9 Repetitive Motion	10 Lawnmower Safety	11 Dangerous Creatures	12 Tool Selection	13 Uneven Surfaces
14 Poisonous Chemicals	15 Tool Storage	16 Call Before You Dig	17 Plants Poisonous For Pets	18 Tree Maintenance	19 Poison Ivy	20 Mosquitos
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## **Daily Safety and Health Topics**

**May 2017**

**Hazard Recognition:**

# **Backyard Safety**

### **Entergy's 12 Safety Principles**

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



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**May 1, 2017**

## **Safety Focus**

### **DRESS TO PROTECT**

Wear safety goggles, sturdy shoes, and long pants to prevent injury when using power tools and equipment. Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants. Lower your risk for sunburn and skin cancer. Use insect repellent containing DEET to protect yourself from diseases caused by mosquitoes and ticks.

## **Health Tip of the Day**

### **DAYLIGHT-SAVING TIME CHANGE**

The daylight-saving time change will force most of us to spring forward and advance our clocks one hour. This effectively moves an hour of daylight from the morning to the evening, giving us those long summer nights. How time changes actually affect you depends on your own personal health, sleep habits, and lifestyle. Source: <http://www.webmd.com/sleep-disorders/features/sleep-time-changes>

## **Org Health & Diversity Focus**

This month we're focusing on tips to create a more inclusive workplace. To kick off the month, please check out the video "[The Illusion of Inclusion](#)," and remember to take the poll on the [OH&D site](#).

## **Human Performance Focus**

### **SITUATIONAL AWARENESS**

The control room, boiler room, substation yard, pole yard, customer's property can be related as the same as your own backyard. In each situation, being aware of what's around you, identifying and taking account of hazards is having good situational awareness.

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**May 2, 2017**

## **Safety Focus**

### **STAY COOL**

If you're outside in hot weather for most of the day you'll need to make an effort to drink more fluids. Take breaks often. Try to rest in shaded areas so that your body's thermostat will have a chance to recover. Stop working if you experience breathlessness or muscle soreness. Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen with sun protective factor (SPF) 15 or higher.

## **Health Tip of the Day**

### **SIDE STITCH RELIEF**

If you have experienced a side stitch or side ache (that intense, stabbing pain felt just below the rib cage, usually on the right side) during exercise, know that it's more of a nuisance than serious. Next time you experience one, stop exercising, or at least reduce your intensity, and deeply massage the area while pushing up towards your rib cage. At the same time, take deep breaths through pursed lips. Resume your activity when the pain subsides. Source: British Journal of Sports Medicine

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #1**

Be mindful of the language we use and make sure it's as inclusive as possible.

## **Human Performance Focus**

### **PRE-JOB BRIEF**

Prior to doing yard maintenance, checking the local weather or using the weather bug app should be part of your pre-job brief. These outlets can provide valuable information about outside conditions.

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**May 3, 2017**

## **Safety Focus**

### **POWER TOOLS**

Power tools can cause serious injury if not handled with caution. Follow instructions and warning labels. Make sure equipment is working properly. Keep tools out of the reach of children. Sharpen blades carefully.

## **Health Tip of the Day**

### **DANGERS OF E-CIGARETTE USE BY YOUTH**

E-cigarettes have gained popularity in recent years, especially among teens and young adults. In fact, middle and high school students now use them more than any other tobacco product. Since the brain is still growing until about age 25, e-cigarette use at a young age increases the risk of addiction and can harm parts of the brain that control attention and learning. Youth who use e-cigarettes are also more likely to use other forms of tobacco, such as conventional cigarettes, putting them at even greater risk. Source: <http://e-cigarettes.surgeongeneral.gov>.

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #2**

Make a new friend at work today – introduce yourself to someone you don't know!

## **Human Performance Focus**

### **QUESTIONING ATTITUDE**

Your work environment should be made free of hazards. Document all hazards and your mitigation plan on your JHA. Be your brothers and sisters keeper by utilizing the STOP process if you have question about a task, process, or error-likely situation.

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**May 4, 2017**

## **Safety Focus**

### **VACCINATIONS**

Vaccinations can prevent many diseases and save lives. All adults should get a tetanus vaccination every 10 years. Tetanus lives in the soil and enters the body through breaks in the skin. Because gardeners use sharp tools, dig in the dirt, and handle plants with sharp points, they are particularly prone to tetanus infections.

## **Health Tip of the Day**

### **HEALTHY BAGEL SPREADS**

Do you enjoy a bagel for breakfast? While modest portions of whole-grain bagels can be a healthy breakfast option, be careful with your spreads. A one-ounce portion of traditional cream cheese adds about 100 calories and 10 grams of fat, with five grams coming from unhealthy saturated fat. For a healthier spread, consider this alternative: a blend of silken tofu, cinnamon, vanilla extract and minced dried fruit. If you really love your cream cheese, simply use less or try a low-fat or fat-free version. Your heart will thank you! Source: USDA Nutrient Database for Standard Reference

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #3**

Think of diversity in its broader sense, moving beyond strictly ethnicity and race to include differences in age, sexual orientation, military status, and other groupings. Inclusion is about being open to perspectives different from your own and realizing that everyone's voice is important.

## **Human Performance Focus**

### **PEER CHECK**

The observation process is a great tool to ensure you are meeting the expectation for perfect safety performance. Get clear direction(s) by asking questions to the observer or your supervisor. This is a form of peer checking.

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**May 5, 2017**

## **Safety Focus**

### **WEAR GLOVES**

Wearing gloves offers protection against blisters, cuts, and bug bites. Gardens contain many unseen safety hazards such as poisonous plants/ insects, fertilizers/ bacteria, sharp thorns/garden edging, etc. that wearing leather gloves will alleviate. If possible dig with a hand shovel first to remove any debris in the soil.

## **Health Tip of the Day**

### **WHAT'S YOUR WALKING PACE?**

Here's one way to find out: measure the total distance of your walk and divide that number into the amount of time it took you. For example: If you walked two miles in 34 minutes, your pace is a 17-minute mile. Or, try an online mapping tool that lets you draw your route to get an accurate distance and calculate your speed. Many wearable devices give you speed information, too. The best pace for you depends on your fitness level, walking goals and terrain. Source: HealthFitness

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #4**

Make an effort to understand a coworker's long-term goals, talents, and passions outside of work.

## **Human Performance Focus**

### **PROCEDURES**

Each piece of lawn equipment you use came with instructions about the do's and don'ts on how to use the equipment. These are the same as procedures. Take time to review these procedures AGAIN. Avoid drift from the intended purpose.

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**May 6, 2017**

## **Safety Focus**

### **BODY POSITIONING**

Good body positioning is important to reduce the risk of sprains, strains, and tears. Remember to bend at the hips and knees and lift with your legs not your back. If you are carrying an object that is too wide or heavy, ask for assistance rather than trying to do it alone.

## **Health Tip of the Day**

### **PUT MUSHROOMS ON THE MENU**

Mushrooms make a delightful addition to many dishes. They're skimpy on calories but rich in good nutrition and earthy flavor. There are many edible varieties, including the shitake, cremini, oyster, enoki, portabella and white button. Grill, sauté, stir-fry or stuff mushrooms for a savory side dish. Add them to pizza, pasta, salad, omelets, risottos, fajitas, and other vegetables like green beans or peas. Serve a grilled portabella mushroom cap on a whole-grain bun for a "meaty" sandwich. Store mushrooms in their original container or a paper bag for up to one week. Source: HealthFitness

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #5**

Invite a new employee or someone you don't know very well to lunch!

## **Human Performance Focus**

### **COACHING**

Today is Saturday and most busy working homeowners will do yard maintenance on the weekend. If you have a spouse or partner that helps you, be each other's coach by asking questions on the hazards and proper use of equipment before starting your tasks. Always have a mitigation plan.

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**May 7, 2017**

## **Safety Focus**

### **GRIPPING**

Grip strength is reduced 25% when the wrist is bent so remember to keep your wrist in a relaxed or neutral position. Avoid applying excessive gripping force for prolonged periods of time. In this case use power tools to reduce stress on the hands and fingers or take breaks to stretch them out.

## **Health Tip of the Day**

### **SOCIAL SUPPORT FOR QUITTING**

Are you working on giving up tobacco? If so, reaching out for help may increase your odds of success. Having a coach, friend, or family member to talk with and support you can also help as you create a plan to quit. Talk with your doctor who may be able to recommend medications to help you along the way. For tips and tools to help you give up tobacco for good, visit [www.smokefree.gov](http://www.smokefree.gov). Source: National Institutes of Health

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #6**

Greet people in the hallway, elevator, etc.

## **Human Performance Focus**

### **TIME PRESSURE**

Surrendering to deadlines and time pressure puts you, your work environment, and co-workers at risk for an error-likely event. Be aware of this trap and have a plan to mitigate it. Always ensure you have a safe work environment. Safety starts with YOU.

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**May 8, 2017**

## **Safety Focus**

### **FIRST AID FOR CUTS**

If you should happen to receive a cut while working in the garden, apply firm and steady pressure to stop the bleeding. Wash the wound with clean water and small amount of soap. Cover the cut with a bandage to prevent infection. If the cut doesn't stop bleeding after 10-15 minutes, seek medical treatment.

## **Health Tip of the Day**

### **TIME FOR A SLEEP DIARY?**

Lack of sleep (or restful sleep) is a common problem for millions of Americans. Take action by keeping a sleep diary. Each morning, jot down the following: when you went to bed, when you got up; how easily you fell asleep; number of times you woke up during the night; total hours of sleep and anything that disturbed your sleep (e.g. noise, pets, thinking, stress, etc.). Also note when you consume caffeine, alcohol, food and/or medications, and when you exercised or took any naps. Source: National Sleep Foundation

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #7**

Look for opportunities daily to thank others or recognize them in a positive way.

## **Human Performance Focus**

### **DISTRACTIONS**

Lack of sleep has been linked to distracted/drowsy driving. Ensure you are up for the task of driving before the keys go into the ignition. Perform a self-check – I've been working 3 straight 16 hour shifts can I drive home, I'm about to go on safety layoff can I drive back to the service center. Ensure your actions fit the desired outcome.

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**May 9, 2017**

## **Safety Focus**

### **REPETITIVE MOTION**

Repetitive motion activities such as digging, sawing, raking, etc. can cause skin, tendon, or nerve irritation so it is important to take breaks and rotate activities every 15-20 minutes so that the same muscles are not over used repeatedly.

## **Health Tip of the Day**

### **STRETCHING FOR SENIORS**

Stretching exercises may seem simple or not worth the time, but even with a little movement stretching for seniors can help. To learn more about a stretching program fit specifically for you, speak with a physical therapist. The goal of physical therapy is to restore physical ability so that you can function as independently as possible. Physical therapists understand how the body moves, and thus work with you to help improve movement. Not only do they try to strengthen weakened muscles through exercise and appropriate stretches, they teach some people how to move better by using canes and walkers. A physical therapist also may need to assess how well you are able to perform daily activities in your home.

Source: [phttps://www.htstherapy.com/benefits-stretching-older-adults/rogram](https://www.htstherapy.com/benefits-stretching-older-adults/rogram),

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #8**

Make an effort to learn something about a culture that is different from the one in which you were raised.

## **Human Performance Focus**

### **QUESTIONING ATTITUDE**

Repetitive motion injuries can be prevented when we follow the ergonomic and safety guidelines for tools that require repetitive use. Always know your tools before you use them. Remember the procedures and do's and don'ts for each tool.

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**May 10, 2017**

## **Safety Focus**

### **LAWNMOWER SAFETY**

Before mowing the lawn, take a few minutes to survey the area and remove rocks, sticks, pine cones, toys, and any other objects that can be projectile objects. Remember to PPE such as sturdy close-toe shoes, long pants, and hearing protection. Never insert your hands into the mower to remove clogs. Use a stick or long screwdriver instead.

## **Health Tip of the Day**

### **GLAUCOMA SCREENING**

Glaucoma is an eye disease that causes optic nerve damage. It has been called the "sneak thief of sight" because you can have no symptoms until there is permanent vision loss. Risk factors include a family history of glaucoma, previous eye injury, high blood pressure, and a history of steroid use. Glaucoma is also more common in African Americans and people over 60 years old. If left undetected, glaucoma can lead to blindness. For early detection of glaucoma, experts recommend regular eye exams. Source: Glaucoma Research Foundation

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #9**

Pick a job or business function you don't know much about and ask someone in that area about the work they do.

## **Human Performance Focus**

### **PHYSICAL ENVIRONMENT**

Before starting task outside one of your primary hazard mitigations should be to your family, the public, and yourself. Make sure everyone is out of harm's way before starting your tasks. Assign a peer or family member to be the competent person to ensure your work area stays clear while work is being done.

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**May 11, 2017**

## **Safety Focus**

### **DANGEROUS CREATURES**

Be aware when lifting rocks and other objects that could be hiding spots for snakes, spiders, bees, caterpillars, frogs, etc. Do not try to move them because they may defend themselves by biting or stinging. Let them escape or back away and leave the area.

## **Health Tip of the Day**

### **WHOLE GRAIN BENEFITS BEYOND FIBER**

Did you know that whole grains provide much more nutrition than just dietary fiber? Whole grains are also an excellent source of B vitamins, iron, zinc, potassium, magnesium and vitamin E. The U.S. Dietary Guidelines recommend that at least half of the grains we eat each day should come from whole grains. But don't go by color alone, because some whole grains are not brown, and some brown breads are not whole grain. Look for the word "whole" before the type of grain in the ingredient list, like "whole wheat" or "whole oats" when you shop for whole grains. Source: U.S. Dietary Guidelines for Americans

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #10**

Join an [Employee Resource Group](#) at Entergy!

## **Human Performance Focus**

### **QUESTIONING ATTITUDE**

Warmer weather brings out winter-dormant insects, pest, and snakes. If we use questioning attitude, stings, scratches, and bites can be avoided. Be aware of your surroundings and constantly question your desired result before taking actions.

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**May 12, 2017**

## **Safety Focus**

### **TOOL SELECTION**

Use power tools to help reduce the repetitive use of force. If you need to reach areas above your head, do not over exert yourself. Get a ladder or an extension tool. Taking effort to get the right tool for the job will pay off in the end.

## **Health Tip of the Day**

### **EXERCISE AND SUNSCREEN**

Are you an outdoor exerciser? If so, don't forget to wear sunscreen. It has been estimated that as many as 90 percent of skin cancers are caused by exposure to UV rays. Even on a cloudy or cool day, your skin needs protection. The American Cancer Society recommends using a broad spectrum sunscreen with a sun protection factor (SPF) of at least 30. Be sure to reapply at least every two hours, as well as after sweating or swimming. Source: American Cancer Society

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #11**

Treat one another equitably. Ensure everyone has opportunities to contribute and advance, and to access professional development opportunities and training.

## **Human Performance Focus**

### **OVER-CONFIDENCE**

Prior experience can sometimes trick us into believing we can get tasks done at any time during the day. Don't get caught in this trap. The weather is getting hotter. Know your limitations, and hydrate the day before doing tasks. Install the OSHA heat index app on your phone to keep you abreast of current heat conditions.

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**May 13, 2017**

## **Safety Focus**

### **TRIPPING HAZARDS**

It's always a good idea to level stepping stones, remove tree stumps and protruding deck nails, stabilize steps, and fill in holes around the yard to prevent slips, trips, and falls. If the hazard cannot be eliminated completely, at least mark it with florescent paint or caution tape.

## **Health Tip of the Day**

### **IS SEA SALT BETTER FOR YOU?**

Sea salt or table salt: what's the difference? Taste, texture and how each is processed are the basic differences. One advantage of sea salt is that you may use a little less because of its coarser texture and some people prefer the taste. However, the sodium content of each is essentially the same. If you are looking for a low-sodium option, try salt-free seasonings and herb blends instead. Not all herb mixtures are salt-free, so be sure to read the label. Source: American Heart Association

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #12**

Get to know your coworkers personally.

## **Human Performance Focus**

### **VAGUE GUIDANCE**

Do you know what a safe work environment consists of? If you do not know you should question your crew lead, supervisor, or safety specialist. Get a clear picture of what the safety expectation of you is while on the job and ask how you can ensure a safe work environment. Turn vague guidance into clear concise guidance.

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**May 14, 2017**

## **Safety Focus**

### **POISONOUS CHEMICALS**

You should always store chemicals out of sight and reach of children and pets preferably in a locked cabinet. Never transfer them to alternative containers that could be confusing and lead to poisoning. Remember to clean up all spills and thoroughly wash your hands after handling any type of poisonous chemicals.

## **Health Tip of the Day**

### **MAKE YOUR OWN TRAIL MIX**

Are you looking for a way to use up odds and ends of cereal in your pantry? Try making your own trail mix. Combine whole-grain cereal, mixed nuts, and dried fruit in a large food storage bag and shake to combine. It's a tasty snack for your family, especially when you are on the go. Just be mindful of your portion sizes, since the calories in dried fruit and nuts can add up quickly. Source: HealthFitness Dietitian

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #13**

Do some soul-searching – what biases might you hold that prevent you from being fully inclusive of others?

## **Human Performance Focus**

### **PEER CHECK**

Read the Safety Data Sheets (SDS) for chemicals at home and on the job to know how to react in case of an event. Spills, poisonings, contact burns, are all potential hazards that can occur. Having the SDS available is part of providing a safe work environment. Ask your crew lead or supervisor where the SDS sheets are kept for your work area.

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## **Safety Focus**

### **TOOL STORAGE**

Never leave tools unattended where people may trip on them. When placing tools down for future use, point the sharp edge toward the ground or lean them against a wall out of the way. Remember to engage guards and safety on tools when you are finished using them.

## **Health Tip of the Day**

### **WHY IS SLEEP IMPORTANT?**

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development. Source: <https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #14**

Watch out for pitfalls. Avoid common pitfalls when interacting with others. Believing that certain groups of people are good at only certain things will hinder inclusion and limit our ability to achieve business results.

## **Human Performance Focus**

### **MENTAL FATIGUE**

Mental fatigue is a trap that can cause unintended error-likely events. Know how to mitigate this trap. STOP. Use the STAR tool. Use questioning attitude.

- Am I creating a hazard for others
- Where is my true focus at this time
- Did I use Peer-Check

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## **Safety Focus**

### **CALL BEFORE YOU DIG**

Call 811 before digging. Whether you are planning to dig a hole for a tree or a mailbox or new basketball goal or a fence, call to get your utility lines marked. If a contractor is doing work for you, remind them to call.

## **Health Tip of the Day**

### **STRETCHING AT WORK**

- Stretch your neck. Stand or sit up straight in your chair.
- Tuck your chin to your chest. Drop your head down and tuck in your chin.
- Stretch your shoulder. Stand or sit up straight in your chair, with your shoulders down.
- Stretch your feet.
- Stretch your back and chest.
- Stretch your forearm and hand.

Source: <https://www.realsimple.com/health/fitness-exercise/stretching-yoga/stretch-at-work>

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #15**

Ask for someone else's opinion today!

## **Human Performance Focus**

### **PLACE KEEPING**

To ensure you dot the I's and cross the T's, have a written out plan to stay organized before starting your work. Crossing out error-free completed tasks and hazard mitigation can provide accomplishment for yourself and your team. It also documents a proven process that works for the next time the task is attempted.

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## **Safety Focus**

### **PLANTS POISONOUS FOR PETS**

There are over 700 plants that are harmful to dogs and cats if ingested. Some of these include Asparagus Ferns, Caladiums, Lilies, Rubber Plants, and Aloe Plants. If you have outdoor pets it's important to research before you start planting.

## **Health Tip of the Day**

### **CERVICAL CANCER SCREENING**

According to the American College of Obstetricians and Gynecologists, women should have their first cervical cancer screening at age 21. Most women ages 21 to 29 should have a Pap test every three years. Between ages 30 and 65, women should have either a Pap test with a HPV screening every five years (preferred) or a Pap test alone every three years. Women with certain risk factors may need more frequent screenings. Before making any decisions, always talk with your doctor.  
Source: American College of Obstetricians and Gynecologists

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #16**

Hang out with someone who's different from you.

## **Human Performance Focus**

### **STRESS AND PETS**

Our pets are often like beloved family members. Imagine the stress you would feel if you lost a pet to a poisonous plant. Take some time soon to do an inventory in your home/yard of plants that might be dangerous to your pets. Dig up any bad players and replace them with something bee or bird friendly; or fence off the area.

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**May 18, 2017**

## **Safety Focus**

### **TREE MAINTENANCE**

Branches at eye level or lower can be dangerous for children running around so cut these branches off to remove the safety hazard. Also inspect branches and trunks of trees for signs of rot or termites. Weakened trees can be susceptible to falling over from wind gusts.

## **Health Tip of the Day**

### **TRY TEMPEH!**

Tempeh is a tender cake of cooked soybeans. It can be made of all whole soy beans or combined with grains, legumes and seeds. It has a nutty, mushroom-like flavor and can be found in most grocery stores. Try tempeh as a healthy replacement for meat in stews, casseroles, grilled sandwiches, kabobs or stir-fry. Marinated or barbecued tempeh makes a great main dish. Tempeh is an excellent source of dietary fiber, soy protein, and also a good source of folic acid, potassium, and iron. Source: Soyfoods Association of North America

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #17**

Think about your work teams – do they include individuals with different backgrounds, experiences and perspectives?

## **Human Performance Focus**

### **SELF-CHECKING**

Prior to doing any home maintenance task, take the time to STOP, THINK about the task (just like you would at work), ACT by doing the task using the proper tools and PPE, and then REVIEW to decide if there would have been a better and/or safer way to do it next time.

*Hazard Recognition: Lawn Care/Gardening Safety*  
*Safety Principle #5: Management is responsible for establishing a safe work environment and clear expectations for safety performance*

*Hazard Recognition: Backyard Safety*  
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**May 19, 2017**

## **Safety Focus**

### **POISON IVY**

If you are working in vegetation remember “Leaflets Three, Let it Be!” Avoid direct contact with any plants that look like poison ivy. Use barrier cream as a preventative measure if you have to work in a wooded area where poison ivy may be present. Wash all clothes that have come into contact with this plant because they can indirectly transfer the urushiol from the plant’s sap to your skin.

## **Health Tip of the Day**

### **STRENGTH TRAINING ON THE ROAD**

Do you miss strength training workouts while you are traveling? Plan a routine of body weight exercises such as push-ups, lunges, and planks. These movements are effective, with no equipment needed. Resistance bands are also portable options that can be used for a simple and effective workout right in your hotel room. Source: HealthFitness Exercise Physiologist

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #18**

Have a discussion about how your team can create a more inclusive work environment, and agree to take at least one action to help foster inclusion.

## **Human Performance Focus**

### **QUESTIONING ATTITUDE**

Poison ivy, poison oak, and poison sumac come in a variety of strains. Use a good questioning attitude anytime you come into contact with any plants. Some of us may be good at identifying poison ivy, but miss the other bad players. Stay alert and warn others!

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**May 20, 2017**

## **Safety Focus**

### **MOSQUITOS**

Stagnant water attracts mosquitos so not leave items such as buckets and toys out in the rain because they may retain water. Do not set up a pond without a working pump to circulate the water. Mosquitos never travel far from where they hatch so avoid working where they congregate.

## **Health Tip of the Day**

### **FAST FOOD BREAKFAST**

Many fast food breakfast choices are high in calories and saturated fat. And when you consider the time it takes for the drive-through line, are they really faster? Quick can be healthful, so aim for a balanced breakfast every day. Try blending frozen fruit and yogurt for an on-the-go smoothie, top a whole-grain English muffin or bagel with peanut butter and sliced bananas, or try a whole-wheat tortilla breakfast wrap filled with leftover chicken breast and spinach. Source: HealthFitness Dietitian

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #19**

Understand the true perks of diversity. From a business standpoint, diversity is all about building a dynamic team that incorporates different backgrounds and cultures.

## **Human Performance Focus**

### **MOSQUITOS AND PRE-JOB BRIEFS**

Include mosquito control in your pre-job briefs. Pathogens such as West Nile, Zika, Equine Encephalitis, Dengue and Yellow Fever can all be spread by mosquitoes. Stop them before the job starts by emptying out standing water containers and applying mosquito control if necessary.

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**May 21, 2017**

## **Safety Focus**

### **LADDER SAFETY**

If you plan on using a ladder to do some painting or tree trimming, remember these safety tips: 1. Always maintain three points of contact while off the ground, 2. If you are using an extension ladder, make sure the top is three feet over the supporting structure, 3. Make sure the ladder is clean of any slippery material, 4. Make sure ladder is secured or on a level surface before ascending, 5. The angle of the ladder should be 4 foot vertical for every 1 foot horizontal, 6. Follow the instructions for load rating.

## **Health Tip of the Day**

### **FAMILY DINNERS**

The studies are in and it's clear that eating family dinners provide benefits beyond nutritional requirements. ... Families who eat together at home tend to consume less fast food and more fruits and vegetables, and preparing meals at home gives parents control over both the quality and quantity of food. Source: [www.wholefoodsmarket.com/healthy-eating/kid.../meal-planning-tips-healthy-family](http://www.wholefoodsmarket.com/healthy-eating/kid.../meal-planning-tips-healthy-family)

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #20**

Become culturally competent. Take the time to learn about different cultures, races, religions and backgrounds represented by your colleagues.

## **Human Performance Focus**

### **TIME PRESSURE**

Time pressure seems to affect us nearly every day. Don't let time pressure cause you to skimp on 'safety-time'; so TAKE THE TIME to do things safely, like set up ladders properly. Famous last words: "It won't happen to me."

*Hazard Recognition: Lawn Care/Gardening Safety*  
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**May 22, 2017**

## **Safety Focus**

### **STINGING PESTS**

In warmer months, stinging insects buzz around your yard and build nests inside attics, gutters, overhangs, decks etc. It's important to seal any cracks and openings to prevent them from entering your home and safely destroy any nests with pesticides. Stings from bees and wasps not only hurt but they can lead to serious health issues like swelling, infections, nausea, and in some cases even death.

## **Health Tip of the Day**

### **TIPS FOR STRESS**

- Exercise. Working out regularly is one of the best ways to relax your body and mind.
- Relax your muscles. When you're stressed, your muscles get tense.
- Deep breathing.
- Eat well.
- Slow down.
- Take a break.
- Make time for hobbies.
- Talk about your problems.

Source: <https://www.psychologytoday>

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #21**

Treat people in a way they wish to be treated rather than the way you wish to be treated. Common social activities and practices that are comfortable for you may not be comfortable for everyone.

## **Human Performance Focus**

### **DISTRACTIONS/INTERRUPTIONS**

Accident report summary: Employee fell over retaining wall while fleeing from a swarm of bees; resulting in multiple serious injuries. (OSHA, April 2013). Prevent these types of distractions/injuries by addressing the hazard before work starts. Identify and address them during your job site two-minute walk around.

*Hazard Recognition: Backyard Safety*  
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**May 23, 2017**

## **Safety Focus**

### **TABLE SAWS**

Table saws present a high risk for injury so all safety precautions should be taken. These include refraining from wearing long sleeves, dangling jewelry, or gloves. Wear proper eye and hearing protection. Be sure you stand with your feet spread for good balance. Remember to use a push stick to cut stock that is 6” or less. Keep the blade smooth and polished to minimize the force needed to push stock through the blade.

## **Health Tip of the Day**

### **WORKPLACE STRETCHING**

Stretching reduces fatigue. It also increases blood supply and nutrients to joint structures and soft tissues. Stretching increases a joint's ability to move through a greater range of motion with less energy required to do so. Stretching decreases tightness and resistance in tendons and muscles. Source: [ergo-plus.com/workplace-stretching-benefits-work-readiness-system](http://ergo-plus.com/workplace-stretching-benefits-work-readiness-system)

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #22**

Do not tell offensive jokes that may alienate those who are different from you — even if they are not present at the time.

## **Human Performance Focus**

### **JOB BRIEFING**

One person job briefing might sound like this: “Ok... I’m going to use this table saw to make just a few cuts. I’d rather use my fingers, but I know I shouldn’t... so I’m going to use the push-stick. Also – I’m going to wear safety glasses because of splinters/sawdust. And this saw blade is spinning very fast: I’m going to stop the saw at the first sign of ANYTHING unusual.”

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**May 24, 2017**

## **Safety Focus**

### **POOLS**

Children should never be left unsupervised around a pool even with floatation devices. Pools should be enclosed by self-latching 5' fences. Doors leading to the pool should have chimes/alarms to alert adults when opened. To reduce the temptation of children going close to the pool remove toys from in and around it when not being used.

## **Health Tip of the Day**

### **CORD BLOOD AWARENESS**

Before a baby is born, the umbilical cord is its lifeline. But, did you know that same cord can also give hope for new life to others? Like bone marrow, cord blood is rich in the blood-forming cells that can be used in transplants for patients with leukemia, lymphoma and many other life-threatening diseases (these cells are NOT embryonic stem cells). For more information about donating bone marrow or umbilical cord blood visit: <http://bethematch.org>. Source: National Marrow Donor Program

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #23**

Drive positive change in the organization. Be a spokesperson for diversity issues that are not necessarily your own.

## **Human Performance Focus**

### **EFFECTIVE COMMUNICATION**

If you own or frequent a swimming pool – you can become overconfident with your ability or other's abilities to remain safe. However, everyone can benefit from a good dose of communication regarding pool safety. Shallow diving injuries and drowning are all too common. Always take the time to explain the pool rules to visitors.

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**May 25, 2017**

## **Safety Focus**

### **BARBECUE GRILLS**

Every year 7,000 Americans are injured while using barbecue grills which could be avoided if all precautions are taken. Keep the grill clean of fat and grease to reduce the fuel for flare ups. Check for gas leaks by rubbing the hose with soapy water and turning the gas on with the lid open. Keep a spray bottle of water and preferably a fire extinguisher within feet of the grill. If a fire should start and cannot be contained within minutes, call 911 immediately.

## **Health Tip of the Day**

### **HEALTHY FARE FOR THE BIG GAME**

Let's face it: sporting events are often as much about the food as they are about the game. But you don't have to let your football party sack your healthy eating intentions. Score big with a pot of chili made with ground sirloin or turkey breast. Skip the traditional skin-on wings and serve Buffalo-style skinless chicken breast tenders instead. Dish up some spicy bean salsa with whole-grain chips and vegetables with low-fat dip. Give yourself the winning edge with healthy and delicious fare. Source: HealthFitness

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #24**

Welcome ideas that are different from your own, and support fellow teammates. The creativity that comes with diversity can help you generate new ideas or improve a process already in place. It can also make work more interesting, engaging, and fun.

## **Human Performance Focus**

### **PRE-JOB BRIEFS: EVEN AT HOME!**

True story: While in college, a friend was using a charcoal grill, for the first time by herself. She did not read the directions, and used a whole bottle of charcoal lighter fluid. The result: A flash that burned off her eyebrows and singed numerous other body parts. Fortunately, no long-lasting injuries. Moral of the story: Take the time to do a good pre-job brief and follow the directions! Even at home!

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**May 26, 2017**

## **Safety Focus**

### **CHAINSAWS**

Before operating a chainsaw, ensure you have all the proper protective equipment (PPE) including hand, foot, leg, hearing, and head protection. Inspect the chain and surface you are about to cut and remove any nails, spikes, rocks, and other debris. Shut off the saw and engage the chain brake before carrying and/or refueling. Do not saw with the tip to reduce kickback. Be cautious for branches under tension that may spring once cut.

## **Health Tip of the Day**

### **ARTHRITIS AND EXERCISE?**

For years, people with arthritis and related conditions were told not to exercise. However, studies now show that exercise may be one of the most effective ways to help reduce pain and improve movement. The Arthritis Foundation recommends gentle activities such as water aerobics, swimming or tai chi, which can help increase flexibility and endurance without putting too much pressure on the joints. People with arthritis should discuss exercise options with their health care provider.

Source: Arthritis Foundation

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #25**

Commit to continuous improvement. Be willing to learn, accept feedback, and listen to the concerns of those around you. Even the most enlightened individual can find opportunities for growth.

## **Human Performance Focus**

### **PRE-JOB BRIEFS**

When doing a job at home using a dangerous tool such as a chainsaw, establish the habit of doing a pre-job brief. You'll be setting a good example for other workers, and your children. Talk out loud about the safety precautions that need to be taken, and then take the lead in being a safe worker.

*Hazard Recognition: Lawn Care/Gardening Safety*  
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**May 27, 2017**

## **Safety Focus**

### **PLAYSETS**

Be sure playsets are installed on level ground and legs are properly anchored. Inspect them regularly for any sharp protruding bolts, screws, nails, or wood and make necessary repairs. Place wood chips or rubber mats at the base of the playsets to cushion falls.

## **Health Tip of the Day**

### **FOODS THAT SUPPORT YOUR JOINTS**

While being at a healthy weight is one important way to reduce your risk of osteoarthritis (progressive or "wear and tear" joint disease), eating foods that are high in calcium, vitamin C, and omega-3 fatty acids can also help. Try to include low-fat dairy products, broccoli, oranges, dark-green leafy vegetables such as romaine and kale, figs, and salmon in your diet. Your joints will thank you! Source: Arthritis Foundation

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #26**

Be sure that everyone has the opportunity to speak in meetings.

## **Human Performance Focus**

### **QUESTIONING ATTITUDE**

A great question to ask yourself is 'how could my child get hurt here?' This does not mean you are a 'hovering parent'. Looking for hazards and preventing them from hurting any child is a good thing to do. For example: An 18 month-old child is going to fall down sometimes, no matter what you do. But hitting their head on a bolt protruding from a playset is preventable.

*Hazard Recognition: Backyard Safety*  
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**May 28, 2017**

## **Safety Focus**

### **TRAMPOLINES**

Trampolines cause approximately 100,000 injuries each year so it's important to follow the safety instructions. These include limiting the number of jumpers to one at a time. Anchor the trampoline to the ground with a trampoline anchor kit. Remove ladder and zip up the entrance point to prevent kids from accessing without adult supervision.

## **Health Tip of the Day**

### **CHILDHOOD OBESITY TOUCHES APPROXIMATELY 1 OF 6 YOUNG PEOPLE**

Nearly 18% of all children and teens in the United States are obese, and since 1980, the number has almost tripled. Research shows that fewer physical activity programs in schools, and drinking too many sugar-sweetened beverages, like sodas and juices, are just some of the reasons childhood obesity is growing in the United States. The good news is there are a number of actions communities, states, schools, and parents can use to combat the childhood obesity epidemic.

Source: <https://www.cdc.gov/features/preventchildhoodobesity/index.html>

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #27**

Don't always rely on the same advice from the same people.

## **Human Performance Focus**

### **OVERCONFIDENCE**

“There are not enough Indians in the world to defeat the Seventh Cavalry.”

- George Armstrong Custer

“No worries. I've done this a thousand times.”

- me and you

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**May 29, 2017**

## **Safety Focus**

### **EXTENSION CORDS**

Extension cords are meant to run temporary electricity and are not meant for permanent use. Inspect cords for damage before use. Do not run cords through puddles, walkways, or within reach of pets or children. Keep cords unplugged and indoors when not in use. Don't overload a cord with more wattage than it is rated for. Do not piggy back extension cords or use a three prong plug with a two hold extension cord.

## **Health Tip of the Day**

### **FIVE TIPS TO HELP MANAGE STRESS**

- Laugh
- Exercise
- Get social support
- Meditate
- Smile

Source: American Psychological Association

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #28**

Be aware of your own beliefs and behaviors and how this may influence the way you treat others.

## **Human Performance Focus**

### **STRESS**

There is much evidence that high levels of stress is bad for the body. There is also much evidence that we determine what stresses us. I.E. If you decide that you are not going to let something stress you, then you will not suffer the negative effects. In other words, if you can't do anything about it – don't worry about it. If you can do something about it – then do it, and don't worry about it.

*Hazard Recognition: Lawn Care/Gardening Safety*  
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**May 30, 2017**

## **Safety Focus**

### **DECKS**

Decks should be inspected each spring to identify any water damage that has caused splits, cracks, or warps in the wood. If you can penetrate the wood ½' with a screwdriver, it is rotten and needs to be replaced. The ledger board which connects the deck to the house is the most vulnerable to water damage. Water proofing the deck every 2-3 years will extend the life of the wood.

## **Health Tip of the Day**

### **STRETCHING: FOCUS ON FLEXIBILITY**

Stretching may take a back seat to your exercise routine. The main concern is exercising, not stretching, right? Not so fast. Stretching may help you:

- Improve your joint range of motion
- Improve your athletic performance
- Decrease your risk of injury

Source: Mayo Clinic

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #29**

Lead by example. Show a genuine interest in, and respect for, others' beliefs, backgrounds, cultures, interests and more.

## **Human Performance Focus**

### **STRESS II**

Coping mechanisms for stressful situations can be learned. If you find yourself feeling the negative effects of stress, then learn some coping mechanisms. Google 'stress coping mechanisms' so that you can learn about them (use trusted sites.) Seek out additional help if needed. Also – remember the Employee Assistance Program as a resource, or other mental health professionals.

*Hazard Recognition: Backyard Safety*  
*Safety Principle #5: Management is responsible for establishing a safe work environment and clear expectations for safety performance*

**May 31, 2017**

## **Safety Focus**

### **PRESSURE WASHERS**

Take a few minutes before to do a walkthrough of the area you are planning to wash and remove any trip hazards and cover all electrical components. Remember to wear your PPE to protect your feet, hands, eyes, and ears. Avoid working with pressure washers on ladders. The kickback can throw you off the ladder. Use extension wands instead.

## **Health Tip of the Day**

### **GET SHOTS BEFORE GOING ABROAD**

Heading to an international destination this year? If so, the Centers for Disease Control and Prevention recommend getting vaccinated. The vaccines you need depend on your destination, whether you will spend time in rural areas, the season, your age, health status, and previous immunizations. The CDC recommends that travelers schedule a visit with their doctor or travel medicine provider at least four to six weeks before leaving to start the vaccinations. Source: Centers for Disease Control and Prevention

## **Org Health & Diversity Focus**

### **CREATING AN INCLUSIVE WORKPLACE – TIP #30**

Recognize and reward one another for modeling inclusive behavior and fostering an environment of acceptance, respect and flexibility.

## **Human Performance Focus**

### **STRESS III**

Mental Health Awareness: Seeking out a mental health professional is not a sign of weakness. Consider this: If you have a chemical imbalance in your blood that causes a heart arrhythmia, you would have no problem seeking a cardiologist. Why do we not think the same way about having a chemical imbalance in the brain and seeking out a mental health professional? Don't Stress! Get Help!

*Hazard Recognition: Lawn Care/Gardening Safety*  
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