



Healthy Workers, Safer Workplaces

As we recognize National Safety Month, it's important to remember that workplace safety extends beyond preventing accidents and injuries. **A truly safe workplace supports the overall health and well-being of employees—physically, mentally, and emotionally.**

Promoting holistic worker health means creating an environment where employees have the resources and support they need to perform their jobs safely and effectively. This includes maintaining safe work practices, encouraging ergonomic workspaces, supporting mental health and stress management, promoting healthy lifestyle choices, and fostering a culture of respect, communication, and teamwork.

When employees feel supported in all aspects of their well-being, they are more engaged, resilient, and better equipped to identify and address potential hazards. Small actions—such as taking breaks, reporting safety concerns, practicing self-care, and looking out for coworkers—can have a significant impact on both individual and organizational safety.

This National Safety Month, let's recommit to building a workplace where safety and well-being go hand in hand. By caring for the whole person, we strengthen our workforce, reduce risks, and create a healthier, safer environment for everyone.

Stay safe, stay healthy, and help make safety a shared responsibility every day.