

JUNE

National Safety Month

June is national safety month and this year's theme is, **"Safety: It takes all of us."** Many injuries that happen at work can be prevented. It is important to always be aware of your surroundings when on a work site. If each worker is aware of their own surroundings, as a team, you may prevent catastrophic falls and injuries from happening. We all know the saying, "There is no 'I' in team"? Making sure your work area is safe is a team effort.

According to the Occupational Safety and Health Administration (OSHA), falls are the leading cause of death in construction. Many falls can be prevented with proper awareness and understanding of safety measures. Routine practices such as inspecting all work and safety equipment, making sure walkways are clear of objects and openings, and wearing protective equipment is crucial.

Safety tips when on the job:

- Wear protective headgear (e.g., hard hats)
- Make sure your workspace is clear of objects
- Put on a pair of heavy-duty gloves
- Use safety glasses or a transparent face shield
- Protect your lungs by wearing a mask
- Wear supportive and sturdy shoes

Another safety pre-caution you might not immediately think of is keeping your skin healthy. Your skin is the largest organ on your body and does a lot for you such as regulating body temperature, keeps bacteria and fungus out, and protects you from the sun. When working with heavy machinery, you can easily hurt your skin without knowing.

Keep your skin healthy when on the job:

- Wear sunscreen when working outside or in an office near windows – the sun is no joke
- If you cut yourself, immediately wash with soap and water, and protect the cut with a bandage
- Wear protective gear (e.g., hard hats, gloves, masks, etc.)
- Know what to do when your skin comes in contact with a chemical or other substance
- Use hand lotion to prevent dryness, cracking and eczema

REMEMBER: Safety is a **TEAM** effort!

Sources

- <https://www.osha.gov/stop-falls>
- <https://healthylearn.com/connerstrong/hn/national-safety-month.html>
- <https://healthylearn.com/connerstrong/workplace-health-and-safety-general-guidelines.html>

