

MONTHLY **NEWSLETTER**

OCTOBER
2025

October has arrived! As the days grow shorter and cooler, it's the perfect time to refresh our safety habits, prepare for seasonal transitions, and prioritize wellness. Let's wrap up the year on a high note by making safety, balance, and productivity our main focus.

Seasonal Workplace Safety Tips

Fire Safety:

With heaters, candles, and holiday decor, October is a reminder to check smoke detectors and fire extinguishers. Never overload outlets and keep walkways clear of cords.

Driving Safety:

Darker evenings and potential foggy mornings can make driving trickier. Keep headlights clean, slow down on wet or leaf-covered roads, and check windshield wipers.



Equipment Safety

- ✓ **Proper Storage** - As projects shift indoors, store tools and equipment properly to prevent tripping hazards.
- ✓ **PPE Check** - If tasks require gloves, eyewear, or masks, make sure protective equipment is in good condition and replaced if needed.

Mental Health and Wellness

Stress Awareness:

Seasonal changes and busy schedules can add stress. Take breaks during the day, step outside for fresh air, and stay active to boost your mood.

Work-Life Balance:

Fall can bring busier evenings with family and activities. Remember to set boundaries and leave time for rest and recovery.

October reminds us that change can be a good thing. Embrace the season, stay safe, and support one another throughout the months ahead.

Thank you for your hard work and dedication. You make a difference every day!



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