

MONTHLY NEWSLETTER

FEBRUARY
2026

As we move further into 2026, we encourage you to stay informed, take care of yourself, and support those around you. Whether it's prioritizing safety at work or focusing on well-being, small steps can make a big impact.

Workplace Safety Tips

Prevent Cold Stress:

For those working outdoors, layer your clothing, wear gloves and hats, and take breaks indoors if needed.

Stay Healthy:

Keep your workspace clean, wash your hands frequently, and disinfect shared surfaces to prevent seasonal illness.

Emergency Preparedness

Be sure to review emergency procedures and ensure that safety equipment, such as fire extinguishers, first-aid kits, and emergency exits, are up-to-date.



Mental Health and Wellness

Get Sunlight Whenever Possible:

Even 10 minutes of natural light can improve mood and boost Vitamin D.

Stay Active:

Exercise releases endorphins, helping reduce stress and fatigue. Try stretching, yoga, or a brisk walk.

We value each and every one of you. If there is anything on your mind, whether its questions about workplace safety, career growth, or just a check-in, we're here for you! Wishing you a safe, healthy, and productive month ahead!

Happy Valentine's Day

HAPPY Presidents Day

Contact Info

Email: pbs@pbswc.com

Phone: 970-242-3881