

# MONTHLY NEWSLETTER

MARCH  
2026

With spring on the horizon, now is the perfect time to refresh your focus on safety, preparedness, and well-being. Seasonal changes bring on new workplace challenges. By staying mindful and up-to-date, we can create a healthier and more productive environment for everyone.

## Seasonal Workplace Safety Tips

### Watch for Slippery Surfaces:

Spring rains can make entryways slick. Be sure to keep walkways clear and dry.

### Sun & Heat Precautions:

Outdoor workers should stay hydrated and wear sun protection as the season heats up.



## Emergency Preparedness

- ✓ **Review Evacuation Plans** - Know exit routes and meeting locations
- ✓ **Check Safety Equipment**—Test smoke detectors, fire extinguishers, and emergency lighting to ensure they are functioning properly
- ✓ **Update First Aid Kits** - Make sure first aid supplies are stocked

## 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.



**Your safety, well-being, and success are our top priorities. Whether you need guidance on workplace safety, career advice, or just a friendly check-in, we're always here to support you!**

**Wishing you a safe, happy, and lucky March!**

## Contact Info

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