

MONTHLY NEWSLETTER

JULY
2025

July sparks celebration, reflection, and mid-year motivation. It's a perfect time to celebrate our progress, support our teams, and continue fostering safe and healthy workplaces for everyone. Let's make the second half of the year even stronger!

Seasonal Workplace Safety Tips

Sun Safety:

Protect yourself from UV rays by wearing sunscreen, sunglasses, and light protective clothing. Reapply sunscreen every two hours when working outdoors.

Driving Safety:

Rising temperatures can affect vehicle performance and increase overheating. Be sure to check tire pressure and fluid levels before driving.

Emergency Preparedness

- ✓ **Fire Safety**– With holiday fireworks and grilling, be extra cautious. Follow local fire regulations and keep fire extinguishers accessible in work areas.
- ✓ **Beat the Heat** –With holiday fireworks and grilling, be extra cautious. Follow local fire regulations and keep fire extinguishers accessible in work areas.



Mental Health and Wellness

Hydrate Often:

Keep your energy up and your mind sharp by drinking plenty of water. Infuse it with lemon, cucumber, or berries for a refreshing twist!

Mental Reset:

Take advantage of the long days – step outside, stretch, or enjoy a walk. Small breaks can do wonders for your focus and mood.

Summer is in full swing, and we know how busy life can get both on and off the job. Don't forget to take care of yourself. Your health and wellness are important. Whether you're working in the field or supporting behind the scenes, we truly value all that you do. Keep cool, stay hydrated, and enjoy a safe and happy July!



Contact Info

Email: pbs@pbswc.com

Phone: 970-242-3881