



MONTHLY NEWSLETTER

JUNE 2025

June brings sunshine, new opportunities, and a great chance to recharge and reconnect. Let's stay focused on safety, growth, and supporting one another in creating productive, positive, and inclusive workplaces.

Seasonal Workplace Safety Tips

Sun Safety:

If you're working outdoors or in warm conditions, don't forget the sunscreen, protective clothing, and sunglasses. Take shade breaks when needed.

Summer Clean-Up:

Keep your workspaces clean and ventilated. Summer dust and pollen build up fast—stay on top of clutter and airflow.

Emergency Preparedness

- ✓ **Beat the Heat** – Know the signs of heat exhaustion (dizziness, headache, heavy sweating). Stay cool and speak up if you aren't feeling well—your health comes first!
- ✓ **Hydration is Key**– Drink water regularly, even if you don't feel thirsty. Keep a water bottle with you, especially on warmer days or active shifts.





Mental Health and Wellness

Start Strong:

Try beginning your day with a few quiet minutes to breathe, stretch, or reflect. A clear mind helps you handle anything the day brings.

Choose Positivity:

Take a moment each day to think about one thing that went right—big or small. Positivity is contagious!

HAPPY
Father's
DAY

JUNE
TEENTH

We know summer can get busy—both at work and at home. Please remember that your well-being matters. Whether you're out on jobs or in the office, we appreciate everything you do. If you ever need help, guidance, or just a quick check-in, we're here for you. Stay safe, stay hydrated, and have a great June!

Contact Info

Email: pbs@pbswc.com

Phone: 970-242-3881