

MONTHLY NEWSLETTER

MAY
2026

May is a time of momentum and growth, making it the perfect opportunity to refocus, set fresh goals, and embrace positive change. As the days grow warmer and brighter, let's continue building safe, productive, and uplifting workplaces for all.

Seasonal Workplace Safety Tips

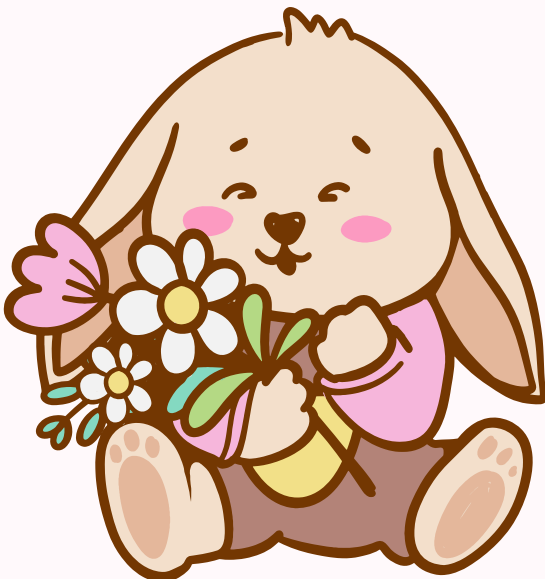
Equipment Checkups:

Inspect fans, A/C units, and ventilation systems for functionality and cleanliness.

Ensure tools and machinery are in good working condition after seasonal downtime

Hydration Reminder:

As temperatures rise, it's essential to stay hydrated. Keep a water bottle nearby and aim for regular water breaks.



Emergency Preparedness

- ✓ **Weather Awareness** - Spring storms and early summer heat waves can happen unexpectedly. Ensure all staff know where to find emergency supplies, and sign up for local weather alerts and warnings
- ✓ **First Aid Kits** - Restock first aid kits with seasonal needs (allergy meds, burn cream, etc.)

Mental Health and Wellness

Prioritize Sleep:

Aim for 7–9 hours each night and establish a calming bedtime routine—avoid screens before bed when possible.

Start Your Day with Intention:

Take a few quiet moments each morning to breathe, stretch, or set a positive focus. You can also try journaling about one thing you're grateful for each day.

As we welcome the opportunities that May brings, we want to remind you that your safety, well-being, and success remain our top priority. Whether you need support with workplace safety, career guidance, or just a friendly check-in, we're here for you every step of the way! Wishing you a productive, healthy, and successful May!



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