

MONTHLY NEWSLETTER

SEPTEMBER 2026

September marks the start of fall! A season of new routines, cooler weather, and renewed energy. It's the perfect time to reset, focus on priorities, and prepare for the months ahead. Let's keep safety, balance, and productivity top of mind this season!

Seasonal Workplace Safety Tips

Weather Safety:

Cooler mornings and warmer afternoons can make dressing tricky. Wear layers so you can adjust throughout the day. Watch for wet or slippery surfaces from early frost or rain.

Equipment Check:

Changing temperatures can affect machinery and vehicles. Inspect brakes, lights, and tires regularly, especially if your job requires travel.

Equipment Safety

- ✓ **Proper Lighting** - With shorter days ahead, ensure work areas are well lit. Replace burned-out bulbs and check emergency lighting.
- ✓ **Ladder Safety** - If fall projects require reaching higher areas, use ladders correctly. Ensure they are on stable surfaces and don't overreach.



Mental Health and Wellness

Season Shift Stress Check:

Transition into new routines can feel overwhelming. Take a few minutes each day to pause, breathe, and regroup.

Work-Life Balance:

As demands increase, remember to set boundaries and prioritize self-care. Staying consistent with rest, exercise, and personal time will keep you energized.



September is a season of fresh starts. Take time to refocus, stay prepared, and support one another as routines shift. Together, we'll move into fall with strength and purpose.

Stay safe, stay balanced, and thank you for all that you do!

Contact Info

Email: pbs@pbswc.com

Phone: 970-242-3881