

MONTHLY NEWSLETTER

AUGUST
2025

August brings the final stretch of summer, renewed focus, and back-to-school buzz. It's a great time to reset routines, check in on goals, and ensure we're staying safe and productive through the heat. Let's finish the season strong and energized.

Seasonal Workplace Safety Tips

Heat Safety:

Stay hydrated and take frequent breaks in shaded or air-conditioned areas. Be sure to wear breathable clothing. Know the signs of heat exhaustion and take action early

Equipment Safety:

Hot weather can impact tools and machinery. Be cautious when handling equipment that's been exposed to direct sun, check for overheating or wear-and-tear.

Equipment Safety

- ✓ **First Aid Kits-** Take a few minutes this month to check that your workplace first aid kit is fully stocked and up to date. Especially with items for cuts, burns, and dehydration.
- ✓ **Fire Awareness-** Be alert to local fire restrictions and avoid using open flames or tools that produce sparks in high-risk areas.



Mental Health and Wellness

End-of-Summer Stress Check:

This time of year, can feel like a push. Don't forget to take care of your mental well-being. Short breaks, fresh air, and staying connected can go a long way.

Routine Balance:

As schedules shift with back-to-school or changing workloads, give yourself time to adjust. Set boundaries and prioritize what matters most.



August is a month of transition, and we're grateful for the work you put in each day. Keep looking out for one another, communicate with your team, and finish the season strong.

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

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