



# S.A.F.E. Newsletter



## National Safety Month

Each June, we celebrate National Safety Month. While we all know safety is important year-round, this month we work to highlight efforts to prevent injury and death, from the workplace to anyplace. This year we're focusing on Continuous Improvement, Employee Engagement, Roadway Safety, and Wellbeing. Keep reading to learn more.



**NATIONAL  
SAFETY  
MONTH**



## Plan. Do. Check. Act.

Maintaining a safe work environment is essential for every organization and no employee wants to work in unsafe conditions. Ignoring unsafe conditions reflects negatively on your department and the organization as a whole, especially when proper standards are not upheld.

However, workplace safety is not static and must be continuously monitored and improved to be effective. Work environments today are constantly changing and adapting. As things change, we must be sure that we are updating safety procedures as well. Continuous improvement is the only way to ensure that safety protocols are up-to-date and employees don't fall victim to any unforeseen hazards related to those changes.

The Plan-Do-Check-Act (PDCA) cycle is a widely used methodology for continuous improvement in organizations. It's a structured, iterative approach to solving problems, implementing changes, and optimizing processes. The cycle involves four key stages: Plan, Do, Check, and Act, which are repeated in a continuous loop. The cycle helps organizations identify problems, develop solutions, test them, and then implement them, all while continuously monitoring and refining the process.

This month, take some time to evaluate the day-to-day processes and procedures you use in your work environment. Are there safety concerns? Are there areas where improvement can be made? If you see something, say something. If you see an opportunity for improvement, talk to your manager or reach out to the safety team at 501-686-5536 or visit our website, [here](#).

## Engagement Insights

Employee engagement plays a crucial role in creating a safe workplace. When employees are engaged, they are more likely to be aware of their surroundings, follow safety procedures, and actively contribute to a positive safety culture. A proactive approach can lead to a significant reduction in workplace accidents and injuries. But how??



**Set Clear Safety Guidelines:** Communicate your commitment to safety and ensure all employees understand why it's crucial.

**Encourage Feedback:** Involve your teams in the safety planning and continuously ask for their input. This helps increase buy-in and ensures that safety measures are effective.

**Promote Open Communication:** Keep an open door for sharing ideas, concerns, and feedback. Recognize employee contributions and be willing to consider different approaches.

Focusing on safety is not just about avoiding accidents; it's about creating an environment where employees feel valued, engaged, and committed to their work. By building a strong safety culture, we can enhance productivity, improve work quality, and reduce turnover—all while protecting our most valuable asset: our people.



## Road Warrior

Families pack their cars for road trips, adventurers head out to explore nature, and countless day-trippers set off for lake outings or picnics. The summer surge in travel not only increases the likelihood of congestion on highways but also amplifies the risk of collisions.

According to the National Safety Council (NSC), at least eight people are killed every day in distracted driving-related crashes. The NSC has identified three types of distracted driving...

**Visual**, causing you to take your eyes off the road. (Example: Turning to look at a child in the back seat.) **Manual**, causing you to take your hands off the wheel. (Examples: Putting on makeup, eating, using your cellphone, etc.) **Cognitive**, causing you to take your mind off the task of driving. (Example: Daydreaming.)

How can you avoid driving distracted? Before setting out, adjust your car's side mirrors and rearview mirror. Pick what you want to listen to before you begin driving. If you'll be using GPS, enter the address of where you're going and check the route so you have an idea of where you're going and can keep your eyes on the road.

When you're driving, don't multitask. Your hands need to always be on the wheel when driving. If you do need to make a call or help a child in the back seat, make sure you pull over in a safe, well-lit location.

Go to [nsc.org/justdrive](https://nsc.org/justdrive) to find additional information about distracted driving.

## Wellbeing @ Work

Our workplaces play a significant role in our lives. Work affects both our physical and mental wellbeing—in good and bad ways. Workplace wellbeing and safety are also interconnected and essential for a positive and productive work environment.

A safe workplace is the foundation for employee wellbeing, and organizations that prioritize safety create a space where individuals can thrive and contribute their best, here's how...

**Encourage Work-Life Balance:** Offer flexible work hours, remote work options, and encourage employees to take breaks.

**Foster a Positive Work Culture:** Promote inclusivity, recognize achievements, and encourage open communication.

**Support Mental Health:** Provide access to wellness programs, counseling services, and stress management resources.

**Improve Physical Workspace:** Ergonomic furniture, natural lighting, and greenery can enhance comfort and productivity.

