

Making the Most of National Safety Month

June is National Safety Month. This campaign, put together by the National Safety Council (NSC), highlights initiatives to prevent injuries and fatalities inside and outside the workplace. It also allows employers to share their safety pride, gives employees the opportunity to pledge that they will take necessary steps to protect themselves at work and provides various learning opportunities for both parties. According to the U.S. Bureau of Labor Statistics, nearly 5,300 workplace fatalities and 2.6 million job-related injuries were recorded last year. Furthermore, many of these incidents were preventable. Such findings highlight how vital it is to prioritize your safety on the job. National Safety Month will feature a different safety topic each week. Here's an outline of 2025's topics:

- **Continuous improvement (June 1-7)**—Workplace safety requires ongoing effort and periodic adjustments to manage evolving hazards. As such, it's crucial to remain alert and fully aware of your surroundings at work, watching for (and reporting) any unaddressed safety concerns.
- **Employee engagement (June 8-14)**—Becoming disengaged at work can lead to safety complacency and increased susceptibility to occupational injuries and fatalities. Regularly reviewing workplace safety policies and procedures and attending safety meetings and training sessions can help you stay engaged, thus minimizing the likelihood of potentially devastating incidents.
- **Roadway safety (June 15-21)**—A range of jobs may require employees like you to operate a vehicle. Whether it's for a daily commute, a delivery, or the transportation of goods or passengers, ensuring roadway safety is critical. Being a cautious and defensive driver can help you protect yourself and others behind the wheel, preventing serious accidents. Be sure to review all workplace driving policies and applicable traffic laws before hitting the road, particularly as it pertains to vehicle inspections, cellphone and seat belt usage, and distracted driving.
- **Well-being (June 22-30)**—Workplace well-being refers to the overall state of your physical and emotional health, which can often be influenced by different job dynamics (e.g., workload and connections with co-workers). Mental health is a key component of your workplace well-being. Unfortunately, the NSC confirmed that instances of both moderate and severe mental health distress have been linked to poor decision-making and unnecessary risk-taking, prompting higher rates of workplace accidents and related injuries. To preserve your mental health and overall well-being, it's imperative to practice healthy habits (e.g., engaging in daily exercise, eating a balanced diet and getting ample sleep) and, if needed, consult a health professional for extra support.

This month (and every month), it's important to put safety first at work. By following proper precautions on the job, you can play your part in preventing possible injuries and fatalities and promoting a safer workplace. Reach out to your supervisor for more information on National Safety Month and related resources.

Summer Safety Precautions for Outdoor Workers

Summer weather brings hotter temperatures and the emergence of certain critters, posing a variety of seasonal safety concerns for outdoor workers. If your job requires you to spend time outside this summer, it's essential to uphold adequate safety measures.

As an outdoor worker, it's important to take precautions against exposure to sun, heat and insect stings throughout the summer months.

Sun Exposure

Prolonged sun exposure can lead to sunburn and cause lasting skin and eye damage. To protect against the sun's harmful ultraviolet (UV) rays, take the following steps:

- Cover up your skin. Select lightweight, tightly woven clothing and wear a hat that protects your neck, ears, nose and scalp. Make sure your clothing choices still permit you to utilize any necessary personal protective equipment as intended.

- Use sunscreen. A sun protection factor (SPF) of at least 15 will block up to 93% of UV rays, whereas SPF 30 will block as many as 97%.
- Wear UV-absorbent sunglasses, if possible. These shades should block between 99% and 100% of UV rays.

Heat Exposure

Excessive heat exposure can result in heat-related illness. If left untreated, this could prove fatal. To beat the heat, utilize the following precautions:

- Drink plenty of water throughout your shift to stay hydrated, even if you don't feel thirsty. Try to avoid caffeinated or sugary drinks.
- Eat a healthy meal before your shift and pack plenty of snacks to maintain your energy levels.
- Take designated breaks in shaded or air-conditioned areas. Tell your supervisor if you start to feel overheated, fatigued, lightheaded or nauseous.

Insect Stings

Stinging insects are typically more active in the summer. Although bee, wasp, hornet and yellow jacket stings are typically only dangerous to those who are allergic or have been stung multiple times, it's best for everyone to leverage these safeguards:

- Try to avoid using any scented toiletries (e.g., soap, shampoo, deodorant, perfume or cologne), as these can attract insects.
- Discard any food scraps after eating to avoid attracting additional insects to the jobsite.
- Remain calm if a single insect approaches you—swatting at it may increase your chance of getting stung. If multiple insects approach you, leave the area immediately and go indoors, if possible.
- Inform your supervisor if you have a history of allergic reactions to insect stings. Consider carrying an epinephrine auto-injector and wearing a medical bracelet that states your allergies.

Following these tips can help keep you safe on the job this summer. Contact your supervisor for more information.

This document is for general informational purposes only and is not intended as medical or legal advice. © 2025 Zywave, Inc. All rights reserved.