HEALTHY WORKERS ARE SAFER WORKERS

Exercise

According to the National Safety Council, "overexertion causes 35% of all work-related injuries." Exercising and stretching on a regular basis may help reduce and prevent overexertion injuries.

Sleep and Nutrition

According to OSHA, fatigue can increase the risk of injuries by up to 37%! 46% of PCSC members said tiredness/fatigue caused them to work unsafely! Getting enough sleep and proper nutrition can significantly help reduce fatigue.

Self-Care

1 out of 4 PCSC members said stress at work causes them to work unsafely, 13% cited stress out of work! Regularly practicing self-care may significantly help reduce stress inside & outside of work!

Awareness

42% of PCSC members said complacency or a lack of awareness caused them to work unsafely! According to an article by the American Society for Safety Professionals, practicing mindfulness at work may help improve situational awareness.

SUMMIT COUNTY SAFETY COUNCIL

PORTAGE COUNTY SAFETY COUNCIL

Family & Community SERVICES, INC.