

# National Safety + Month +

The month of June is recognized annually as 'National Safety Month'. In 2020 the National Safety Council reported 4,113 preventable occupational-related deaths, and several million preventable work-related injuries. The City of Tumwater promotes the safety, health and well-being of its employees and the public that they serve. In recognition of National Safety Month, the Central Safety Committee will host a variety of interactive activities and opportunities for staff to increase their awareness and education in a variety of areas. Read on to learn how you can participate, earn ticket entries, and be entered to win a raffle prize.

## Safety Month Raffle

### Earning Tickets

Participate in the weekly events to earn tickets for a Safety Month Raffle Prize! You can earn tickets by taking the featured LocalGovU course, participating in the weekly interactive activity, and the extra activities being provided throughout the month.

### Recording Participation

All LocalGovU courses and scheduled interactive activities will be recorded by the ASD department. To record participation for departmental, group, or extra activities, please email the ASD department to record your participation for raffle tickets.

### Raffle Prize

You earn a ticket for every event that you participate in during National Safety Month, and at the end of the month we will have a raffle for a special Safety themed prize! Please reach out to the ASD department with questions!

#### Week #1

### Musculoskeletal Disorders

MSDs are a leading cause of workplace injury and cost billions each year in workers' compensation and lost productivity. Gain the latest resources and practical tools to help your organization take action.

#### Week #2

### Workplace Impairment

We all know the dangers of substance use on the job. But did you know mental distress, stress, and fatigue are also impairing? Access resources to recognize the signs and address impairment, in all its forms.

#### Week #3

### Injury Prevention

In 2020 alone, more than 4 million workplace injuries required medical attention in the U.S. Learn about approaches to preventing injuries and deaths, including identifying hazards and assessing risks.

#### Week #4

### Slips, Trips, and Falls

With falls the second leading cause of unintentional injury-related death, this week we'll focus on reducing slips, trips, and falls, falls from heights, and how technology can play a role in saving lives.

Participation in National Safety Month activities is highly encouraged and recommended by leadership. Please coordinate activity participation with your direct supervisor in advance.

# National Safety



# Month



## Musculoskeletal Disorders

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### LocalGovU Course

#### Workplace Ergonomics

The average person in America spends 6 hours per day at their desk; around 1500 stationary hours annually. Not only is this physically stressful, but studies also show that 85% of workers experience discomfort on a daily basis. This course will focus on introducing and practicing effective ergonomics in the workplace.

### Interactive Activity

#### Ergonomics Consultations

To earn tickets, an employee will contact the safety coordinator to arrange a FREE ergonomics consultation with LNI. Alternatively, a work group can request an industrial ergonomics consultation for their team and each employee on the team would receive a ticket for participating.

### Extra Activities

#### Safety Slogan

Have an idea for the Safety Committee slogan? Submit your suggestions for tickets, and we will vote on a slogan at a future date

Participation in National Safety Month activities is highly encouraged and recommended by leadership. Please coordinate activity participation with your direct supervisor in advance.

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### LocalGovU Course

#### Stress and Your Health

Biologically, stress is a survival function. Today, however, internal and external stressors keep us a constant state of stress that is killing us. In this course, you will be able to identify the types of stress we feel, how stress affects us mentally and physically, and how to manage the stress every day.

### Interactive Activity

#### Outdoor Yoga

This activity is part of our integration with the Wellness Committee. Employees are invited to attend a FREE outdoor yoga session. Alternatively, an employee can attest that they participated a stress reducing activity this week.

Date: TBD Time: TBD  
Location: TBD

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### LocalGovU Course

### Interactive Activity

### Extra Activities

### Injury Prevention

The purpose of this policy is to establish an ongoing and effective plan to reduce the incidence of illness and injury for employees. Read through the policy to get a better idea of how safety policies are developed, and to earn a ticket for the safety raffle!

### Stretch and Flex Video

The ASD will be hosting group sessions in the Council Chambers at the date and times listed below. Employees can also participate at their desk, or as a team within their departments using the video provided by clicking on this section title in the PDF.

Session #1: 6/21/22 @ 2:00pm

Session #2: 6/23/22 @ 10:30am

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### LocalGovU Course

#### Slips, Trips, & Falls

In this course, we will learn how to identify where slips, trips, and falls are most likely to occur, list how to minimize the risk of workplace accidents, and recognize the importance of personal responsibility in risk management.

### Interactive Activity

#### Word Scramble

Attached to this email are a few safety awareness sentences geared towards slips, trips and falls, all scrambled up. To earn a ticket, print the attached PDF, complete the word scramble and return it to the HR department, or email a completed file from the attached word document with your name on it.

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