

OMF W.I.S.E ~ First Friday Facts

Safety as Sustainability – of Employees

There are many ways to promote sustainability at the City – green buildings, biofuels, paper reduction, recycling and more. Safety is the way we can sustain our most valuable asset – our employees...ourselves.

Take a break for safety's sake – May 14, 2008!

This year marks Oregon OSHA's sixth-annual **Safety Break for Oregon**.

Join us and employers statewide in raising awareness about workplace safety and health.

(Safety Break website: www.orosha.org/subjects/safetybreak.html)



ENHANCE YOUR SAFETY BREAK:

Creating safer workplaces does not have to be overwhelming. Here are some things you can start doing right away.

Identify hazards. During Safety Break, talk with employees about existing hazards and other safety concerns they may have. Find out where injuries are occurring and discuss how to eliminate them.

Support your safety committee. Use Safety Break to recognize the committee's accomplishments. If you haven't done so recently, attend the next safety committee meeting or participate in a quarterly workplace safety inspection.

Get the kids involved. Have fun and teach positive messages about safety and health to future workers. Why not have a coloring contest for the children of your employees and recognize their art during Safety Break?

Tell new employees you're serious about safety. Many serious accidents happen during an employee's first year on the job. New employees should know that your organization is committed to safety from day one – their first day at work. Use Safety Break to reinforce your organization's commitment to workplace safety.



Reward safety accomplishments. Recognize employees who have contributed to workplace safety. Safety Break is the perfect time to present awards during a lunchtime event.

Get up and stretch. When you're deskbound, take a short Safety Break to relax your muscles. Stretch frequently – at least once every two hours – to avoid repetitive motion injuries and muscle strain.

This Friday Fact is brought to you by the OMF "W.I.S.E Guys & Gals": Workplace Innovators for a Sustainable Earth, OMF's new sustainability team. Watch for new tips every first Friday of the month!