Let's talk about Safety and Wellness

## **Employee** Safety & Wellbeing Week

## **Upcoming Lunch and Learns!!!**

August 19th

12pm-12:30 pm Employee Wellbeing Webinar: Navigating through Employee Wellbeing Services and getting connected to services

12:30pm-1pm Employee Safety Webinar: Personal Protective Equipment (PPE) Short cuts can lead to quick roads of trouble

August 20th

12pm- 12:30pm Employee Wellbeing Webinar: Identifying Psychological Stressors in the Workplace



12:30pm-1pm Employee Safety Webinar: Tips for Maintaining Your Foot Health

August 22nd

12:00pm-12:30pm Employee Wellbeing Webinar: Identifying the signs of burnout, anxiety, and stress

12:30pm-1pm Employee Safety Webinar: What should be done if you or an employee becomes ill, has a vehicle accident, or gets injured at work (Process for work-related events)

Join the meeting

Meeting ID: 245 561 302 393 Passcode: iKmHfL

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Contact:

Receive this challenge coin!

Safety and Wellness 3 for 30 Challenge Information!!!



Complete 3 Safety and/or Wellness challenges by September 23rd for a chance to earn a CHALLENGE COIN! <u>Click Here</u> for full lists of Safety and Wellness Challenge Ideas