

keep



safety

Safety Focus of the Month

MANAGE

Stay focused on the task, take time to reassess, and contact your supervisor, if needed

Each month we will highlight each letter of: **SIMPLE**. The safety team will be providing table tents to place around your offices.

How do you **MANAGE** safety?

We encourage everyone to share experiences and helpful tips about how to manage safety on the job or at home!

Safe Days of Summer

The newest theme for *Safe Days of Summer*, along with tips to beat the heat will be announced soon. Utilize the below tips to manage you helps and team, so everyone stays hydrated and informed.

1. **Water Consumption**

Employees in excessive heat should drink at least 8 oz. of water every 15-20 minutes. That is 2-3 gallons of water per person during a typical workday.

2. **Hydration Huddle**

Teams in the field should have a hydration huddle every hour to check on one another and hydrate with a bottle of water. During this time teams can manage any changes that may need to occur moving forward.

3. **Supervisor/Job Assessment**

Manage the job and the time that has been allocated to complete the work and schedule the work early in the mornings, if possible, to beat the hottest parts of the day. Protect your employees first and foremost.

Did you know May is National Mental Health Awareness month?

- Mark your calendars for upcoming tip sheets and resources that will help you manage your mental health!

Manage

Use these TxDOT resources and tips to implement “Manage” on the job.

1

PPE

Foundation 14: #1 – TxDOT provides personal protective equipment (PPE) to employees to manage, prevent, and reduce severity of injuries from job related hazards.

During the summer months take extra precautions and carry sun/heat related protective items in your vehicle such as:

- [Sunscreen and Skin Protection](#)
- [TxDOT Eye and Face Wear](#)
- Hydrate! Hydrate! Hydrate!

To view the extensive list of all PPE TxDOT offers to employees [click here](#).

2

Stretch and Flex

Foundation 14: #6 – Managing yourself is just as important, if not more important than managing your job/task. Remember to complete your sets of stretches to reduce strain/sprain injuries.

Field Employees: [Poster](#) | [Video](#)

Office Employees: [Poster](#) | [Video](#)

Monthly Highlights

Did someone call for a challenge? I think so!
New KSS Challenge coming soon!

