



Making Workplace Safety Resolutions for the New Year

The start of a new year is an ideal time to evaluate your current safety habits at work and make any necessary adjustments. In doing so, you can better protect yourself and your co-workers on the job, thereby reducing the likelihood of potential accidents and injuries.

When it comes to workplace safety, even small actions can make a big difference. Here are 10 valuable safety resolutions to keep in mind in 2026 and beyond.

1. **Commit to safety training.** Stay informed on both existing and emerging safety hazards in your role by attending all scheduled workplace training sessions and refreshers. In addition, be sure to regularly review any written resources, including company safety manuals, policies and flyers.
2. **Ensure proper ergonomics.** Set up your workstation in a way that promotes both comfort and safety. Try to maintain good posture throughout the day and take occasional breaks to avoid sprains, strains or other repetitive stress injuries.
3. **Use required personal protective equipment (PPE).** Wearing the right PPE is essential in minimizing hazards amid dangerous work tasks. Be sure to use this equipment correctly and keep it in good condition. If your PPE appears worn or damaged, report it immediately and request replacements.
4. **Stay focused.** Always remain vigilant for potential hazards on the job. Never rush through or skip steps during work activities, even when under time constraints. Remember that your safety is more important than any deadline.
5. **Keep it clean.** Do your part to keep the workplace clean and tidy by promptly disposing of clutter and storing tools and equipment in designated areas when you are finished using them.
6. **Maintain safe digital habits.** Follow workplace cybersecurity requirements to help protect your personal information and sensitive company data. Be aware of phishing scams and other common attack techniques, and report suspicious activity as needed.
7. **Protect your mental health.** Your mental and physical health are closely connected, with both playing a role in your overall workplace safety. Make an effort to bolster your mental health by establishing an appropriate work-life balance, utilizing available wellness programs and resources, and seeking additional support whenever necessary.
8. **Be prepared.** Consider the different types of emergencies that may occur at work. Prepare for these events by reviewing workplace emergency response plans, participating in routine drills, familiarizing yourself with related evacuation routes, and knowing the location of first-aid kits and emergency contact information on-site.
9. **Lead by example.** Promote a safety-first culture by holding yourself and your co-workers accountable in adhering to all company policies and procedures, and sharing any additional safety best practices you discover during team meetings.
10. **Speak up.** If you notice any unaddressed safety hazards or other potentially dangerous conditions at work, don't hesitate to report them.

Consult your supervisor for more workplace safety tips.

Preventing Carbon Monoxide Poisoning From Gas-powered Equipment

The winter months often result in most work activities being moved indoors to protect employees like you from adverse weather conditions. However, when workplace equipment and machinery powered by gasoline, propane or diesel fuel is used indoors or within confined spaces, dangerous levels of carbon monoxide can occur.

Carbon monoxide is a colorless, odorless and tasteless gas produced by internal combustion engines. Because you cannot see or smell it, carbon monoxide can build up quickly without warning and cause serious health risks, including death.

If your work requires you to operate gas-powered equipment, it's imperative to understand the risks associated with carbon monoxide and the necessary steps to ensure your safety.

Symptoms of Carbon Monoxide Poisoning

Knowing the warning signs of carbon monoxide poisoning is critical. Symptoms often start mild and quickly become life-threatening. If you notice any of the following symptoms while working around gas-powered equipment, act immediately:

- **Headache that worsens over time**—This is often the first sign of carbon monoxide exposure and should never be overlooked.
- **Dizziness or lightheadedness**—Feeling faint or unsteady means your body may not be getting enough oxygen.
- **Nausea or vomiting**—These symptoms can seem like food poisoning but may indicate carbon monoxide exposure.
- **Shortness of breath or chest pain**—Difficulty breathing is a serious sign that your body is struggling.
- **Confusion or difficulty concentrating**—Trouble thinking clearly or feeling mentally foggy can be a warning that carbon monoxide levels may be high.

- **Loss of consciousness (in severe cases)**—If exposure continues, you can collapse suddenly and require emergency care.

Safety Considerations

By following these tips when operating gas-powered equipment, you can significantly reduce the risk of carbon monoxide buildup and protect yourself and your co-workers:

- **Inspect and maintain the equipment regularly.** Report any engine problems or unusual exhaust smells promptly. A poorly tuned engine produces more carbon monoxide, increasing the risk for everyone nearby.
- **Operate the equipment with caution.** Use all gas-powered equipment responsibly. Don't overexert the engine with jerky or erratic movements, as this can produce excessive carbon monoxide emissions. Additionally, avoid operating the equipment for extended periods of time in confined areas.
- **Consider the impact of cold weather.** During the winter months, doors and windows that are typically open may be closed, allowing exhaust and other gases to concentrate.
- **Turn off the equipment when it's not in use.** Avoid idling gas-powered equipment for long periods, especially in confined spaces. Shutting down the engine when possible can reduce extra emissions.
- **Report any ventilation issues to your supervisor immediately.** If fans or ventilation systems are not functioning, do not operate the equipment in that area until the situation has been assessed and resolved.
- **Use carbon monoxide monitors whenever possible.** Ensure carbon monoxide monitors or badges are turned on and positioned correctly in all gas-powered equipment. These devices alert you before carbon monoxide reaches dangerous levels. Always take alerts from these devices seriously and evacuate the area immediately.

If you have any further questions or concerns regarding carbon monoxide hazards on the job, talk to your supervisor.



Live Well, Work Well

January 2026

Clear the Clutter for Your Health

January is recognized as Get Organized Month, making it the perfect time to refresh your space and mindset. Clutter doesn't just take up physical space—it can weigh on your mental health, increase stress and even impact productivity. By clearing the clutter, you set yourself up for a healthier, more successful year.

A survey commissioned by The Container Store revealed that 7 in 10 Americans pin the success of a new year on a clutter-free home.

Being organized extends beyond having a neat desk or a tidy home; it has a direct impact on your overall well-being. A cluttered environment can lead to feelings of overwhelm and anxiety, making it harder to concentrate and complete tasks efficiently. When your surroundings are orderly, your mind feels clearer, decision-making becomes easier and stress levels drop. Organization also saves time and energy, allowing you to focus on what truly matters instead of searching for misplaced items or juggling chaos. In short, an organized space creates a sense of control and calm that benefits both your mental and physical health.

Getting organized may seem overwhelming, but small, manageable steps can add up to big results:

- **Start small.** Pick one area, such as a drawer, a shelf, or even your email inbox, and tackle it first. Success in one spot builds momentum.
- **Declutter daily.** Spend just 10 minutes each day putting things back in their place. This simple habit prevents clutter from piling up.
- **Create systems.** Use labeled bins, folders or digital tools to keep items easy to find.
- **Go digital.** Reduce paper clutter by scanning important documents and storing them securely in the cloud.
- **Set limits.** Adopt a "one in, one out" rule for new items to keep your space from becoming overcrowded.

Organization isn't about perfection—it's about creating a space that supports your goals and well-being. By making small, consistent changes, you'll feel more in control and energized for the year ahead.

Health Benefits of Dry January

As the holidays end, Dry January is a popular wellness challenge where participants abstain from alcohol for the entire month. This initiative encourages people to take a break from drinking after the often-indulgent holiday season. The goal is to reassess one's relationship with alcohol and start the new year with a fresh perspective. Many people use the month to reflect on their drinking habits and make more mindful choices about alcohol.

While a month of sobriety can seem overwhelming to some, it comes with some advantages. A brief break from moderate to heavy alcohol consumption may offer the following health-related benefits:

- Better sleep

- Increased focus
- Improved mood
- Boosted energy
- Clearer complexion
- Potential weight loss

Alcohol can also contribute to various health conditions, such as high blood pressure, kidney or liver problems, heart disease and certain cancers. As such, a period of sobriety can positively affect one's well-being and overall health. If you have any questions or concerns about your alcohol consumption, talk to a health care professional.

Rescue Your Skin This Winter

Taking care of your skin properly can be challenging. The task can seem almost impossible to achieve when the temperature and humidity levels drop. Having dry skin may not seem like the most concerning health issue, but not treating it can result in itchiness, cracked or painful skin, as well as eczema and dermatitis.

A Harris Poll found that 6 in 10 Americans say their skin feels “unhealthy” during the winter.

Consider these skin care tips for the winter months:

- **Adjust your shower routine.** The length and temperature of your showers can significantly impact the dryness of your skin. Long and hot showers during the cold months can strip the natural oils from your skin, leaving it dry. Try short, lukewarm showers instead.

- **Use moisturizer.** Applying moisturizer, especially after showering, can help keep your skin hydrated and prevent dryness.
- **Avoid products with fragrances.** Oftentimes, the better a product smells, the more irritating it can be for your skin. As such, consider choosing fragrance-free skin products and laundry detergents.
- **Use a humidifier.** Humidifiers can add moisture to the air within your home, helping to prevent and relieve environmental dryness.
- **Stay hydrated.** Ensure you're drinking enough water throughout the day to improve the appearance of your skin and reduce its susceptibility to dryness.

Talk to your health care provider if you have specific skin health concerns.