



Elevator Safety Precautions

Millions of employees use elevators each day at work. While elevators are considered one of the safest forms of transportation, it is important to follow best practices and safety precautions when using an elevator.

Boarding the Elevator

Take note of these procedures for entering an elevator:

- Make sure you are aware of the risks associated with riding the elevator prior to boarding, such as falls and accidents.
- Allow all passengers to fully exit the elevator before you begin boarding.
- Watch your step when entering the elevator, as it may not be exactly level to the floor.
- Steer clear of the doors once you enter the elevator. Keep all clothes, carry-ons and body parts within the car. Never attempt to stop a closing door.
- Pay attention to the elevator's capacity limit. Do not attempt to board an elevator that has reached capacity.

Riding the Elevator

Here are some guidelines to keep in mind when riding an elevator:

- Stand as close to the elevator wall as possible. Be sure to leave as much room as possible for others.
- Pay close attention to floor indications and transitions to ensure you are able to exit at the right time.

- Press the "door open" button in the event of the elevator stopping on a floor without opening its doors.
- Be courteous to other passengers on the elevator. Do not push other riders in front of you when exiting, and be sure to move out of the way of passengers when they exit the elevator.
- Watch your step as you exit to avoid tripping on uneven ground.

In Case of Emergency

Although rare, elevator accidents and malfunctions do happen. If an elevator emergency does occur, follow these steps:

- Never use an elevator in the event of a fire. Always take the stairs.
- Remain calm at all times. If you are in a stalled elevator, utilize the alarm button or phone button to contact emergency services.
- Reassure those who are panicked in the situation. Remind everyone that they are safe inside the elevator.
- Do not engage in horseplay.
- Do not try to exit the elevator or pry open the doors. Always wait for trained professionals to arrive.

Consult your supervisor for more workplace safety tips.

Asbestos Awareness

Even though most uses of asbestos have been banned, it can still be found in a variety of products, such as older building components and vehicle parts. As a result, employees across industry lines are at risk of asbestos exposure.

For instance, you may encounter this hazardous material if you work at a commercial property built before 1980 that's undergoing renovations. Additionally, you could be exposed while doing construction on an older property, conducting auto repairs, or working in a manufacturing facility that uses industrial machinery or produces asbestos products (e.g., textiles, cement and insulation).

The inhalation of asbestos fibers can cause serious damage to the lungs and other organs that may not appear until years after exposure. Asbestos fibers associated with these health risks are too small to be seen with the naked eye, and smokers are at a higher risk of developing asbestos-related diseases if exposed.

OSHA has standards to protect employees from asbestos exposure in the workplace, as well as permissible exposure limits and monitoring requirements. OSHA regulations also apply to controlled zones and regulated areas to protect employees where certain work with asbestos is performed. Even so, there are steps employees like you can take to further minimize your exposure and better protect yourself from harm.

Avoid Asbestos Inhalation

Here are some safety reminders for working near or with asbestos-containing materials:

- Don't enter an asbestos-regulated area if you are not wearing appropriate respiratory protection.
- Avoid eating, smoking, drinking, chewing gum or applying cosmetics in an asbestos-regulated area.
- Read and obey all warning signs displayed in asbestos-regulated areas.
- Keep asbestos wet, and vacuum the dust using a high-efficiency particulate air (HEPA) vacuum. Immediately collect and close all waste in bags designed to hold asbestos.

Protect Yourself

In addition to the previously mentioned safety reminders, consider these best practices to better protect yourself around asbestos on the job:

- Always wear required protective clothing such as coveralls or similar full-body clothing, head coverings, gloves and foot coverings when working with asbestos. Face shields, goggles and other protective equipment are also necessary.
- Make sure you receive proper training and medical clearance if your work requires the use of a respirator for asbestos protection. Use the appropriate respirator for the level of exposure. If you disturb or remove asbestos, you must wear at least a half-face respirator with N-, R- or P-100 (HEPA) cartridges. OSHA also requires the use of a respirator during certain roofing and flooring tasks. Speak to management if you are concerned about whether you have sufficient protection for the task at hand.
- Follow all required hygiene and decontamination practices after working with asbestos.
- Leave your work clothes and shoes at work and wash them on-site if they are not disposable. Keep in mind that family members of workers exposed to asbestos can get sick from their contaminated clothing or shoes. If required, you may also need to shower at work after working with asbestos.

Talk to your supervisor if you have any further questions on limiting asbestos exposure.

Live Well



March 2026

Provided by The Cincinnati Insurance Companies

Celebrate St. Paddy's Safely

For many people throughout the world, St. Patrick's Day marks a day of revelry and fun. However, if you'll be consuming alcohol or enjoying the company of those who will be, safety must be a top priority. Consider these steps:

- **Plan a safe way home.** Never drive while intoxicated or trust someone else to do so.
- **Drink responsibly.** Eating a hearty meal can help slow alcohol absorption. Alternating alcoholic beverages with a glass of water can help keep you hydrated.
- **Stay warm.** Alcohol can make you feel warm, but you may actually lose body heat more quickly. Dress for potentially low temperatures before going out.
- **Be wary of beverage tampering.** Never leave your drink unattended. Don't accept beverages from people you don't know.



Sleep Awareness Week – 5 Tips for Good Rest

This year's Sleep Awareness Week runs from March 8-14 and seeks to reemphasize the importance of getting good sleep and how doing so may impact your health and well-being.

This year, celebrate Sleep Awareness Week by taking steps to improve your sleep and committing to the following:

1. **Stick to a schedule.** Even if you're still getting an ample amount of sleep, changing your restful hours on a regular basis can be detrimental to your overall wellness.
2. **Revamp your environment.** Consider making physical changes in your bedroom, including removing televisions and lowering the temperature.
3. **Put your phone away.** Limit screen time, especially within an hour of your bedtime. Consider leaving your phone in a different room if you have trouble resisting it.
4. **Limit consumption.** Avoid eating close to when you plan to go to bed and reduce caffeine and alcohol intake in general.
5. **Get active.** Daily exercise can help improve your sleep, but avoid strenuous physical activity at night.

[Click here](#) to learn more about Sleep Awareness Week.

U.S. News & World Report Reveals Top 2026 Health Trends

This year, U.S. News & World Report (U.S. News) replaced its long-running Best Diets annual rankings with a [Top Health and Nutrition Trends](#) report. The findings reflect survey results from a panel of 58 experts, including doctors, dietitians and health researchers. The experts were asked which emerging health trends would have the greatest impact in 2026. Here are their top predictions:

- 1. Expanded use of glucagon-like peptide-1 (GLP-1) drugs**—About 1 in 5 adults have used GLP-1 medications, and usage rates are rising as costs decrease and pill versions of these formerly injectable drugs become available. GLP-1's popularity will grow as its use broadens beyond obesity and Type 2 diabetes, tackling other conditions.
- 2. Integration of artificial intelligence (AI) and wearable technology**—Wearable tech can reveal simple health information, and can provide real-time information and personalized

recommendations when paired with AI. Many people are opting for smartwatches and smart rings that track metrics, such as physical activity, sleep and food.

- 3. Greater use of "food as medicine"**—While this concept isn't necessarily new, it does recognize that the foods consumed directly impact health. Experts predict a return to the basics of whole, nutritious food this year.

While plant-based food, sustainable sources and meat alternatives used to dominate the U.S. News's diet rankings, those trends landed at the bottom of this new health report. Today's reality is that more people are focusing on ways to incorporate animal products they consider sustainable and ethical.

Consult your doctor for more information about these health trends or for guidance in setting your own health goals for the year.

Understanding Kidney Health

March is National Kidney Month, making it a great time to take charge of your health by lowering your chances of developing kidney disease. Kidneys filter blood to remove waste products and excess water, creating urine. They also produce vital hormones that help create red blood cells, promote bone health and regulate blood pressure.

The National Kidney Foundation reports that 1 in 3 adults are at risk for kidney disease.

Kidney disease is the 9th leading cause of death in the United States. Today, 14% of adults are affected by kidney disease—and 90% of them don't know it. Most won't have symptoms unless their kidneys fail. There are some physical signs of kidney disease, but most people attribute them to other conditions. Here are risk factors for kidney disease:

- Diabetes
- Family history of kidney disease
- Heart disease
- High blood pressure
- Excess weight
- Smoking

Taking care of your kidneys is essential because they work continuously to keep your body healthy.

Regular testing can help detect early signs of kidney issues, while limiting over-the-counter pain relievers reduces the risk of kidney damage. Healthy habits, such as daily exercise, plant-based protein and hydration, support kidney function and can help protect your kidneys for the long term. Contact your doctor for more information about kidney health and warning signs of kidney disease.