

# Safety First

Presented by: DON Services

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## SAFETY COMMITTEE:

- Neal Jones
- Justin Mastrantuoni
- Chris Little
- Tinna Miller
- Danielle Marsh
- Patrick McGuire
- Bridget Krebs
- Walt Heaney
- Jillian Hibler
- Rhonda Pager
- Amy Jones
- April Caldwell
- Ashley Stevenson
- Amanda McCoy
- Kevin Hue

## Mental Health In The Workplace

- Work is good for mental health but a negative working environment can lead to physical and mental health problems.
- Depression and anxiety have a significant economic impact; the estimated cost to the global economy is US\$ 1 trillion per year in lost productivity.
- Harassment and bullying at work are commonly reported problems, and can have a substantial adverse impact on mental health.
- Address mental health problems regardless of cause..

### Risks to mental health include:

- Inadequate health and safety policies;
- Poor communication and management practices;
- Limited participation in decisions or low control over one's area of work;
- Low levels of support for employees;
- Inflexible working hours; and  
unclear tasks or organizational objectives.

### If you have any safety questions or concerns:

- Contact your Coordinator immediately with any questions or concerns:

New Castle Office: **724-652-5144**

Donora Office: **724-856-4978**

Penn Hills Office: **724-856-4211**

Greensburg Office: **724-936-3900**

You can reach out to the Safety Committee directly at:  
**[donsafety@donservices.org](mailto:donsafety@donservices.org)**

Chair of the Safety Committee - Justin Mastrantuoni  
Secretary—Bridget Krebs

# The Safety Committee's Health and Safety Tips

**Practice self-care:** By taking much-needed time to manage stress, leaders will be setting a strong example for employees, leading to improved working conditions overall. Encourage your team to take plenty of breaks, eat regularly, meditate or pursue other activities they enjoy.

**Consider tone:** A kind tone in an email or message can go a long way during a time of uncertainty and doubt. Without it, employees may feel discouraged to reach out when they need help.

**Communicate often:** Meet with your employees regularly to check-in not only on work, but on how they are doing in general. Simply asking an employee if there's anything they need can be extremely impactful in showing you care, especially for employees who are more hesitant to ask for help.

