

February 2020

The Safety Scoop

A publication of the Safety Council of Southwestern Ohio
to save lives and prevent injury through
education and partnerships.

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The 3 Biggest Sources of Workplace Stress -- And How to Beat them

Our cultural epidemic of stress and burnout seems to get worse each year. Recent Gallup polls showed that 79% of Americans feel stressed “sometimes or frequently,” and two-thirds of the full-time American workforce has suffered from some degree of burnout.



What causes these high levels of stress at work?

According to a survey from ComPsych, the top three causes of work stress were workload (39 percent), people issues (31 percent), and juggling work and personal life (19 percent).

There will always be deadlines, meetings, and the challenge of balancing responsibilities, but that doesn't mean they have to cause massive amounts of stress. It's entirely possible to keep work stress at bay by putting in place a few proactive strategies.

[continue reading here](#)

The Stressor: Workload

Microstep: In the morning, write down your priorities for the day.

The Stressor: People Issues

Microstep: In meetings and one-on-ones, ask others to talk about their intuition.

The Stressor: Juggling personal and work life

Microstep: During a walk or break, think about what's going well in your life -- and what you want to change.

[Coping with Stress at Work](#)

The Human and Business Costs of Heart Disease and Stroke

Heart disease and stroke are among the leading causes of death in the United States. At nearly \$330 billion each year in medical expenses and ***lost productivity***



from premature death, heart disease, stroke, and their risk factors are expensive health conditions—in fact, cardiovascular disease (CVD) is the most costly disease in the United States.

Heart-healthy employees are better for business. They save employers money, have better morale, miss less work, and are more productive than less healthy

employees

[continue reading here](#)

In addition to improving “the bottom line,” many employers believe that creating a **culture of health** in the workplace by encouraging and supporting healthy behaviors can help attract and retain high quality employees.

In fact, studies show employees are more likely to remain with a company that cares about their health, as evidenced by having an employee wellness program giving both employers and employees opportunities to establish and benefit from longterm healthy behaviors.

[CDC Workplace Health Resource Center](#)



Next Monthly Occupational Safety Meeting:

Wednesday, February 26, noon
Central Connections

Topic: Modernizing Your Safety Training

Speaker **Tony DeAscentis, CEO and Co-Founder, Ving LLC** will cover the topic of: **Modernizing Your Safety Training - Trends, Facts, and How To's**

Current methods of safety training are lagging behind changes in employee learning styles. The approach and delivery are outdated and inadequate. They do not meet the expectations employers have around employees retaining information and avoiding injury. It is time to wake up, shake it up, and modernize your safety program. This session provides information about why training methods require modernizing and how to accomplish this task in your safety training.

Monthly meetings host speakers on a wide variety of topics that will help employers reduce injuries and illness in the workplace. Network with other safety professionals and always have access to Bureau of Worker’s Compensation staff. Meetings are open to members, prospective/future members, and non-members (all are welcome).

[2020 Occupational Safety Meeting List](#)



Thursday, March 26, 2020

Stay tuned to your email for sign up information to participate in this important opportunity.

Topics will include:

- The Eight Dimensions of Wellness
- Coping Skills & Self-Medicating
- Mental Health and Substance Use
- QPR-Suicide Prevention

Join us for a fun, free, and family-friendly game night. Bring your friends and family for a fun, relaxing evening of classic board games, card games, checkers, Scrabble, and others.

We'll have snacks, prizes, and more! Game Night is free and open to the public, no tickets required! We look forward to seeing you there.

Tuesday, February 11
6:30 - 8:30 p.m.

Middletown Community Building Institute (CBI)
800 Lafayette Ave.

Friday, February 28
6:30 - 8:30 p.m.

First Christian Church
4520 Rosedale Rd.



March Dates are scheduled for:

Tuesday, March 10 at CBI

Tuesday, March 24 at Yankee Road Church of God

Know anyone interested in hosting an event for a future date? Please contact Benedict Njoku at benedict@safetycouncilswohio.org

The Coalition for a Healthy Middletown works to provide knowledge and skills to increase the number of those parenting for prevention. All parents and guardians are encouraged to sign up and be in the KNOW.

[Sign up to receive KNOW! parent tips](#)

In the News



[Cost of Crashes Calculator](#)

Traffic Safety Citizenship -- It's Up to Everyone!

It takes about two seconds to buckle your seat belt to reduce your chances of injury or death in a serious traffic crash by nearly half. There is no better return on investment. Buckle Up!

Let us help you launch a workplace campaign. Contact Carol Lucio at Carol@safetycouncilswohio.org

Did you catch the WCPO 9 News coverage of our Strategic Efforts Gathering on 1/29:
[Butler County Leaders Work Together to Reduce Car Crashes, Deaths](#)