

National Safety Month

June is National Safety Month and this year's focus is on recognizing hazards.

Provided by National Safety Council

Impaired and working. The first thing that might come to mind is a co-worker who is abusing alcohol or illegal drugs. They both are serious concerns and dangers in the workplace (or at home). However, impairment comes in many more ways and is often easily accepted. Impairment can also be caused by fatigue (lack of sleep or working in extreme heat/cold), prescription drugs, cannabis, overexertion and extreme stress/anxiety. Fatigue is a rapidly growing impairment, as we all try to do more in our lives and sleep often is the first thing we cut back on. Prescription drugs almost always come with warnings and side effects. If you are taking a prescription drug, do you know what those warnings or side effects are? Most of us don't and many can impair our judgement or reaction time. Cannabis legalization is growing and recreational or medicinal use is on the rise. Each person can react and experience the effect of cannabis differently. However, there is no safe level of THC for driving or using heavy machinery. Lastly, we all handle stress and anxiety differently and in different ways at different times of our lives. In addition, stress and anxiety could lead to sleeping less, drinking alcohol, using illegal drugs or cannabis, or taking new prescription drugs. So what can you do? Ask for help. This could be by talking with your medical provider, using the City's free EAP services or talking with family and friends. In addition, if you believe a co-worker may be impaired at work, the worse thing to do is to say nothing. Tell your supervisor. Yes this might be difficult, but by saying nothing you put them and you at increased risk of being hurt or killed at work.



Financial Well-Being

Money can be a huge source of stress, but it's never too early or late to get financially well.

Provided by Employee & Family Resources - Wellness (EFR)

Financial well-being can be viewed as the way in which you manage money. It is the process of successfully managing expenses over the short and long term (today and 5 years from now). Why is being financial well important? Money plays a critical role in our lives and not having enough (real or perceived) impacts our health. Not sure what to do or where to start? The City offers several options. One is through Employee and Family Resources (EFR). EFR offers telephonic financial consultation services and free help from EFR is available at 1-800-327-4692. The City also offers deferred compensation benefits through Vision Financial Group and the City's representative, Peter Hill, offers holistic financial solutions at 515-453-2222.

