

Rhythm of Life

Week 2: Safety Rhythms

Getting into the rhythm of living safely can make everyday life easier to navigate and less stressful. By having safety measures in place and adhering to them, we gain security and peace of mind. This safety approach to managing the workplace and our personal lives can provide many benefits for health and well-being.

Workplace Safety

A lot of time is spent at work, so a safe workplace is important to everyone. The goal of workplace safety procedures is to prevent injury, illness, and even death. Regular, systematic review of these protocols ensures the workplace culture of safety adapts and improves upon lessons learned. One of the most important components of safety procedures is what comes at the beginning: prevention. Safety issues should be addressed and managed before an incident takes place.¹

Tips to work safely:

- Wear PPE
- Use appropriate equipment, and use it properly
- Look out for slips, trips, and falls – keep areas clean, cords secured or hidden, and floors dry
- Use ladders and step stools correctly
- Lift properly
- Monitor the heat — hydrate and take breaks as needed



Personal Safety

Taking care of ourselves includes a commitment to personal safety. Protecting yourself revolves around preventative thinking, sensible precautions, and awareness. Take a pledge to get in a rhythm of following good personal safety practices.² Repeated practice of safety measures can prevent injury, protect property, and increase the overall well-being of individuals and communities.

Tips to live safely:

- Be aware of your surroundings
- Stay away from dangerous places
- Lock your doors
- Park in well-lit areas
- Wear seatbelts
- Walk with others
- Trust your gut



"A culture of safety is a journey, not a destination. It requires our continuing diligence." — Terry J. Moulton

1. <https://www.osha.gov/safety-management/hazard-prevention>

2. <https://www.stpaul.gov/sites/default/files/Media%20Root/Police/Personal%20Safety%20Tips.pdf>