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## THE GOOD SAVES PROGRAM – WHAT IT IS AND WHY IT MATTERS IN JANITORIAL WORK

# safetylately



A monthly newsletter from A&A Elevated Facility Solutions



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In fast-paced, physically demanding environments like janitorial services, small oversights can lead to big consequences. That's why the Good Saves Program is a cornerstone of our safety culture—it empowers employees to take action when they see a risk and helps us build safer workplaces, one decision at a time.

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### **WHAT IS A GOOD SAVE?**

A Good Save is a proactive safety action taken by an employee that prevents a potential hazard from becoming an actual incident. It's not about reacting after something bad happens—it's about acting before it does.

In the janitorial industry, Good Saves often involve:

- Identifying chemical spills or leaks before they spread
- Reporting faulty equipment like vacuums with missing ground prongs
- Noticing blocked emergency exits or fire extinguishers
- Replacing worn mop heads or broken handles to avoid strain or injury
- Fixing improper storage of cleaning products that could cause chemical exposure

These are not just “small fixes”—they're critical interventions that protect both janitorial staff and building occupants.

### **WHY IT MATTERS IN JANITORIAL WORK**

The nature of janitorial work puts employees in direct contact with multiple risk factors every day, including:

- Wet floors, slippery surfaces
- Exposure to hazardous chemicals
- Repetitive motion and lifting injuries
- Electrical tools and equipment
- Biohazards and bodily fluids in restrooms and medical facilities

Because janitorial tasks are often performed after hours or in isolated areas, a hazard might go unseen by others. That's why the person who notices the problem must feel empowered to act—that's the essence of a Good Save.

### **HOW THE PROGRAM BENEFITS EVERYONE**

**1. Reduces Injuries:** One Good Save can stop an accident that might lead to serious injury or workers' compensation claims.

**2. Improves Safety KPIs:** Every Good Save contributes to our overall safety performance, reducing incident rates and enhancing our CIMS and OSHA compliance.

**3. Builds Awareness:** It encourages everyone to stay alert and safety-minded in their daily routines.

**4. Drives Recognition:** Employees who submit Good Saves may receive acknowledgment, company-wide shoutouts, or be eligible for rewards.

### **HOW TO SUBMIT A GOOD SAVE**

1. Report it to your Supervisor or Site Manager.
2. Log the Good Save using your site's method (paper form, eHub, or designated form).
3. Include a clear description of:
  - What was observed
  - What action was taken
  - Where and when it occurred

#### **FINAL NOTE:**

Janitorial employees are the eyes and ears of every facility. Your awareness and actions directly prevent injuries and property damage, and they reinforce the safety of entire buildings.

A Good Save might seem like a small thing—but in the world of safety, it's everything.

## Nutrition and Stress-Relief

While meditation, breathing work, and taking walks are all good stress relief methods, have you taken a look at how your diet can impact stress levels? A healthy diet can reduce the effects of stress by reducing inflammation and oxidation. High carbohydrate and sugar-laden diets result not only in weight gain but high oxidation and inflammation throughout the body. Adding to high cortisol levels (the stress hormone)! Let's dive into how a healthy diet can improve stress levels:

- Meal prep/planning: when we eat meals at home or have meals planned for the week, we are less likely to eat out. Eating out tends to be less healthy than at home due to the calories, sugar and carbohydrate content of outside foods. Creating a solid meal planning foundation not only improves your nutritious intake but also leads to reduced stress levels
- Stress and its impact on blood flow/pressure: stress negatively impacts both blood flow and blood pressure over time negatively impacting brain health. Nutritious foods like polyphenols and omegas-3's work to improve blood flow and brain health. Think fresh fruits & vegetables, salmon, nuts and avocados!
- Nutrition & physical fitness work together on cognitive brain decline prevention.
- Overall increased nutrient intake and nutrient delivery have a beneficial impact not only on stress levels but whole-body health.

### GLP-1 MEDICATIONS: LET'S BREAK IT DOWN

GLP-1 medications such as Ozempic, Wegovy & Mounjaro are quite trendy for their weight-loss effects. So how do GLP-1 medications aid in weight loss? The underlying role of GLP-1 medications is to help regulate blood sugar levels by slowing down digestion hence increasing satiety and decreasing hunger levels. While there are a few different GLP-1 medications available the underlying mechanism is quite similar: increase insulin secretion after having meals while decreasing the hormone that raises blood sugar levels (glucagon) when levels are elevated. While GLP-1 medications can aid in weight loss, if you stop taking said medication the weight may come back on.

If you and your doctor agree GLP-1 medications are right for you, it's important to still work on improving nutrition/fitness to help not only improve health but maintain weight loss long-term.

