

# safety lately



A monthly newsletter from A&A Elevated Facility Solutions

## Setting the Standard



## Setting the Standard

January is about setting the standard for how work is done every day.

Safety at A&A is not seasonal and it is not optional. It is about following procedures, using the right tools, and taking the extra moment to do the task correctly—especially during routine work.

This Safety Lately focuses on daily work habits that make the biggest difference in preventing injuries and keeping our sites running smoothly.

### In this issue:

- **Setting the Standard**
- **Resetting After the Holidays: Mental + Physical Wellness**

**SAFETY FOCUS: DAILY WORK HABITS THAT MATTER**

January's focus is not on new rules, but on how daily habits prevent injuries. These are the behaviors that consistently make the biggest difference across all sites.

**START EACH SHIFT WITH A QUICK SAFETY CHECK**

Before starting work, take a brief moment to review your immediate work area and the tasks planned for your shift. Injuries often occur when hazards are present early but overlooked.

Look for clear walkways and exits, adequate lighting, and tools or equipment that are set up correctly. Addressing small issues at the start of the shift helps prevent rushed decisions later in the day.

**USE THE RIGHT TOOL FOR THE JOB**

Choosing the correct tool or equipment for the task is critical to working safely. Using equipment that does not match the space or job increases the risk of strain, loss of control, or damage.

If equipment feels unsafe, is not operating as expected, or is not appropriate for the area, stop and report it. Work should never continue if the setup does not feel right.

**KEEP WORK AREAS ORGANIZED**

Organization directly affects safety. Cluttered or overcrowded work areas make it harder to move safely and increase the likelihood of trips, spills, or rushed movements.

Keep closets, carts, and storage areas orderly throughout the shift. Returning tools and materials after use helps maintain safe pathways and reduces hazards for the next person entering the area.

**FOLLOW TRAINING — EVEN WHEN THE TASK FEELS ROUTINE**

Familiar tasks can create a false sense of comfort. Many injuries happen during work employees have performed many times before.

Follow training and site-specific procedures every time. Slow down when tasks become repetitive, and avoid skipping steps to save time.

**SPEAK UP EARLY**

Safety depends on communication. Reporting concerns early helps prevent injuries before they happen.

If something looks unsafe, does not match training, or creates uncertainty, speak up. Addressing issues early protects you, your coworkers, and the site.

**GOOD SAVES — PREVENTING INJURIES BEFORE THEY HAPPEN**

A Good Save occurs when a potential hazard is identified and corrected before an injury happens.

Examples include reorganizing an unsafe setup, removing damaged equipment from use, or stopping work to correct a condition that could lead to injury. These actions reduce incidents and keep work moving safely.

**INJURY REPORTING**

If an injury occurs, report it to your supervisor immediately — even if it seems minor. Prompt reporting ensures proper care and allows concerns to be addressed quickly.

**IMPORTANT REMINDER**

These expectations apply at every site, every shift. Consistency in how work is done is what prevents injuries.

# Resetting After the Holidays: Mental + Physical Wellness

The start of a new year is a time to reset after the busy holiday season and establish healthy routines moving forward. Changes in schedules, colder weather, and returning to normal workloads can affect both mental focus and physical energy.

Supporting your mental and physical well-being is essential to working safely and effectively. When stress, fatigue, or distraction carry over from the holidays, it can increase the risk of rushing, making mistakes, or getting injured. Small daily habits help create a safer and more balanced start to the year.

## **SIMPLE WAYS TO SUPPORT MENTAL & PHYSICAL WELLNESS THIS MONTH:**

- **Take short mental and physical resets:**

Pause briefly to breathe, stretch, and refocus throughout the shift.

- **Stay hydrated:**

Cold weather can reduce thirst, but hydration is still important for energy, focus, and muscle function.

- **Eat consistently:**

Regular meals help maintain steady energy levels and support concentration.

- **Use breaks intentionally:**

Step away from your workstation to rest your mind and allow your body to recover.

- **Communicate early:**

If you're feeling overwhelmed, tired, or distracted, let your supervisor or a coworker know.

- **Slow the pace when needed:**

Rushing increases both mental strain and physical risk. Working at a steady pace supports safer outcomes.

## **WHY THIS MATTERS:**

Mental stress and physical fatigue both affect awareness, reaction time, posture, and decision-making. Managing both helps prevent injuries, supports safer work habits, and promotes long-term well-being.

Your well-being matters — at work, at home, and throughout the year.

Let's start the new year by supporting one another and building healthy routines that last.



Safe2Say allows anyone on our team to anonymously report safety hazards, misconduct, or concerns. No judgment. No retaliation.

Get in touch!



Questions or need  
to submit a report?  
Call 914.998.2345  
or scan the QR code