



# Weekly Safety Tip

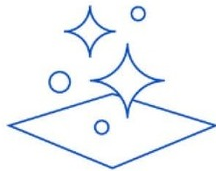
## Health Tips To Help Combat Allergies



### To Help Combat Allergies

DA Varwig

March 2023



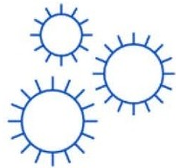
#### Spring Cleaning Isn't Just for Spring

Clean regularly to remove any allergen-harboring dust



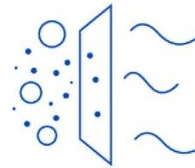
#### Limit Pollen Intrusion

Keep windows and doors closed and make sure they're well-sealed, especially during high-pollen days



#### Prevent Mold Growth

Keep moisture levels down by using ventilation or exhaust fans



#### Use a Home Air Purifier

Reduce indoor allergen levels with **air purification** that is capable of removing even the smallest particles

Did you know that over a third of Americans live where air quality is suboptimal and exceeds the maximum thresholds set by the U.S. Environmental Protection Agency (EPA) for key pollutants, such as ozone and particulate matter?

Moreover, research suggests that indoor air quality (IAQ) can be up to five times worse than it is outside. This is because outdoor air pollution is not solely limited to the outdoors. Indoor air is subject to a wide range of pollutants, coming both from outdoor air that flows inside and from source contaminants within the building. Given that we spend around 90% of our time indoors, finding good indoor air quality solutions for the spaces where we live, work, learn and play is crucial.

#### How Can We Improve IAQ?

There are three major ways to reduce pollutants in indoor air:

- **Source control:** eliminating individual sources of pollution or the reduction of the use of materials that emit pollutants
- **Increased ventilation:** increasing fresh air intake from the outdoors
- **Air purification:** cleaning the air indoors with an air purifier



## A Workplace Mental Health Toolkit



### A WELL-BEING MOMENT

Dave Varwig  
March 2023

## A Workplace Mental Health Toolkit



*In MHA's Mind the Workplace 2022 report, 78% of workers agree that workplace stress affects their mental health, and 7 in 10 workers find it difficult to concentrate at work.*

*This stress can negatively impact workers' well-being, job satisfaction, productivity, and retention.*

*MHA created an easy-to-follow toolkit for all levels of an organization to help support employee mental health and well-being.*

*Learn how employers and people leaders can develop or improve workplace policies that uplift workers, ensure they are valued and heard, and improve an organization's overall culture of well-being.*

*Whether this is your initial effort into mental health in the workplace or you want to benchmark what is already being done effectively, you should find resources suited to your needs and interests.*

In each section of this **Workplace Mental Health Toolkit** there are fact sheets, printable resources, checklists, drop-in articles, and more to help **create a culture of support and well-being**.

In this toolkit, you can learn how to:

- Cultivate supportive people managers;
- Develop an employee-driven mental health strategy;
- Build an impactful mental health employee resource group;
- Provide and educate employees about benefits and resources; and
- Find creative ways to think beyond the norms of basic benefits.

You can browse the listings below to review the content in the toolkit. For your convenience they are also hyperlinked so you can review and download individual toolkit items as pdfs.

Following the listings is a page with an exhibit of a postcard on **Understanding Stress and Burnout**, along with **11 Tips for Talking to an Employee with a Mental Health Concern**.

### Toolkit Introduction & Additional Resources

[Foreword by Mental Health America and Walgreens Boots Alliance](#)

[Prioritizing Mental Health in the Workplace](#) (Infographic)

[Additional MHA Resources](#)

[Additional Partner and Collaborator Resources](#)

[Walgreens Case Study](#)

Check out OSHA's Quick Takes here! (New links)

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