



AEA SAFETY COMMITTEE

MAY 2023 NEWSLETTER

www.aeanj.org

MAY IS MENTAL HEALTH AWARENESS MONTH!

Workplace stress and poor mental health can negatively affect workers and their job performance. Workplaces can also be a key place for resources, solutions, and activities designed to improve our mental health and well-being. While there are many things in life that induce stress, work can be one of those factors. Workplaces can also be a key place for resources, solutions, and activities designed to improve our mental health and well-being.

- Nearly one in five US adults live with a mental illness
- Workplace stress has been reported to cause 120,000 deaths in the US each year
- Approximately 65% of U.S. workers surveyed have characterized work as being a very significant or somewhat significant source of stress in each year from 2019-2021.
- 83% of US workers suffer from work-related stress
54% of workers report that work stress affects their home life.
- For every \$1 spent on ordinary mental health concerns, employers see a \$4 return in productivity gains

<https://www.osha.gov/workplace-stress>

REMINDER!!!!!! 2022 Right to Know Surveys due July 15, 2023

https://www.state.nj.us/health/workplacehealthandsafety/documents/right-to-know/rtk_survey/2020_rtk_survey_instructions.pdf

Hazard Prevention and Control

Effective controls protect workers from workplace hazards; help avoid injuries, illnesses, and incidents; minimize or eliminate safety and health risks; and help employers provide workers with safe and healthful working conditions. The processes described in this section will help employers prevent and control hazards.

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

<https://www.osha.gov/sites/default/files/publications/OSHA3885.pdf>

If you have any safety or risk management issues the AEA Safety Committee is here to help!

Need answers or resources email JKessler@acua.com or Karen@aeanj.org

Our committee meets quarterly via zoom if you would like to join us!

Our next scheduled meeting is Friday, July 21, 2023 at 10:00 am.