

The latest Safety and Wellness topics, training and announcements.

Distracted Driving

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Upcoming Trainings

Heat Illness

Supervisor Safety Training

FROI/Preferred Providers

Wellness (State of Mind)

Sleep

Next Month Topics:

Heat Illness

Employee Wellness Month

Distracted Driving

Focus on minimizing distractions while behind the wheel to prevent accidents and injuries.

Why Distracted Driving is Dangerous:

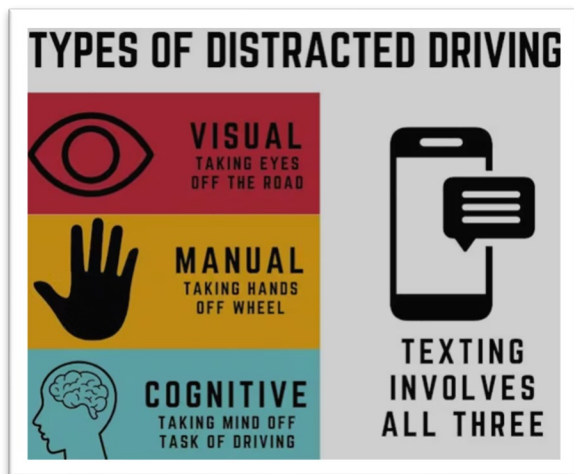
- Increases the risk of crashes.
- Fatal consequences.

What things Cause Distracted Driving:

- Talking or Texting on your phone.
- Eating and Drinking.
- Talking to people in your vehicle.
- Adjusting the stereo, temperature or navigation systems.
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Tips for Safe Driving:

- Put away your phone - Turn off notifications while driving.
- Designate your passenger to handle calls, texts or other tasks.
- Plan & input your route before you start driving.
- Focus on the road and avoid multitasking.
- If you're feeling tired or distracted, pull over to a safe location and take a break.



Upcoming Training:

DHR offers an Online Defensive Driving Development Plan to Employees:

Supervisor Safety Training - See Attached Flyer

Heat Illness - May 8th 2-3:00pm (Teams)

Heat illness occurs when the body struggles to regulate temperature, leading to conditions like heat cramps, heat exhaustion, and heat stroke. This course is designed to bring awareness to heat related illness and provide knowledge on how to recognize and prevent these illnesses. Recognizing the signs and symptoms of heat illness is crucial for preventing serious complications or even death.

Micro-Learning - May 14th - First Report of Injury and Preferred Providers:

This session will cover how to submit a FROI including Org Codes, understanding documents and Information needed prior to submittal and explanation of Preferred Providers.

Wellness (Our State of Mind)



Prioritizing sleep is crucial for safety & overall well-being:

Fatigue can significantly impair cognitive function, reaction time, judgment and increase accidents and injuries both at work and while driving. Sleep deprivation can lead to decreased productivity, increased errors and higher risk for workplace injuries.

Sleep plays a vital role in your emotional well-being. Sleep helps regulate your moods and enough sleep allows your brain to regulate emotions more effectively, helping us feel more stable, resilient and better equipped to handle life changes.

Adequate sleep improves our reaction times, enhances decision-making skills, and boosts creativity and problem-solving abilities. Getting enough sleep can help reduce illness, maintain healthy weight, reduce stress, reduce injuries and improve your overall attention and memory to better perform daily activities.

Sleep & its impacts:

Do you get enough sleep:

Adults need 7+ hours or more of sleep each night. Lack of sleep is linked to several chronic diseases and conditions:

- Diabetes
- Heart Disease
- Obesity
- Depression

Tips for Good Sleep:

- Go to bed on a schedule and wake up at the same time each day, including weekends.
- Keep bedrooms quiet, dark and at a comfortable temperature.
- Remove electronic devices from the bedroom.
- Avoid large meals, caffeine, and alcohol before bed.
- Being active during the day can help you fall asleep at night.

DHR offers Wellness Awareness Course



Wellness Awareness offers activities, strategies, and plans to help participants understand, recognize, and manage stressors. Additionally, participants will recognize the importance of self-awareness, demonstrating resilience, concerns with burnout, and intentional wellness planning.

Register in Luma L&D - DHR_000049

June 18, 2025, 8:30am to 12:00pm (MST) (Online)

SUPERVISOR SAFETY TRAINING

WHEN & WHERE

4/16/2025 – 10:00am to Noon - Twin Falls

- DHW - 601 Pole Line Road, Twin Falls

4/30/2025 – 9:00am to 11:00am – Pocatello

- 421 Memorial Drive, Pocatello

5/06/2025 – 9:00am to 11:00am – Lewiston

- DHW - 1118 F Street, Lewiston

5/13/2025 – 10:00am to Noon - Coeur d' Alene

- DHW - 1120 Ironwood Drive, CDA

5/14/2025 – 9:30am to 11:30am – Boise

- E. Annex - 514 W. Jefferson Street, Boise

5/22/2025 – 9:30am to 11:30am – Idaho Falls

- SEPH - 1250 Hollipark Drive, Idaho Falls

Supervisor Safety Training provided by the State Insurance Fund (SIF) to deliver training across the state in each region. The training includes the basics of workers compensation, understanding why accidents happen, supervisor role and responsibility, identifying hazards and controls, incident investigation and training. This training is designed for Supervisors only.

**REGISTER
NOW**

DHR_000021

Register in Luma

TOPICS

- **Workers' Compensation**
- **Roles**
- **Responsibilities**
- **Identifying hazards**
- **Identifying controls**
- **Incident Instigations**
- **Accident causes**

BENEFITING

- **Supervisors**

PROVIDED BY:

- **DHR & SIF**