

SAFE + SOUND WEEK 2026



WHAT IS SAFE + SOUND WEEK?

OSHA's Safe + Sound Week is a nationwide event held each August to recognize the successes of workplace safety and health programs. It encourages organizations to celebrate their safety achievements and continuously improve practices to keep everyone safe.

At ASMG, we're in the height of our season — and that makes this the perfect time to take a deliberate pause and refocus on our people and their shared commitment to safety of one another. Safety is not just a set of rules, but a shared responsibility.

Every one of us plays a role in making sure we go home safely at the end of the day, and that responsibility extends beyond the workplace into our homes, our families, and our daily lives. The habits that protect us on the job such as staying aware, speaking up, and following safe practices also help protect the people who count on us at home.

ASMG SAFETY INITIATIVES

This Safe + Sound Week, we're proud to shine a light on some of ASMG's recent health and safety improvements and accomplishments.

A few of our 2026 Safety Successes:

- **HSI Implementation:** Providing advanced training and a universal safety reporting platform
- **Divisional Safety Committees:** Bringing teams together to enhance our safety culture
- **Equipment Training:** Heightened emphasis on training and development this year
- **Strengthening LOTO Procedures:** Company initiative to standardize our LOTO procedures



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TAKE SAFETY HOME

- **Prioritize home safety** – serious hazards and risks exist where you least expect them
- Fix hazards immediately and seek expert help for complex repairs
- Ensure smoke alarms, carbon monoxide detectors and fire extinguishers are properly maintained
- Stay alert during seasonal and outdoor tasks

5S OF HOUSEKEEPING

- The **steps of 5S** are **S**ort out unnecessary items, **S**traighten and organize remaining items, **S**hine and clean the area, **S**tandardize a maintainable routine, and **S**ustain the practice to make it a daily habit
- 5S can be applied in any work area from office, manufacturing, and construction
- Helps create a more productive and safety work environment with higher employee satisfaction

MENTAL HEALTH AWARENESS

- **Mental health is as important as physical health**
- Know the warning signs: mood changes, withdrawal, fatigue, poor focus, increased risk taking, etc.
- Asking for help is a sign of strength, and looking out for one another creates a safer, healthier workplace
- Confidential assistance is available through our Lucet Employee Assistance Program

HYDRATION FACTS

- Don't wait until you're thirsty to hydrate – **thirst is often a sign that dehydration has already begun**
- Check your urine color and watch for cramps, headaches, or dizziness before it progresses to heat illness
- **Hydrate steadily** by drinking small amounts of water every 15-20 minutes in hot conditions
- Prepare the night before and avoid dehydrating beverages before a hot workday

IMPORTANCE OF TOOLBOX TALKS

- Keep TBTs short and relevant – they should be **brief safety talks directly related to current site conditions**
- Micro-learning can improve workplace safety by increasing knowledge retention
- Regularly conducting TBTs **helps to prevent accidents and injuries** and promotes a good safety culture
- Documenting employee attendance increased personal accountability for following safety practices

