



Safety+Health

Newsletter



**ALZHEIMER'S
& BRAIN**
AWARENESS
MONTH



Do You Know Your Limitations?



PPE
PERSONAL PROTECTIVE EQUIPMENT
SAFETY



June 2025

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JUNE IS **NATIONAL SAFETY MONTH**

While safety is essential every day of the year, it's important to set aside specific time to focus on safety in the workplace, at home, and everywhere we go. National Safety Month, established by the National Safety Council in 1996, aims to raise awareness about the significance of safety. This year, let's concentrate on "Safety at Home."

It's great to have emergency plans at work, but does your family know how to respond to emergencies at home? While we all have important contact numbers stored on our phones, it's crucial to consider what to do if those phones become unavailable.

Keeping everyone safe during an emergency is vital. Prepare for various events such as power outages, severe storms, fires, ice storms, floods, earthquakes, and more, depending on your location. Ensure your home is equipped with a carbon monoxide detector, smoke alarm, and fire extinguisher, and regularly check that they are functioning properly.

It's also essential to have an emergency kit stocked with supplies, including a flashlight with extra batteries, fresh drinking water, non-perishable foods, and a first aid kit. Everyone in your household should know where these items are located and how to use them. Be prepared to be self-sufficient for at least 72 hours.

Create a floor plan of your home with all exit routes from each room, and practice these routes with your family, including your children. You can turn this practice into a game to help them understand what to do in case of an emergency.

Ensure they memorize important phone numbers and go over different scenarios to train them on what actions to take. This same training may also be necessary for elderly loved ones. Identify safe meeting places for everyone to go if you need to evacuate or cannot return home. Choose one location close to your home and another outside your immediate neighborhood. Always plan for two exit routes in case one is blocked.





Assign an out-of-town contact person for each family member to reach out to in case of an emergency. Make copies of important documents, such as birth and marriage certificates, passports, licenses, wills, and insurance policies. Keep one set at home and give another set to a trusted friend or family member. Additionally, have current photos of all family members readily available.

If an evacuation is necessary, authorities will only ask you to leave your home if they believe you are in danger. When evacuating, take your emergency kit, personal identification for each family member, and copies of important documents. Don't forget your cell phone, spare battery, and charger.

As soon as possible, contact your out-of-town contact to inform them of your whereabouts and expected arrival time. Once you reach safety, update them on your situation. If you go to an evacuation center, remember to register at the registration desk. Do not return home until

authorities confirm it is safe to do so.

If you suspect your water may be contaminated, consult your local municipality or authorities for guidance. When in doubt, do not drink water that could be unsafe.

Keep some cash on hand in small bills, as bank machines and credit/debit cards may not work during emergencies. Stay informed by listening to the radio or watching television for updates.

In conclusion, update your emergency plans every June. Review your contact information, practice your evacuation plans, and restock your emergency kits.

While emergencies can occur unexpectedly, being well-prepared with a thorough plan and necessary supplies turns uncertainty into a manageable situation, enabling us to respond effectively and calmly when faced with challenges. □





National Institute for Occupational Safety and Health

NIOSH®

Under Siege

Last month, in response to significant pressure from unions, public health experts, and Congressional lawmakers, the Department of Health and Human Services (HHS) reversed layoffs affecting approximately 300 workers. This group represents a small portion of the total NIOSH staff, which numbers around 1,000.

The decision came after a judge issued a temporary restraining order, instructing the current administration to halt any efforts related to an executive order that would lead to major reorganizations within agencies. Additionally, the AFL-CIO's Office of the General Counsel and the Public Citizen Litigation Group have filed a lawsuit in the U.S. District Court for the District of Columbia, seeking the reinstatement of all NIOSH workers across the agency so that NIOSH can continue its important work.

Why NIOSH Is Important

The National Institute for Occupational Safety and Health (NIOSH) is a federal agency dedicated to improving worker safety through scientific research and evidence-based recommendations. Although NIOSH is not a regulatory authority, its work supports numerous OSHA standards and often provides the foundation for enforcement actions when no specific regulation is in place.

NIOSH identifies workplace hazards, tracks injury and illness trends, and establishes exposure limits for chemicals and physical risks. It plays a critical role in certifying personal protective equipment,



The National Institute for Occupational Safety and Health (NIOSH) was established in 1970 as a key component of the legislation that also founded the Occupational Safety and Health Administration (OSHA), another vital federal agency. NIOSH plays a crucial role in promoting workplace safety by not only developing voluntary guidelines and recommendations aimed at employers but also conducting extensive research. This research is essential for shaping OSHA's regulations and ensuring they are effectively enforced to protect workers' health and safety across various industries.



including respirators used by over 5.3 million private-sector workers. It also develops best practices for high-risk environments, such as confined spaces and exposure to toxic substances like arsenic, chlorine, and carbon monoxide.

NIOSH supports vulnerable worker populations through programs like the World Trade Center Health Program and initiatives for energy workers exposed to radiation. In 2023, it launched the Center for Firefighter Safety, Health, and Well-being to address new and emerging risks in the fire service.

Through its Health Hazard Evaluation (HHE) program, NIOSH helps employers, unions, and employees assess and mitigate workplace risks. It also provides technical expertise to the Mine Safety and Health Administration to prevent mining accidents.

NIOSH invests in the future of occupational health by funding universities, public health departments, and nine Education and Research Centers (ERCs) that train professionals and respond to evolving workplace challenges.

NIOSH plays a vital role in closing critical gaps in regulation, research, and training, making workplaces safer, healthier, and more resilient across the nation.

Protecting NIOSH means preserving the science, expertise, and infrastructure essential to safeguarding the health and safety of millions of American workers. □

PPE

PERSONAL PROTECTIVE EQUIPMENT

SAFETY





Workplace safety begins with a thorough hazard assessment. Identifying potential hazards and associated risks allows for developing a targeted plan to reduce the likelihood of injury. Risk Assessments and Job Safety Analyses (JSA) are valuable for evaluating tasks and identifying necessary precautions.

Applying the hierarchy of controls remains a proven method for safeguarding employees. When risks cannot be fully eliminated through elimination, substitution, engineering, or administrative controls, selecting and implementing the proper personal protective equipment (PPE) becomes critical.

In high-risk work environments, such as aviation, a single moment without proper protection can change a life forever. PPE is not just gear; it serves as the last

barrier between safety and serious harm. From sturdy bump caps that protect against head injuries to respirators that filter out toxic air, PPE plays a crucial role in reducing workplace injuries and saving lives.

Moreover, the importance of PPE extends beyond its physical function. It embodies a mindset of vigilance, care, and responsibility.

Why PPE Still Matters

Even with advancements in engineering controls and automation—the preferred methods in the hierarchy of hazard control—many environments still pose residual risks. In such cases, PPE becomes the critical final safeguard.

Whether it's the threat of falling objects during aircraft maintenance, biological exposure for cabin crew and ground staff, or chemical hazards in hangars and





fueling operations, PPE protects aviation workers from dangers that cannot be entirely eliminated. According to the Occupational Safety and Health Administration (OSHA), countless injuries could be prevented each year with the proper and consistent use of PPE. For instance, hand injuries alone account for over 100,000 lost-time injuries annually, many of which could be avoided with appropriate gloves.

In the aviation industry, where safety is paramount and operational demands are constant, the correct use of PPE is not just a regulatory requirement but a critical component of risk management.

From high-visibility vests and hearing protection on the ramp to respiratory gear for maintenance crews working with chemicals, ensuring employees are properly equipped and trained can dramatically reduce incidents and help maintain the high safety standards that passengers and personnel alike depend on.



Beyond Compliance

Meeting regulatory requirements is just the starting point. Truly effective organizations go further by cultivating a safety culture that makes PPE an integral part of daily operations. In these environments, safety isn't a checklist; it's a shared value. From onboarding and training to routine tasks and leadership modeling, PPE becomes second nature, consistently reinforced at every level of the organization.

Innovation in PPE

PPE is rapidly evolving from the integration of innovative, lightweight, and highly adaptable materials that enhance safety and comfort. Modern innovations include wearable devices that monitor environmental conditions, cooling fabrics for hot environments, and visors that resist fogging in high-moisture settings.

However, innovation only matters if it's implemented effectively. Safety leaders must



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Personal Protective Equipment (PPE) is considered the last line of defense and is the least effective method for controlling hazards. It should not replace engineering or administrative controls. The effective use of PPE depends on the user and is intended to be a temporary measure until more effective controls can be identified and implemented.”

evaluate not only whether equipment meets regulatory standards but also whether it performs in real-world conditions, and whether employees are comfortable and willing to use it consistently.

The Bottom Line

Every task, shift, and worker is entitled to the best protection. PPE should never be an afterthought; it is a crucial component of any effective safety strategy.

As we strive for safer workplaces, we must understand that the most effective protective measures are proactive, not reactive. Safety begins with awareness and action. PPE is more than just a requirement; it's a responsibility. By wearing the right gear and using it properly, we protect not only ourselves but also our coworkers, families, and the future of our workplace.

Safety is a year-round priority; it's a personal commitment. So, wear it, respect it, and champion it. PPE only works when you wear it. □



This month marks the start of **Alzheimer's and Brain Awareness Month** that is dedicated to raising awareness about Alzheimer's disease and other forms of dementia. Led by the Alzheimer's Association and supported by health organizations worldwide, this annual observance highlights critical brain health issues, encourages research, and promotes early diagnosis and intervention.

Alzheimer's disease, the most common cause of dementia, affects over **6 million** Americans today, and that number is projected to nearly double to **13 million** by 2050. The disease profoundly impacts not only those diagnosed but also their families and caregivers, imposing significant emotional and financial challenges.

A progressive neurological disorder, Alzheimer's leads to memory loss, cognitive decline, and the eventual inability to perform everyday tasks. It primarily affects older adults, with most diagnoses occurring after age 65.

Early signs may include difficulty remembering recent events, names, or conversations,

symptoms are often mistaken for normal aging.

As the disease advances, individuals may face disorientation, behavioral changes, and severe memory loss, affecting daily life and independence. While there is currently no cure, treatments are available to manage symptoms and help improve quality of life.

Throughout this month, a variety of events and campaigns aim to educate the public about brain health. The Alzheimer's Association encourages everyone to **"Go Purple"** — the official color of the movement — by wearing purple, using themed social media filters, and participating in local events and fundraisers.

The core message of the month is the importance of early detection. Identifying cognitive issues early can lead to more effective diagnosis and care planning.



ALZHEIMER'S & BRAIN AWARENESS MONTH





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African Americans are at an elevated risk for various health conditions which can significantly heighten the likelihood of developing Alzheimer's disease later in life.



People are encouraged to seek regular cognitive assessments, especially if they notice memory concerns or other changes.

As June progresses, communities, health-care professionals, researchers, and advocates unite to raise awareness and foster understanding. By shining a light on Alzheimer's and the importance of brain health, Alzheimer's and Brain Awareness Month plays a vital role in the ongoing effort to combat this devastating disease and work toward a future without it. □

Do You Know Your Limitations?

Many individuals fail to understand that the “safety chains” of maintenance processes consist of complex tasks that are implemented and managed by an airline.

Aviation Maintenance Technicians (AMTs) possess varying aptitudes, abilities, and levels of training, and they work under different conditions, organizational structures, procedures, and scenarios. The combination of these factors, along with the human element, ultimately determines the performance, safety, and efficiency of an operation.

Safety chains are designed to ensure that human capabilities are not stretched beyond their limits. It is essential for all aviation professionals to recognize the important role they play in maintaining the integrity of the “safety chain.” □



UPCOMING EVENTS

JUNE
1-7

CPR & AED Awareness Week

National CPR and AED Awareness Week emphasizes the importance of knowing CPR and using an AED to save lives. Approximately 70 percent of out-of-hospital cardiac arrests happen at home. Being prepared can make a difference in saving the life of a loved one.

JUNE
5

World Environment Day

Plastic pollution permeates every corner of the planet, even in our bodies in the form of microplastics. World Environment Day 2025 calls for collective action to tackle plastic pollution.

JUNE
10

National Forklift Safety Day

Observed on the second Tuesday in June each year. Did you know that between 35,000 and 62,000 injuries every year involve forklifts? Several cases involved bystanders or pedestrians. This is an opportunity to highlight the importance of operator training and pedestrian awareness.

JUNE
18

PPE ROADSHOW

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Matters!**

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