

MAY 2025 OHSE Bulletin Vol.7 No.5



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Did you know

May is Mental Health Awareness Month

This month is dedicated to raising awareness about mental health issues, reducing stigma, and encouraging people to seek help. Good mental health is essential for our personal well-being, relationships, and ability to contribute to our communities. Everyone deserves access to mental health care, support, and respect, no matter where they live.

Mental Health Awareness Calendar Try-it Tuesday Body Scan Bin a confortable posterior. Close your eyes wareness to each body part and notice what you be hardly, you be hardly, you be presented by the presentation of the pre



Personal pledge checklist

- ✓ I will use the correct equipment for job at hand
- ✓ I will identify, evaluate, control, and report hazards
- ✓ I will participate in HSE compliance and communication
- ✓ I will be committed to safety of myself and others
- ✓ I will comply with clients' safety procedures
- ✓ I will use appropriate PPE for job at hand

