



WisCon Words of Wisdom

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July Awareness Topics

June 28-July 4: [Fireworks Safety Week](#)

All Month Long:

[Vehicle Theft Prevention Month](#)

Celebrate America's 250th Anniversary Safely

As we head into the holiday, many of us will be celebrating with family, friends, and fireworks. Just like on the job, a little situational awareness and hazard prevention at home go a long way.

Before you light the fuse, apply the same safety mindset you use every day:

Wear your PPE: Protect your eyes and ears. Safety glasses aren't just for the shop floor—they are a must-have for lighting backyard fireworks.

Keep fire suppression handy: Always have a charged garden hose or a dedicated fire extinguisher nearby before you start.

Proper disposal: Soak all used fireworks and debris in a bucket of water overnight before throwing them in the trash.

Let's enjoy the time off and ensure everyone makes it back to work safe, healthy, and injury-free. Have a great and

We want to hear from you!

What content would you like to see in an upcoming newsletter?

Let us know [here](#).

Get Ready for Safe + Sound Week 2026

Now is the perfect time to prep your workplace for OSHA's 10th annual Safe + Sound Week, August 10-16. This year's nationwide campaign puts a special spotlight on safety and health recognition programs, celebrating the proactive efforts that keep workers safe.

How to prep now:

- **Plan your activities:** Brainstorm ways to highlight management commitment, involve workers, and hunt for hazards.
- **Focus on recognition:** Plan a ceremony, shout-out, or reward system to honor your team's safety milestones and compliance leaders.
- **Watch for registration:** Official sign-ups open soon on OSHA's Safe + Sound portal.

OSHA Virtual Hearings on Deregulatory Rulemaking

OSHA is hosting a series of virtual informal public hearings beginning Wednesday, August 19, 2026, at 9:30 a.m. to discuss proposed changes across a wide range of standards.

Key topics on the agenda include updates to walking-working surfaces, textile and sawmill standards, and revisions to the medical evaluation requirements in the Respiratory Protection Standard, alongside updates to dozens of substance-specific health standards (including asbestos, lead, benzene, and formaldehyde).

How to Participate:

- **To Testify or Submit Evidence:** You must file a Notice of Intention to Appear (NOITA) in advance. Submissions can be made via [OSHA's Hearing Form](#).
- **To Watch Only:** No registration is required. Viewing instructions will be posted by OSHA in the coming months.

For full details on the affected standards, visit the [OSHA Deregulatory Rulemaking webpage](#) or review the official [Federal Register Notice](#).

Protecting Our Youngest Crew Members

With summer in full swing, many businesses are welcoming teenagers into their first jobs. While young workers bring incredible energy, they also face a significantly higher risk of workplace injury than older adults—often due to a simple lack of experience, inadequate training, or a hesitancy to voice safety concerns.

As leaders, ensuring "no one's first job is their last" starts with building a robust safety culture from day one. Apply these core strategies to keep your teen workers safe, healthy, and confident on the clock:

- **Provide Clear, Jargon-Free Training:** Never assume a young worker knows standard safety terms or how to use a piece of equipment. Deliver hands-on safety training in a vocabulary they fully comprehend, and verify understanding by having them demonstrate the task back to you.
- **Double Down on Direct Supervision:** Keep a close eye on new teen hires. Pair them with experienced mentors who model safe behavior and can actively guide them through unexpected hazards.
- **Establish an Open-Door Policy for Safety:** Young workers are frequently hesitant to speak up about unsafe conditions or ask for help out of fear of looking inexperienced. Actively encourage them to report hazards and ask questions without fear of reprisal.
- **Know the Rules on Restricted Duties:** Federal and state child labor laws strictly prohibit workers under 18 from performing certain high-hazard tasks. Ensure minors are never assigned to operate power-driven equipment or perform hazardous tasks prohibited under federal or applicable state child labor laws, such as operating meat slicers, many power saws, forklifts, roofing work, or excavation. Remember that state child labor laws may be more protective than federal requirements. Employers must comply with whichever standard provides greater protection.

Safety is a learned skill. By investing a little extra time in training and mentorship today, we protect the next generation of our workforce and send them home safely at the end of every shift.

Hydration Starts Before Your Shift

When the July heat hits, staying safe on the job isn't just about what you drink while you're on the clock—it's also about how you prepare beforehand. Arriving at work already dehydrated can put extra strain on your body, making it harder to regulate your temperature and increase your risk of heat-related illness.

To help keep your body cool and your energy up, make hydration part of your routine with these practical tips:

- **Start Hydrating Before Your Shift:** Don't wait until you're thirsty. Stay well-hydrated throughout the day *before* a hot shift and drink water before heading to work so your body is better prepared for the heat.
- **Make Water Your Go-To Drink:** Water should be your primary source of hydration. Moderate amounts of coffee or tea can contribute to your daily fluid intake, but avoid relying on highly caffeinated energy drinks to stay hydrated.
- **Drink Regularly on the Job:** During strenuous work in hot conditions, drink about one cup (8 ounces) of water every 15–20 minutes—even if you don't feel thirsty. If you're sweating heavily for several hours, an electrolyte-containing beverage can also help replace minerals lost through sweat.
- **Check Your Hydration:** One simple way to monitor hydration is by checking your urine color. Pale yellow generally indicates you're well-hydrated, while darker urine may be a sign that you need more fluids. Keep in mind that some medications, vitamins, and foods can also affect urine color.

Hydration is one of the simplest and most effective ways to help prevent heat-related illness. Drink before you're thirsty, stay hydrated throughout your shift, and look out for your coworkers—especially during periods of extreme heat.

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