



Safety Message of the Day for IMEA Members



Off to Work We Go – A Safety Message for Your First Day Back

The holidays bring joy, celebrations, and often some well-deserved time off. But as we return to work and ease back into our routines, it's important to be extra mindful of safety—especially on that first day back.

Did you know?

According to the Bureau of Labor Statistics (BLS), Mondays consistently see the highest number of workplace injuries compared to any other day of the week. Since 2007, Monday has topped the charts almost every year—with only two exceptions. This trend extends to first days back after long breaks or holiday time off.

Why Does This Happen?

- Disrupted routines can make us less alert.
- Mental distractions from time off may affect focus.
- Muscle memory for tasks might be rusty.
- Complacency can sneak in after relaxing time away.

What Can You Do?

- Take a few extra moments to refamiliarize yourself with your tasks.
- Review safety protocols before starting up machines or equipment.
- Stretch and warm up—especially for physical work.
- Stay aware of your surroundings and report any hazards.
- Look out for your coworkers—a quick check-in goes a long way.

Let's make safety a priority—every day, but especially as we return from breaks. Stay alert, stay safe, and help ensure that everyone gets back into the groove injury-free.