



**Volume XXXVI**

**Number 53**

**December 29, 2025**

# **Safety In Your Life (2026)**

MAREK hopes that you have enjoyed these holidays with your loved ones. It is time to look ahead, and it is also important to remember that safety is our priority. We need to remember that we are not getting any younger and that an injury can not only leave us out of work but also compromise the well-being of our family.

In fact, according to the National Institute for Occupational Safety and Health, better known by its acronym (NIOSH), researchers using data from the U.S. Bureau of Labor Statistics (BLS) found that older workers are more severely injured and die more often from workplace injuries than younger workers. Older workers also have longer recovery periods than younger workers. BLS uses the age of 55 in its calculations, with rates rising sharply for workers over 65. Other agencies and organizations define the term as age 50 or 55 and up. The Department of Labor uses age 40 as the starting point for an 'older worker.'

There is a big reason why you should work free from injuries or harm. You have a lot to gain by staying safe and unharmed. The people who rely on you for their happiness and financial support also depend on you to stay safe on the job.

Think about all the things you are capable of doing now that you have the ability to earn; then try to imagine doing these same things if you were without a hand, an arm, a leg, or your sight. It is much harder - if not impossible - for a disabled person to work towards achieving all of their personal goals.

Therefore, always remember the following general safety rules:

- **Always wear the proper personal protective safety equipment**
- **Do not take chances or use dangerous shortcuts**
- **Always be mindful of the safety of others**
- **Help others who are learning new safety practices**
- **Plan ahead. Plan to work safely.**
- **Focus on the task at hand. Do not daydream. Do not engage in horseplay.**
- **Report all injuries to your supervisor immediately**
- **Do not run in the work area unless it is an emergency**
- **Be alert for dangerous trips and head injury hazards. Follow signs and labels.**
- **Keep the work area clean**
- **Do not use drugs or alcohol**