



JANUARY 9-13, 2023

# SAFETY FIRST WEEK

## SAFETY, RISK AND EMERGENCY MANAGEMENT

951.928.3777, EXT. 7777

## SECURITY

951.928.3777, EXT. 4444

2270 Trumble Road  
Perris, CA 92570

## WELLNESS TIPS

- Smile
- Connect With People
- Hydrate
- Eat Healthy
- Be Active
- Sleep
- Have a Purpose

## SAFETY STATE OF MIND

Safety in the workplace is just as much about keeping employees and the public we serve safe from harm, as it is about emotional and mental wellness.

Eastern Municipal Water District (EMWD) cares about and understands that we all have things going on in our personal lives that make their way into our workdays, potentially creating distractions and taking attention away from being mindful of the hazards around us.

To assist employees with these various life challenges and stressors, EMWD offers the following resources:

- **Employee Assistance Program (EAP)** — Professional Resources is EMWD’s administrator, assisting employees in providing licensed and confidential support and referral services.  
  
The program provides assistance with credit or financial concerns, divorce, depression, child care and elder care needs, domestic violence, legal and medical matters, stress, family problems, parenting issues and substance abuse.  
  
The first three meetings are paid for by EMWD and are available to EMWD employees, spouses and eligible dependents. For more information, call 951-781-0510.
- **Wellness Committee** — This team of EMWD employees supports and encourages healthier and improved lifestyles and is an excellent source of fun events and activities, like Walking Wednesdays and yoga classes. Connect with a member today to see how their activities may help alleviate stress.
- **Gym in the Operations and Maintenance Building** — Pop into EMWD’s well-equipped on-site gym for some early-morning, lunchtime, or after-work weightlifting or cardio. The gym is open from 4 a.m. until 6 p.m. on weekdays.



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