



June 2, 2025

June Safety Tip

Five Tips to Help Prevent Workplace Injuries

In recognition of June being National Safety Month, this month's Safety Tip will focus on developing healthy habits to prevent injuries at work.



Five Tips for Healthy Habits & Injury Prevention

1. Dedicate time to exercise

Staying active with activities you enjoy, like hiking, cycling, or going to the gym, can improve strength and flexibility which helps prevent injuries.

2. Take breaks

Fatigue increases your risk of injury. Take regular breaks throughout the day to give your body a chance to rest and reset.

3. Keep objects close to your body when lifting

Lifting items too far from your body increases strain on joints and muscles. Keep heavy objects close to your body to reduce the risk of injury.

4. Build small healthy habits

Small changes like using the stairs or making a healthy food swap each week can add up to lasting health benefits.

5. Listen to your body

Pay attention to pain or stiffness. Addressing discomfort early can prevent it from becoming a more serious injury.

If you're dealing with ongoing pain, it can affect your balance, strength, and ability to move safely. Implementing the five tips above can help prevent injury and keep you safe in the workplace.

Workplace Safety Tips Flyer

Please share the safety tip flyer with your staff and post in common areas.

No-Cost Virtual Physical Therapy

If you need further help improving mobility, managing pain, and preventing serious injuries, Hinge Health is here to help. Hinge Health is a no-cost virtual physical therapy program available to State Plan members 18 years of age and older.



Website: hinge.health/stateofmontana

Call: (855) 902-2777

App: Hinge Health

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

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