



ALLIANCE INTERSTATE RISK
Workers' Compensation

WHOLE BODY SAFETY

MAY 2026

Monthly Safety Training



BEAT THE HEAT.

Heat waves kill more people than all other weather conditions combined. Stay safe by hydrating often, taking shade breaks, dressing in lightweight and light-colored clothing, and slowly acclimating to high temperatures.

USE THE H.A.L.T. MENTAL CHECK.

Check in with yourself often and determine if you are Hungry, Angry, Lonely, or Tired. Addressing these conditions boosts mental clarity, mood, and safety.

PRIORITIZE QUALITY SLEEP.

Over one-third of adults don't get enough sleep. Fatigue increases health risks and slows reaction time. Sleep in a quiet, dark place and avoid caffeine, nicotine, spicy foods, and alcohol before bed.

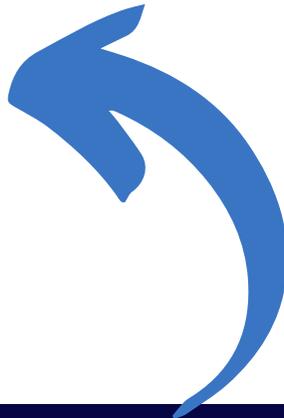
FUEL YOUR BODY WISELY.

Healthy food choices reduce anxiety and depression. Aim for fresh, unprocessed foods, plan meals, and remember: 80% of weight management is diet; 20% is exercise.

H.A.L.T Method
bit.ly/493gmzM



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SUPPORT WHOLE-BODY WELLNESS.

Your hydration, mindset, sleep, and nutrition work together. Balancing each keeps you safer, sharper, and healthier on and off the road.

SCAN THE CODE, LEARN MORE.

We have selected a video from our Safety Library for each monthly safety training topic. Scan or click the code to view it!