

HOMESAFETYMATTERS

FALL 2021

RLG WELLNESS COMMITTEE TIPS

Use Labor Day to evaluate and improve your work/life balance

Since the late 1800s, Labor Day has been a celebration of those who work hard to keep America running.

It's important to celebrate your hard work with a day off, but it's just as important to emphasize work/life balance year-round.

Studies show that roughly 90 percent of U.S. employees feel they struggle with work/life balance.

Starting this Labor Day, assess your current work/life situation regularly. If you think you have room to improve, start by implementing these helpful tips:

- Set a routine to keep a psychological barrier between work and home life – especially those of us who are still working from home!
- Maintain open and honest communication with your manager and coworkers.
- “Eat the frog” - complete your biggest, most important task first.



- Take breaks! Take a short walk, get some water, stretch, breathe, meditate – try different things to see what works for you!
- Set boundaries. Give yourself time away from notifications to relax and spend time with family and friends.
- Ask for help when you need it. RLG and local unions have resources for mental health, including Employee Assistance Programs.

<https://thinkhealth.priorityhealth.com/labor-day-promoting-work-life-balance-for-wellbeing-since-1894/>

<https://thinkhealth.priorityhealth.com/8-tips-to-stay-physically-and-mentally-healthy-while-working-from-home/>

WE'RE IN THIS TOGETHER

With the holidays coming, make a commitment to stay safe and healthy, no matter what.

Get the support you need, and don't hesitate to take advantage of these 24/7/365 confidential resources:

Suicide prevention

- Crisis Text Line - text “HELLO” to 741741
- Suicide Prevention Hotline, 1-800-273-8255

Substance abuse

- Contact your union health and welfare office or RLG Human Resources to reach Employee Assistance Programs.
- Contact your county health department.
- Mental Health and Substance Abuse hotline, 1-800-662-4357.

COVID-19

Vaccination Voluntary Disclosure Form

We expect an increase in the number of customers who require contractors to be vaccinated, especially after the FDA issues its final approval of the COVID-19 vaccines.

To ensure that RLG can serve customers that require vaccinations, we are asking associates to voluntarily self-report their vaccinations.

We will use this data to assess our ability to respond to customers that require vaccinations.

Three ways to submit your information:

1. Complete the form and upload a copy of your vaccination card by scanning the QR code below:



2. Access the form and upload your vaccination card using the RLG Health & Safety App.
3. Send a copy of your vaccination card to **Heather Hagans** in Human Resources via email (heather.hagans@rlgbuilds.com), interoffice mail, or postal mail at GEM Inc. (6842 Comodore Dr., Walbridge, OH 43465).

Thank you for your continued commitment to our customers and their success.



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THE KIDS ARE BACK IN SCHOOL

Know the school bus traffic laws in Ohio and Michigan

There are similarities in the school bus traffic laws in Ohio and Michigan - but some important differences, too.

In both Ohio and Michigan:

- On a two-lane highway, all traffic in both directions must stop.
- On a three-lane highway, all traffic in both directions must stop.

But on a four-lane highway, the two states differ:

- In Ohio, only traffic moving in the same direction as the bus must stop.
- In Michigan, all traffic must stop.
- In Michigan, on a divided highway (with a unpaved space, raised median

or barrier), only traffic moving in the same direction as the bus must stop.

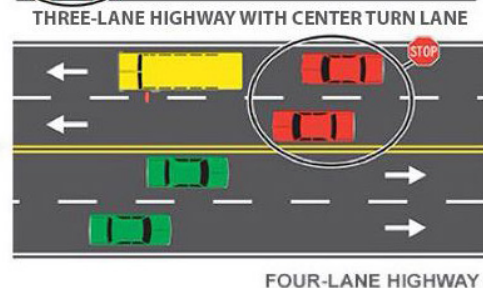
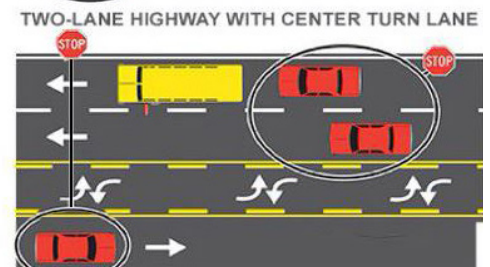
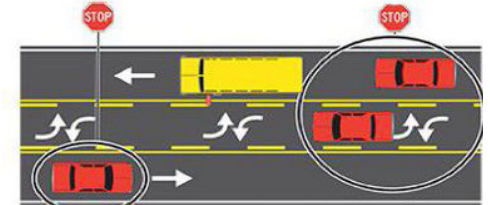
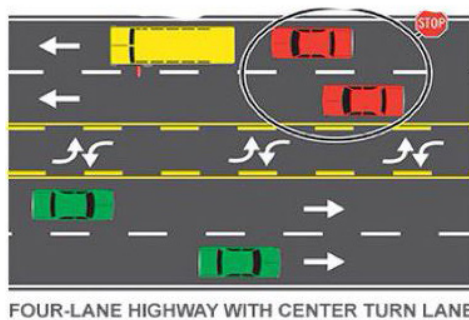
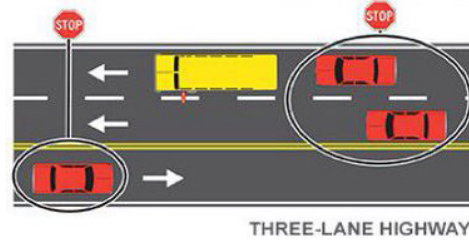
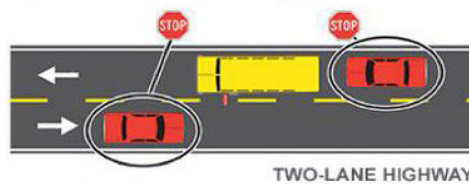
be at least 10 feet away in Ohio, In Michigan, you should be 20 feet away.

Another difference:

- When you stop for a bus, you should

Drivers who violate these laws are subject to fines and license suspensions.

Ohio school bus traffic laws



HOLIDAY COOKING

Follow the CDC guidelines

Keep meat, seafood and eggs separate from all other foods in your grocery bags and in the refrigerator.

Prevent juices from meat and seafood from leaking onto other foods by keeping them in containers or sealed plastic bags.

Thaw turkey in the refrigerator, in cold water (change the water every half hour) or in the microwave. Avoid thawing foods on the counter.

Cook meat, seafood, and eggs thoroughly, using a food thermometer.

Roasts, chops, steaks and fresh ham should sit for three minutes after being removed from the oven or grill.

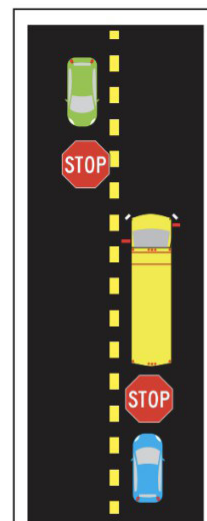
Keep hot food hot and cold food cold.

Refrigerate or freeze perishable food within two hours.

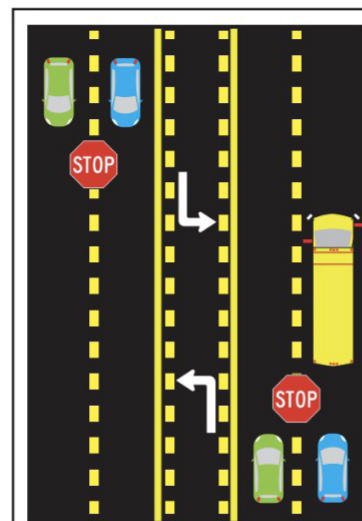
Use pasteurized eggs for recipes that call for raw eggs.

<https://www.cdc.gov/foodsafety/communication/holidays.html>

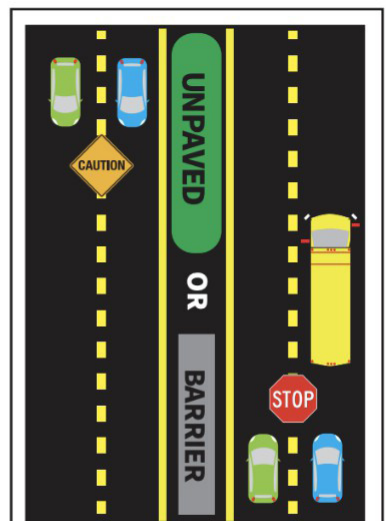
Michigan school bus traffic laws



Vehicles traveling in both directions MUST stop.



Vehicles traveling in both directions MUST stop.



Unpaved space 5 ft+/raised median/physical barrier. Vehicles behind bus MUST stop. Vehicles traveling in the opposite direction must proceed with caution.