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Stay out of the ER this summer!

When you're in the moment of enjoying the great outdoors, it's easy to overlook common safety hazards. Here are a few precautions to keep in mind.

[Find out more](#)



Great money talks for better family trips

Your summer vacation plans may be firmly set, but there's still an opportunity to offer your kids



Summer exercise: What to know

Summer is almost here! As you find yourself outside more, it becomes increasingly

a valuable lesson on how budgeting, saving up and spending wisely can buy not just what's needed in life but also those pleasurable things, too.

[Find out more](#)

important to stay cool and hydrated, and protect your skin from the sun. As you move your physical activity outside, use these tips to keep yourself safe and healthy all summer long.

[Find out more](#)

National Safety Month



Keeping yourself safe whatever you're doing, includes how your work station is set up, (at home or onsite) and your habits when performing everyday tasks. Staring at the computer, cradling the phone, slouching in a chair or even how you carry groceries or lift heavy objects can create painful body conditions. These conditions can be helped or prevented by incorporating good ergonomic techniques into your daily routines and work. For some suggestions, visit:

<https://www.shrm.org/resourcesandtools/hr-topics/risk-management/pages/ergonomics-away-from-office.aspx>.



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