

VOLTS News

Valuing Our Lives Through Safety

March 2024—Volume 124

VOLTS Data Report for February

Total Observations: 248
IPSC Emp. Contact Rate: 0.8
Total Safe Behaviors: 1,913
Total At-Risk Behaviors: 15

Top 3 Safe Behaviors

- Focus on Task (208)
- Required PPE (199)
- Eyes on Path (164)

Top 3 At-Risk Exposures

- Required PPE (5)
- Walking/Work Surfaces (3)
- Respiratory (2)

VOLTS Steering Committee Members

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Farewell to Casey Draper

This is Casey's last VOLTS newsletter as he will be gone by the time this edition is published. Casey has been a great asset to the VOLTS process and IPSC. He will be sorely missed by the VOLTS Steering Committee, but we wish him all the best with his new endeavors.

The VOLTS Steering Committee will continue to keep the process alive and well and moving forward. Rod Moore and Dusty Smith will co-chair the Committee. Please contact anyone on the Committee with any comments or suggestions or if you're interested in serving on the Committee.

Mindful Moments: The Importance of Well-being by Casey Draper



In the fast-paced world we live in, taking the time to cultivate mindfulness can be a game-changer for our well-being. After the recent visit from Jon Macaskill, creator of frogmanmindfulness.com, we wanted to dedicate this newsletter to the pursuit of mindfulness and stress management by delving into the transformative practice of mindfulness and well-being.

Mindfulness Matters: A Brief Introduction

Mindfulness is more than a buzzword; it is a way of life that invites us to be present in the moment without judgment. In the hustle and bustle of our daily lives, it is easy to become entangled in thoughts about the past or worries about the future. Mindfulness helps us anchor ourselves in the present, fostering a sense of calm and clarity.

Mindful Moments in Daily Life



Discovering mindfulness does not require a drastic change in your routine. Small, intentional practices can make a significant difference.

Whether it's savoring something particular in your morning routine, taking a mindful walk, or simply



Mindful Moments: The Importance of Well-being

by Casey Draper (cont.)

TEN STEPS TO MINDFULNESS MEDITATION

<p>1 Create time & space.</p> <p>Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.</p>	<p>2 Set a timer.</p> <p>Start with just 5 minutes and ease your way up to 15-40 minutes.</p>
<p>3 Find a comfortable sitting position.</p> <p>Sit cross-legged on the floor, on the grass, or in a chair with your feet flat on the ground.</p>	<p>4 Check your posture.</p> <p>Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.</p>
<p>5 Take deep breaths.</p> <p>Deep breathing helps settle the body and establish your presence in the space.</p>	<p>6 Direct attention to your breath.</p> <p>Focus on a part of the body where the breath feels prominent; nostrils, back of throat, or diaphragm. Try not to switch focus.</p>
<p>7 Maintain attention to your breath.</p> <p>As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings, or distractions.</p>	<p>8 Repeat steps 6-7.</p> <p>For the duration of meditation session, the mind will wander. Simply acknowledge this and return to your breath.</p>
<p>9 Be kind to yourself.</p> <p>Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange your posture to more erect. Chest still relaxed position.</p>	<p>10 Prepare for a soft landing.</p> <p>When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.</p>



mindfulness can contribute to a more focused and harmonious environment. A mindful workplace not only boosts productivity but also enhances the overall satisfaction and happiness of the team. Encourage your team to embrace brief moments of mindfulness, such as short meditation breaks or mindful breathing exercises. The benefits extend beyond individual well-being, positively impacting team dynamics and productivity.

Well-Being Starts with You

Cultivating well-being begins with self-care. Discover effective self-care practices that resonate with you. Whether it is dedicating time to a hobby, indulging in a relaxing bath, or simply taking a moment to breathe, small acts can have a profound impact on your overall well-being.

Mindfulness Resources

Explore a curated list of books, apps, podcasts, and online resources that can guide you on your mindfulness journey. Whether you are a beginner or looking to deepen your practice, these tools offer valuable insights and practical tips at <https://frogmanmindfulness.com/>

As we move forward, let's carry the spirit of mindfulness into our interactions, workplaces, and daily routines. By fostering a culture of compassion, awareness, and intentional living, we create a ripple effect that extends beyond ourselves, touching the lives of those around us. Thank you for being an integral part of the VOLTS process and community. Here's to a future filled with mindful moments, thriving well-being, and the continuous discovery of the extraordinary moments in our ordinary lives.

pausing to breathe deeply, incorporating these moments into your day can enhance your overall well-being. Mindfulness is not just a practice; it is an empowering tool that allows us to tap into our inner strength. During life's chaos, mindfulness provides a sanctuary, teaching us to embrace the present moment with intention and compassion.

Mindfulness at Work

Create a mindful workplace that promotes well-being among colleagues. In the workplace,

