Safety and Health Week: A Recommitment to Prioritizing Your Wellbeing

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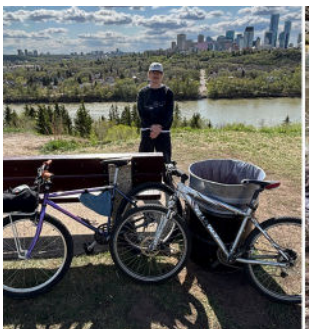
Safety and Health Week (formerly North American Occupational Safety and Health Week) is an international event that takes place the first week of May and reminds all of us how important it is to prevent injury and illness at work, at home, and in our communities. At Trace, we use the week as a chance to pause, learn, and recommit to something that matters year-round: looking after our physical and mental wellbeing.

Trace Health and Wellness Challenge

Each year during Safety and Health Week, Trace runs our Health and Wellness Challenge, an easy and engaging way for staff to build healthy habits and enjoy a bit of friendly competition. Team members log wellness activities in a custom Trace mobile app, called Health and Wellness Challenge. These activities can be anything from an outdoor walk or a gym session, to meditation, quality time with family, volunteering, or whatever helps people feel their best.



Every activity logged helps grow each division's total, which determines how Trace's donation "pot" is shared between local charities chosen by each division. We encourage participants to upload photos and view the gallery. This is one of the best parts of the challenge, because it is a great snapshot of the different ways our staff are supporting their wellbeing.

Why we think it works (and why it is fun!)

This year marks our 6th annual challenge, with previous company-wide participation at over 80%. We love seeing the friendly rivalry and good-natured banter that occurs between divisions. What really makes it effective is how simple it is to participate. With a quick entry in the Health and Wellness Challenge app, even small actions can add up and create momentum. Participation is easy with our app that was built in house, Trace staff just log an activity, add a photo if they want, and check the tracker to see how their

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division is doing. This mix of simplicity, visibility, and purpose (supporting local charities) helps keep the challenge upbeat and inclusive for everyone.

After a long winter, the timing of Safety and Health Week could not be better, as staff are beginning to enjoy the outdoors again. We also have new staff coming on board around this time of year, so this gives them a great taste of our culture while getting to know others across the company.

A simple reminder for all of us

We encourage everyone to participate in Safety and Health week in a way that makes sense for them, even if it is something as simple as enjoying the sunshine outside or reading a good book. Reflecting on your activity level this week can be a powerful reminder to look after yourself. Balance is important in everything we do, but when it comes to health, the most important steps are the ones you choose. It takes conscious and intentional effort, and nothing is more important than your physical and mental health.

We invite you to:

- *Join us in Safety and Health Week by **choosing one meaningful way to look after yourself**, it can be big or small.*
- *Support your physical health this week by **choosing one movement or nourishment goal each day** (e.g., a walk, stretch, workout, or balanced meal).*
- *Protect your mental wellbeing by **building in one reset each day**: disconnect, take a break, connect with someone, or do something that helps you recharge.*

I encourage everyone to take some time this week, and every week, to look after your mental and physical wellness both at home and work.

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