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SAFE AND SOUND WEEK · DAY 1 · MON, AUG 11

Storm and emergency preparedness

Quick tips, a 2-minute quiz, and a chance to win Bonusly points.

Go to today's site →

FEATURED NEWS

Safe and Sound Week is Aug 11 to 15: five days, five topics, and prizes

Check Connect each morning for the day's banner. Take the quiz and get a shot at Bonusly points.

Read the article

THIS WEEK

How to play

1. Look for the banner
2. Learn something
3. Quiz and win

The week at a glance

MON · AUG 11

Storm and emergency prep

Open site →

TUE · AUG 12

Heat injury and illness

Open site →

WED · AUG 13

Driving safety

Open site →

THU · AUG 14

Slips, trips, and falls

Open site →

FRI · AUG 15

Travel safety and security

Open site →

Sample work for a fictional company. Names, prizes, and links are illustrative.

Design and writing: Deepthi Cauligi

Daily banners on Connect

One banner each morning at the top of the Connect homepage, linking to that day's site.



Sample work for a fictional company. Names, prizes, and links are illustrative.

Design and writing: Deepthi Cauligi

NEWS · SAFETY

Safe and Sound Week is almost here: 5 days, 5 topics, and a lot of Bonusly points

Posted Fri, Aug 8 · Safety and Communications

Mark your calendar. Safe and Sound Week runs Monday, Aug. 11 through Friday, Aug. 15, and we are making it worth your while to stop by Connect every day.

Each morning, look for a banner at the top of the Connect homepage. Click it and you land on that day's safety site, with quick tips, and a short quiz. Every visit is a chance to learn something useful, and a chance to win.

Your week, day by day

Mon, Aug 11	**Storm and emergency preparedness** — When the sky turns dark, the plan should already be in your head.
Tue, Aug 12	**Heat injury and illness** — Thirsty means you are already behind. Drink early, drink often.
Wed, Aug 13	**Driving** — The most important trip of the day is the one you finish.
Thu, Aug 14	**Slips, trips, and falls** — Most falls happen on the flat and familiar. Watch your step anyway.
Fri, Aug 15	**Travel safety and security** — Wherever the trip takes you, take your safety habits with you.

How to play

1. **Check Connect each morning.** The day's banner is at the top of the page.
2. **Learn something.** Each site takes about two minutes to read.
3. **Take the quiz.** Every finished quiz enters you in that day's Bonusly drawing.

> **Why it matters.** Safety is not just a poster on the wall. It is knowing where to go when the siren sounds, drinking water before the heat gets to you, and finishing every trip. Five short days of small habits help everyone get home safe.

See you on Connect, Monday morning.



DAY 1 · MON, AUG 11

Storm and emergency preparedness

When the sky turns dark, the plan should already be in your head.

QUICK TIPS · 2 MINUTE READ

1. **Know your exits**
   Find the nearest exit and your site's meeting point before you need them.
2. **Build a go-kit**
   Water, flashlight, spare batteries, first-aid supplies, a phone charger, and any medication you need.
3. **Get the alerts**
   Turn on weather alerts on your phone for your home and your work location.
4. **Plan with your people**
   Pick a place to meet and one person everyone calls if phones are down.

TODAY'S QUIZ

After you hear the last clap of thunder, how long should you wait before heading back outside?

- ○ 10 minutes
- ◉ 30 minutes
- ○ As soon as the rain stops

Answer (shown for this sample): 30 minutes. Lightning can still strike after the storm seems to have passed.

Take the quiz

WIN BONUSLY

Finish the quiz, enter the drawing

Every completed quiz is an entry in today's Bonusly points drawing. Winners are announced on Connect tomorrow morning.

RESOURCES

- Site emergency action plan (PDF)
- Build-a-kit checklist
- Find your local weather alerts



DAY 2 · TUE, AUG 12

Heat injury and illness

Thirsty means you are already behind. Drink early, drink often.

QUICK TIPS · 2 MINUTE READ

1. **Water before you are thirsty**
   Aim for about one cup every 15 to 20 minutes when you work in the heat.
2. **Shade and breaks**
   Take rest breaks in the shade or in air conditioning. Ease into hot work over several days.
3. **Know the signs**
   Heavy sweating, dizziness, nausea, and cold, clammy skin can mean heat exhaustion. Stop, cool down, and drink water.
4. **Heat stroke is an emergency**
   Confusion, fainting, or hot, dry skin: call 911 and cool the person down right away.

TODAY'S QUIZ

Which sign means a possible heat stroke and an emergency?

- ○ Feeling thirsty
- ◉ Confusion or fainting
- ○ Mild sweating

Answer (shown for this sample): Confusion or fainting. Call 911 and start cooling the person while you wait.

Take the quiz

WIN BONUSLY

Finish the quiz, enter the drawing

Every completed quiz is an entry in today's Bonusly points drawing. Winners are announced on Connect tomorrow morning.

RESOURCES

- Heat safety quick guide (PDF)
- Hydration and rest schedule
- Know the signs card



DAY 3 · WED, AUG 13

Driving

The most important trip of the day is the one you finish.

QUICK TIPS · 2 MINUTE READ

1. **Buckle up, every trip**
   Seat belts reduce the risk of serious injury, even on short drives.
2. **Phone down**
   Set up your route and playlist before you start. Texts can wait.
3. **Leave room**
   Keep at least three seconds between you and the car ahead, and more in rain.
4. **Skip the drowsy drive**
   If you are tired, take a break or swap drivers. Coffee only helps for a little while.

TODAY'S QUIZ

What is the minimum following distance in good weather?

- ○ 1 second
- ◉ 3 seconds
- ○ Half a car length

Answer (shown for this sample): 3 seconds. Pick a fixed object, and count when the car ahead passes it.

Take the quiz

WIN BONUSLY

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RESOURCES

- Pre-trip walk-around checklist (PDF)
- Distracted driving facts
- What to do after a crash



DAY 4 · THU, AUG 14

Slips, trips, and falls

Most falls happen on the flat and familiar. Watch your step anyway.

QUICK TIPS · 2 MINUTE READ

1. **Clear the path**
   Keep walkways, stairs, and cords free of clutter.
2. **Clean it or flag it**
   Wipe up spills right away, or mark them until they are cleaned.
3. **Wear the right shoes**
   Choose shoes with good grip for the surface you are on.
4. **Hands free on stairs**
   Use the handrail, keep your eyes up, and make two trips if you have to.

TODAY'S QUIZ

When you use a ladder, how many points of contact should you keep?

- ○ 1
- ○ 2
- ◉ 3

Answer (shown for this sample): 3 points of contact: two hands and one foot, or two feet and one hand.

Take the quiz

WIN BONUSLY

Finish the quiz, enter the drawing

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RESOURCES

- Walkway and housekeeping checklist (PDF)
- Ladder safety quick card
- Report a hazard



DAY 5 · FRI, AUG 15

Travel safety and security

Wherever the trip takes you, take your safety habits with you.

QUICK TIPS · 2 MINUTE READ

1. **Share your plan**
   Tell someone your itinerary, and save the local emergency number.
2. **Guard your stuff**
   Keep your valuables with you. Use the hotel safe for passports and spares.
3. **Be careful on Wi-Fi**
   Avoid public Wi-Fi for work, or use the company VPN.
4. **Check your ride**
   Confirm the car, the plate, and the driver's name before you get in.

TODAY'S QUIZ

You need to check work email at the airport. What is the safest choice?

- ○ Connect to the free public Wi-Fi
- ◉ **Use the company VPN**
- ○ Share your login with a colleague

Answer (shown for this sample): Use the company VPN. Public Wi-Fi can be watched by other people.

Take the quiz

WIN BONUSLY

Finish the quiz, enter the drawing

Every completed quiz is an entry in today's Bonusly points drawing. Winners are announced on Connect tomorrow morning.

RESOURCES

- Travel safety checklist (PDF)
- Report a lost device
- Emergency contacts abroad