



#breakthestigma

## ASSP – LA Chapter | May 2026 Newsletter



### Mental Health Awareness Month

May is Mental Health Awareness Month—a reminder that workplace safety extends beyond physical hazards. As safety professionals, we must also consider mental and emotional well-being as part of protecting our workforce.

Stress, fatigue, anxiety and burnout can reduce focus and decision-making, increasing the risk of incidents. While these challenges aren't always visible, their impact on safety is real.

Creating a psychologically safe workplace doesn't require complex programs—practical actions can make an immediate difference:

- **Start the conversation:** Include mental health topics in toolbox talks or safety meetings. Even a 5-minute discussion helps reduce stigma.
- **Train supervisors:** Teach leaders to recognize signs of stress (fatigue, withdrawal, changes in behavior) and how to respond supportively.
- **Manage workload and schedules:** Rotate high-demand tasks, encourage breaks and monitor overtime to reduce fatigue.
- **Use simple check-ins:** Ask employees, "How are you doing today?" during walkarounds—this builds trust and opens dialogue.
- **Promote resources:** Regularly remind employees of EAPs, crisis lines or company wellness programs so they know where to go for help.

By integrating these steps into everyday safety practices, we strengthen both well-being and performance. When employees feel supported, they are more engaged—and more likely to work safely.

This month let's recommit to protecting the whole worker—because safety isn't just physical, it's mental too.

### Job Posting

EHS Specialist  
Avid Bioservices (Tustin, CA)

[Apply here!](#)

## Events

### Beach Clean Up

Date & Time: Saturday, May 30<sup>th</sup> 2026

Clean-up: 8:00 AM – 10:00 AM

Networking: 10:00 AM – 12:00 PM

Location: Huntington Beach

[Registration Link \(click here\)](#)

Calling all safety professionals and community advocates—let's come together to make a difference! We are joining the Surfrider Foundation on this important endeavor to help protect our coastline. Bring your family and friends—all are welcome to help us make a difference while enjoying good food and great company. Meet new acquaintances as we raise awareness about litter and plastic pollution.

### LA ASSP Safety 2026 Conference + Expo Happy Hour and Networking

Monitor the LA ASSP [LinkedIn](#) & [Website](#) for more details when available!

### Walk for Hope 2026

Date: Sunday, November 8<sup>th</sup>, 2026

[Registration/Donation Link \(click here\)](#)

This fall, LA ASSP is proud to partner with [City of Hope](#) for the Walk for Hope 2026 — a movement to end cancer for all. Every step we take honors those we've lost, celebrates those who continue to fight, and strengthens the hope that unites us. Join us as we walk together — in Duarte, virtually, or in spirit — to support cancer research and compassionate care.



### MEMBER HIGHLIGHT: Angel Romero

Angel Romero is an Experienced Safety Professional with over 20 years of experience in the Elevator, Moving Walkways, and Escalator Industry. He enjoys the challenge of working collaboratively with others to find practical solutions for intricate safety problems. He gains immense satisfaction to witness positive changes in the work environment. Every day presents Angel with an opportunity to make a significant impact and contribute to a team committed to ensuring everyone's safety. Furthermore, he takes pride in mentoring emerging safety professionals.

The Los Angeles Chapter of the ASSP is dedicated to promoting the safety profession through increased public awareness and providing opportunities for networking and professional growth. To become a member or to ask any questions, please contact one of our Chapter officers (<http://la.assp.org/chapter-officers/>). Stay in the know - follow us on LinkedIn [HERE](#). 