

A scenic coastal landscape featuring a rocky shore with waves crashing against the rocks. The sky is dramatic with a low sun, creating a golden glow over the ocean. The foreground shows a sandy area with some dry vegetation.

2023

Safety is a Way of Life!

A photograph of a winter scene. In the foreground, there are snow-covered evergreen branches. In the background, a line of trees is visible under a bright sun that creates a lens flare effect. The ground is covered in a layer of snow with some footprints.

There is never a good enough reason to compromise safety.

Safe Lifting Tips

After the common cold, lower-back problems are the most common cause of lost work time and compensation in adults under the age of 45. Such pain results in \$126 billion in compensation and medical costs each year.

Tips to prevent back injury and pain:

- Practice good posture and try to maintain good physical condition.
- Whenever possible, use mechanical equipment to avoid manual lifting.
- Before manually lifting an object, size up the job first.
- If the job is too big to handle safely on your own, find someone to help you.
- When lifting, stand close to the object, bend at the knees, and keep your back straight.
- Tighten your abdominal muscles, and lift with the muscles in your arms and legs, not your back.
- Hold the object close to your body, and never twist your back while handling a load.
- If you must turn, do so by moving your feet.
- When setting an object down, apply all of the same techniques.

January

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day D E N	2 D E N	3 D E N	4 D E N	5 D E N	6  D E N	7 Test smoke alarms and inspect fire extinguishers monthly. D E N
8 D E N	9 D E N	10 D E N	11 A healthy diet and exercise are keys to getting and staying fit. D E N	12 D E N	13 D E N	14  D E N
15 D E N	16 Martin Luther King Jr. Day D E N	17 D E N	18 D E N	19 D E N	20 D E N	21  D E N
22 D E N	23 D E N	24 D E N	25 D E N	26 Always use the right tool for the job. D E N	27 D E N	28  D E N
29 D E N	30 D E N	31 Protect yourself from the cold. Dress warmly and stay dry. D E N	<div> DECEMBER 2022 <div> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> </div> <div> FEBRUARY <div> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 </div> </div>			Universal Work Shift Indicator System D = Days E = Evenings N = Nights

National Eye Care Month

Safety is a way of life.



Step Ladder Safety

Most of us use step ladders from time to time at our worksites, in the office, or at home. Applying the following safe practices and a little common sense while using step ladders will help you avoid serious incidents:

- When working on step ladders, never climb past the second rung from the top.
- If your ladder is positioned by a door or walkway, make sure that the door is locked or the walkway is barricaded to prevent collisions.
- Do not overreach while working on a step ladder. Instead, reposition the ladder to eliminate your need to lean.
- Wear slip resistant footwear, and make sure the ladder rungs are free of oil, grease, or other slippery substances.
- Before climbing any ladder, check its condition. Are nuts & bolts tight, rungs secure, legs steady and safety feet functional?
- Always climb and descend facing the ladder itself, and holding on to the ladder with both hands.

February

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights			1	2 Groundhog Day	3	4 Test smoke alarms and inspect fire extinguishers monthly.
5 	6	7 Use medicines only as directed.	8	9	10	11
D E N	D E N	D E N	D E N	D E N	D E N	D E N
12	13 	14 Valentine's Day	15	16	17	18
D E N	D E N	D E N	D E N	D E N	D E N	D E N
19	20 Presidents' Day 	21 Mardi Gras	22 Ash Wednesday	23 Have cholesterol checked at least once every 5 years.	24	25
D E N	D E N	D E N	D E N	D E N	D E N	D E N
26	27 	28			JANUARY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
D E N	D E N	D E N				

National Heart Month

Depend on safety, because your family depends on you.

Slips, Trips & Falls

According to the National Safety Council, nearly 15,000 deaths occur each year due to falls.

The following are a few pointers to help you prevent slips, trips, and falls at work and at home:

- Wear shoes that provide good traction.
- Keep floors and stairways clean and free of debris and spills.
- Carry only loads you can see over.
- Don't grope around in the dark. Turn the lights on or use a flashlight.
- Repair broken or uneven pavement, loose carpet, and floorboards that pose a tripping hazard.
- When walking up or down stairs, keep at least one hand on the rail.
- Don't jump. Lower yourself carefully from docks, trucks or work stages.
- Don't build or use makeshift ladders out of chairs, benches, or boxes.
- When climbing ladders, face the front and use both hands to climb.
- Don't overreach from a ladder.
- Make sure there's only one person on a ladder at a time, and never stand on the top of a stepladder.

March

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	FEBRUARY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 D E N	2 D E N	3 D E N	4 Test smoke alarms and inspect fire extinguishers monthly. D E N
5 D E N	6 D E N	7  D E N	8 Never shortcut on safety. D E N	9 D E N	10 D E N	11 D E N
12 Daylight Saving Time Begins D E N	13 D E N	14  D E N	15 D E N	16 D E N	17 St. Patrick's Day D E N	18 D E N
19 D E N	20 Spring Begins D E N	21  D E N	22 Protect your vision. Wear eye protection! D E N	23 D E N	24 D E N	25 D E N
26 D E N	27 D E N	28  D E N	29 D E N	30 D E N	31 D E N	

National Nutrition Month

A painless tomorrow is today's reward for being safe.

Hand Tool Safety

Almost everyone uses hand tools at work and at home. As harmless as many may seem, it is estimated that about 8 percent of industrial accidents involve unsafe use of hand tools (both manual and power).

Following these rules can prevent many hand tool accidents:

- Know your tools and use them **ONLY** for their designed purpose.
- Never use a tool unless you are trained to do so.
- Inspect tools before and after use, and repair or replace if damaged.
- Clean tools after every use.
- Keep cutting edges sharp.
- Never test a cutting edge with your fingers – test on scrap materials.
- Select the right size tools for the job – **NEVER** use cheaters.
- Secure tools when working from ladders or scaffolds. A falling tool can seriously hurt a coworker.
- Never carry sharp or pointed tools in your pockets.
- When carrying tools, point cutting edges away from you.
- Always wear appropriate personal protective equipment (PPE).



April

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	MARCH 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				1 April Fools' Day Test smoke alarms and inspect fire extinguishers monthly. D E N
2 Palm Sunday D E N	3 Driving under the influence of alcohol or drugs is never worth the risk. D E N	4 D E N	5  D E N	6 Passover Begins (Starts at sundown the day before) D E N	7 Good Friday D E N	8 D E N
9 Easter Sunday D E N	10 D E N	11 D E N	12 D E N	13  D E N	14 D E N	15 D E N
16 D E N	17 IRS Tax Deadline D E N	18 Store poisonous chemicals and medicines away from children. D E N	19  D E N	20 D E N	21 D E N	22 Earth Day D E N
23 D E N	24 D E N	25 D E N	26 Administrative Professionals Day D E N	27  D E N	28 World Day for Safety and Health at Work D E N	29 D E N
30 D E N	 D E N	 D E N	 D E N	 D E N	 D E N	 D E N

Alcohol Awareness Month

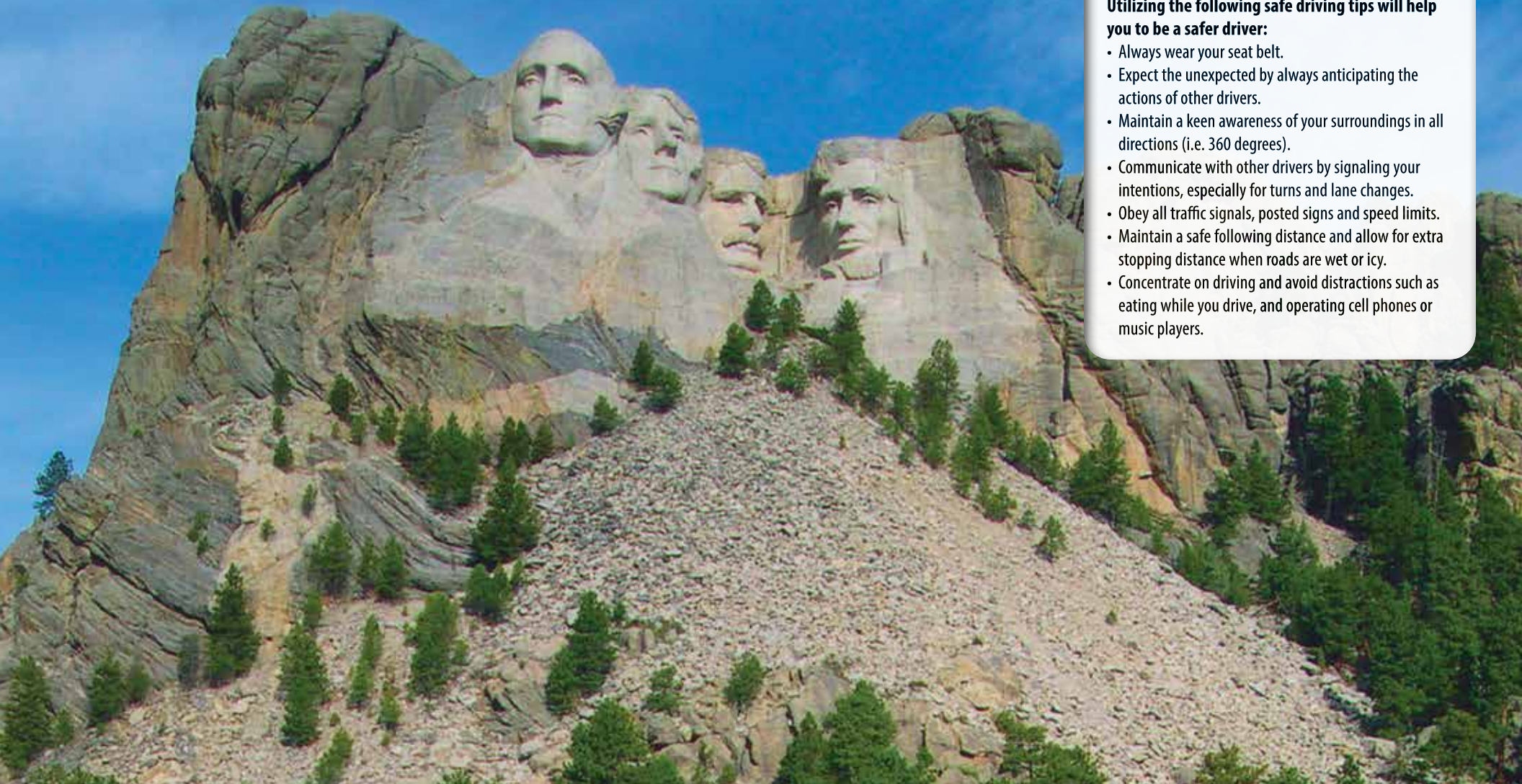
Investing daily in safety pays a lifetime of dividends.

Safe Driving Tips

More than six million motor vehicle crashes occur in the United States each year. They are the leading cause of death for individuals ages 2-34, and the leading cause of acquired disability nationwide.

Utilizing the following safe driving tips will help you to be a safer driver:

- Always wear your seat belt.
- Expect the unexpected by always anticipating the actions of other drivers.
- Maintain a keen awareness of your surroundings in all directions (i.e. 360 degrees).
- Communicate with other drivers by signaling your intentions, especially for turns and lane changes.
- Obey all traffic signals, posted signs and speed limits.
- Maintain a safe following distance and allow for extra stopping distance when roads are wet or icy.
- Concentrate on driving and avoid distractions such as eating while you drive, and operating cell phones or music players.



May

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	1 D E N	2 D E N	3 D E N	4 National Day of Prayer D E N	5 Cinco de Mayo  D E N	6 Test smoke alarms and inspect fire extinguishers monthly. D E N
7 D E N	8 D E N	9 Help save a life! Get certified in first aid and CPR. D E N	10 D E N	11 D E N	12  D E N	13 D E N
14 Mother's Day D E N	15 D E N	16 D E N	17 D E N	18 D E N	19  D E N	20 Armed Forces Day D E N
21 D E N	22 Victoria Day (Canada) D E N	23 D E N	24 D E N	25 Routine exercise will help you look better, feel stronger, and live longer! D E N	26 D E N	27  D E N
28 D E N	29 Memorial Day D E N	30 D E N	31 D E N		APRIL <div> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 </div>	JUNE <div> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 </div>

National Sports and Fitness Month

Safety is a habit you can live with.

Portable Fire Extinguishers

Every household should have UL Listed, multi-purpose, portable fire extinguishers strategically placed in rooms such as the kitchen, garage, or workshop.

Portable fire extinguishers should be used only if:

- You have alerted other occupants and someone has called the fire department.
- The fire is small and contained to a single area, such as a wastebasket.
- You are safe from the toxic smoke produced by the fire.
- You have a means of escape identified, and the fire is not between you and the escape route.
- Your instincts tell you that it is safe to use an extinguisher.

The PASS method is a common technique used to extinguish small fires by using a portable fire extinguisher:

- **P**ull the pin to unlock the extinguisher's operating lever to allow discharge of the extinguisher.
- **A**im low, and point the extinguisher toward the base of the fire.
- **S**queeze the lever to begin discharging the contents of the extinguisher.
- **S**weep back and forth as you move closer to the fire. Keep the extinguisher pointed at the base of the fire until the fire appears to be out.

June

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	MAY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1 Atlantic Hurricane Season Begins	2	3 Test smoke alarms and inspect fire extinguishers monthly. 
4	5	6 Safety has no quitting time!	7	8	9	10 
D E N	D E N	D E N	D E N	D E N	D E N	D E N
11	12	13	14 Flag Day	15	16	17 
D E N	D E N	D E N	D E N	D E N	D E N	D E N
18 Father's Day	19 Juneteenth	20	21 Summer Begins	22 Have you checked your blood pressure lately?	23	24
D E N	D E N	D E N	D E N	D E N	D E N	D E N
25	26  National Tire Safety Week (Through July 2)	27	28	29	30	
D E N	D E N	D E N	D E N	D E N	D E N	

National Safety Month

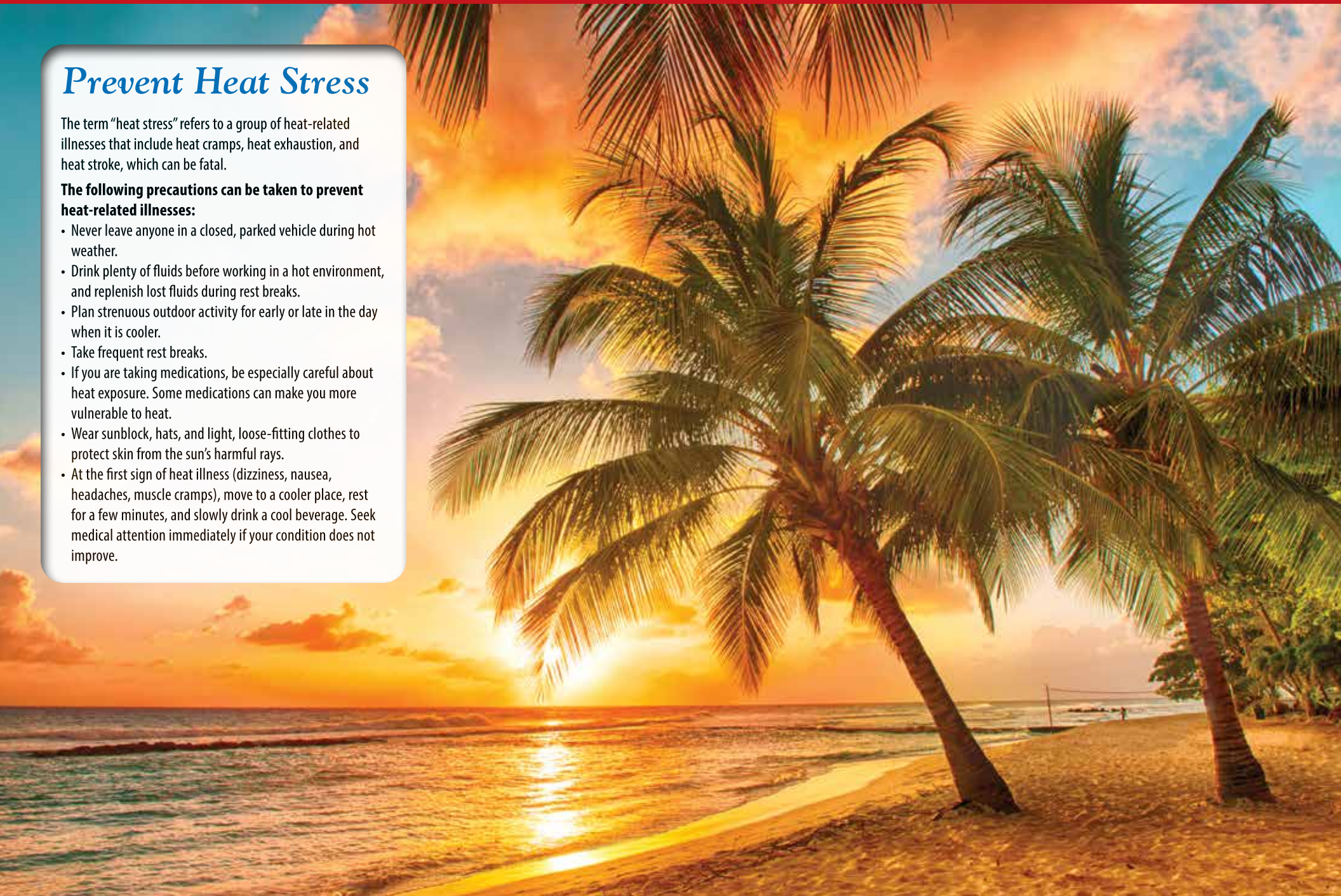
Avoid the worst. Put safety first.

Prevent Heat Stress

The term "heat stress" refers to a group of heat-related illnesses that include heat cramps, heat exhaustion, and heat stroke, which can be fatal.

The following precautions can be taken to prevent heat-related illnesses:

- Never leave anyone in a closed, parked vehicle during hot weather.
- Drink plenty of fluids before working in a hot environment, and replenish lost fluids during rest breaks.
- Plan strenuous outdoor activity for early or late in the day when it is cooler.
- Take frequent rest breaks.
- If you are taking medications, be especially careful about heat exposure. Some medications can make you more vulnerable to heat.
- Wear sunblock, hats, and light, loose-fitting clothes to protect skin from the sun's harmful rays.
- At the first sign of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler place, rest for a few minutes, and slowly drink a cool beverage. Seek medical attention immediately if your condition does not improve.



July

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	JUNE 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				1 Canada Day (Canada) Test smoke alarms and inspect fire extinguishers monthly.
2 Fireworks are dangerous. Celebrate safely!	3 	4 Independence Day	5	6	7	8
D E N	D E N	D E N	D E N	D E N	D E N	D E N
9 	10	11	12	13	14	15
D E N	D E N	D E N	D E N	D E N	D E N	D E N
16	17 	18 It's hot outside. Make sure your pet has plenty of water and shade.	19	20	21	22
D E N	D E N	D E N	D E N	D E N	D E N	D E N
23	24	25 	26	27	28	29
D E N	D E N					
30	31					
D E N	D E N	D E N	D E N	D E N	D E N	D E N

Eye Injury Prevention Month

When in doubt, always side with safety.

Avoid Road Rage

"Road Rage" is a growing problem all over the country and no one is immune from it. It is simply an incident in which one driver does something that sets off another one and makes them angry.

The following tips can help you avoid road rage incidents.

- Obey the general rules of the road, and be patient with other drivers, even when they make mistakes.
- Periodically check your turn signals to make sure they are off unless you want to turn or change lanes.
- Signal your intentions! Others on the road have a right and a need to know what you are doing.
- Maintain a constant awareness to your surroundings by checking mirrors and blind spots often.
- If driving in the left "fast" lane and you notice someone following you closely, move to the right lane. This applies only if you have room to move over and if you do not have a legitimate need to be in the left lane.
- Do not tailgate those ahead of you.
- Watch your high beam headlights. Make sure you are not blinding anyone with your brights.



August

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights		1 	2	3	4	5 Test smoke alarms and inspect fire extinguishers monthly.
		D E N	D E N	D E N	D E N	D E N
6	7	8 	9	10	11	12
D E N	D E N	D E N	D E N	D E N	D E N	D E N
13	14	15 If you jog at night, dress right. Wear bright or reflective clothing.	16 	17	18	19
D E N	D E N	D E N	D E N	D E N	D E N	D E N
20	21	22	23	24 	25 Watch for school zones!	26
D E N	D E N	D E N	D E N	D E N	D E N	D E N
27	28	29	30 	31	<div>JULY</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30 31</div> <div>SEPTEMBER</div> <div>1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div>	
D E N	D E N	D E N	D E N	D E N		

National Immunization Awareness Month

Choose safety every day – even on weekends.

Ergonomic Safety Tips

The goal of ergonomics is to achieve maximum efficiency of the human body while minimizing the risk of injury.

The following ergonomic safety tips can help you avoid injury:

- Modify your work environment to fit you.
- Maintain good posture. Sit up straight and aligned, and minimize the tilting or twisting of your neck or spine.
- Minimize repeated motions, forceful exertion, prolonged bending and vibration.
- Rely on equipment, not your back for heavy or repetitive lifting.
- Alternate difficult tasks with simpler ones.
- Take regular breaks.
- Develop a work-related exercise routine to condition the parts of your body that are prone to stress.
- Consciously relax your fingers, hands, wrists, arms, shoulders and neck.



September

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	AUGUST 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1	2 Test smoke alarms and inspect fire extinguishers monthly.	
					D E N	D E N	
	3	4 Labor Day Labour Day (Canada)	5	6	7 Replenish fluids often when working in heat.	8	9
	D E N	D E N	D E N	D E N	D E N	D E N	
	10	11 Patriot Day	12	13	14	15	16 Rosh Hashanah (Starts at sundown the day before)
D E N	D E N	D E N	D E N	D E N	D E N	D E N	
17	18	19 Reduce cholesterol with a high-fiber, low-fat diet.	20	21	22	23 Autumn Begins	
D E N	D E N	D E N	D E N	D E N	D E N	D E N	
24	25 Yom Kippur (Starts at sundown the day before)	26	27	28	29	30	
D E N	D E N	D E N	D E N	D E N	D E N	D E N	

National Preparedness Month

National Cholesterol Education Month

You are the person most responsible for your safety.

Smoke Alarm Tips

Did you know that your chance of dying in a home fire is cut in half if you have a working smoke alarm?

Below are a few tips to help you properly install and maintain smoke alarms in your home:

- The U.S. Fire Administration recommends that there be at least one smoke detector on every floor, and in some cases more than one.
- If an individual sleeps with the bedroom door closed, there needs to be an additional smoke detector inside the bedroom.
- Locate wall-mounted alarms 6"-12" from the ceiling.
- Ceiling-mounted alarms should be installed at least 6 inches from walls.
- In rooms with pitched ceilings, mount alarm at or near the ceilings highest point.
- Do not install alarms too close to windows, doors or forced-air registers where drafts can interfere with the detector's operation.
- Test alarms at least once a month.
- Change batteries at least once a year. A good way to remember is to change the batteries in alarms when you change your clocks back to Standard Time each fall.
- Smoke alarms become less sensitive with age. The NFPA recommends replacement every 10 years.
- Always follow the manufacturer's instructions for cleaning alarms.

October

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 	7 Test smoke alarms and inspect fire extinguishers monthly.
D E N	D E N	D E N	D E N	D E N	D E N	D E N
8	9 Columbus Day Thanksgiving Day (Canada)	10	11	12 Keep matches, lighters and candles away from children.	13	14 
D E N	D E N	D E N	D E N	D E N	D E N	D E N
15	16 National Boss's Day	17	18	19	20	21 
D E N	D E N	D E N	D E N	D E N	D E N	D E N
22	23	24	25 Never leave burning candles unattended.	26	27	28 
D E N	D E N	D E N	D E N	D E N	D E N	D E N
29	30	31 Halloween		SEPTEMBER 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Universal Work Shift Indicator System D = Days E = Evenings N = Nights
D E N	D E N	D E N				

National Breast Cancer Awareness Month

National Fire Prevention Month

Safety is no accident.

Personal Safety Tips

Protect yourself in public by utilizing the following personal safety tips:

- Be alert to your surroundings and the people around you, especially if you are alone, or if it is dark. (Wearing headphones, or texting/ talking on a cell phone can reduce your alertness, making you more vulnerable to personal crime.)
- Trust your instincts. If someone makes you feel uncomfortable, get away quickly.
- Whenever possible, travel with a friend or as part of a group.
- Stay in well-lighted and well-traveled areas as much as possible.
- Walk close to the curb. Avoid doorways, bushes and alleys where someone could hide.
- Project confidence by walking with purpose at a steady pace.
- Make eye contact with people when walking - let them know that you have noticed their presence.
- Do not respond to conversation from strangers on the street or in a car - continue walking.
- If you carry a purse, hold it securely between your arm and body, or consider wearing a fanny pack. Wallets are more secure in an inside coat pocket or front trouser pocket.

November

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights			1 All Saints' Day	2	3	4 Change the batteries in smoke alarms when changing your clocks. Inspect fire extinguishers.
5 Daylight Saving Time Ends	6	7 Election Day	8	9	10	11 Veterans Day Remembrance Day (Canada)
D E N	D E N	D E N	D E N	D E N	D E N	D E N
12	13	14	15	16 Turn headlights on low-beam while driving in rain or fog.	17	18
D E N	D E N	D E N	D E N	D E N	D E N	D E N
19	20	21 Teach children to call 911 for emergencies.	22	23 Thanksgiving Day	24	25
D E N	D E N	D E N	D E N	D E N	D E N	D E N
26	27	28	29	30	OCTOBER 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
D E N	D E N	D E N	D E N	D E N		

National Child Safety & Protection Month

Safety starts with an "S" but begins with "YOU."

Airborne Disease Prevention

You can catch some diseases simply by breathing. When you breathe in airborne pathogenic organisms, they take up residence inside you. You can also pick up germs when you touch a surface that harbors them, and then touch your own eyes, nose, or mouth. Many diseases spread through the air, including these: Coronavirus, the common cold, influenza, chicken pox, mumps, measles, whooping cough, tuberculosis and diphtheria.

What can you do to help prevent spreading an airborne disease?

Although it's impossible to completely avoid airborne pathogens, there are some things you can do to lower your chances of getting sick:

- Avoid close contact with people who have active symptoms of disease.
- Stay home when you're sick. Don't let vulnerable people come in close contact with you.
- If you must be around others, wear a face mask to prevent spreading or breathing in germs.
- Cover your mouth when you cough or sneeze. Use a tissue or your elbow to cut down on the possibility of transmitting germs on your hands.
- Wash your hands thoroughly (at least 20 seconds) and often, especially after sneezing or coughing.
- Avoid touching your face or other people with unwashed hands.
- Vaccines can reduce your chances of getting some airborne diseases. They can also help lower the risk to you and others in the community.

December

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	NOVEMBER 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2024 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1 'Tis the season to be jolly. If you choose to drink, please don't drive. D E N	2 Test smoke alarms and inspect fire extinguishers monthly. D E N
3 D E N	4  D E N	5 Water live Christmas trees often to reduce the fire hazard. D E N	6 D E N	7 D E N	8 Hanukkah (Starts at sundown the day before) D E N	9 D E N
10 D E N	11 D E N	12  D E N	13 When shopping at night, park in well-lighted areas. D E N	14 D E N	15 D E N	16 D E N
17 D E N	18 D E N	19  D E N	20 Be patient while driving in holiday traffic. D E N	21 Winter Begins D E N	22 D E N	23 D E N
24 D E N	25 Christmas Day D E N	26 Boxing Day (Canada) Kwanzaa Begins  D E N	27 Wash hands often to prevent the spread of infection. D E N	28 D E N	29 D E N	30 D E N
31 New Year's Eve D E N						

National Drunk and Drugged Driving Prevention Month

Calendar 2024

JANUARY

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2023 HOLIDAYS

NEW YEAR'S DAY	JANUARY	1
MARTIN LUTHER KING JR. DAY	JANUARY	16
GROUNDHOG DAY	FEBRUARY	2
VALENTINE'S DAY	FEBRUARY	14
PRESIDENTS' DAY	FEBRUARY	20
MARDI GRAS/FAT TUESDAY	FEBRUARY	21
ASH WEDNESDAY	FEBRUARY	22
ST. PATRICK'S DAY	MARCH	17
APRIL FOOLS' DAY	APRIL	1
PALM SUNDAY	APRIL	2
PASSOVER *	APRIL	6
GOOD FRIDAY	APRIL	7
EASTER SUNDAY	APRIL	9
EARTH DAY	APRIL	22
ADMINISTRATIVE PROFESSIONALS' DAY	APRIL	26
NATIONAL DAY OF PRAYER	MAY	4
MOTHER'S DAY	MAY	14
ARMED FORCES DAY	MAY	20
MEMORIAL DAY	MAY	29
FLAG DAY	JUNE	14
FATHER'S DAY	JUNE	18
JUNETEENTH	JUNE	19
INDEPENDENCE DAY	JULY	4
LABOR DAY	SEPTEMBER	4
PATRIOT DAY	SEPTEMBER	11
ROSH HASHANAH *	SEPTEMBER	16
YOM KIPPUR *	SEPTEMBER	25
COLUMBUS DAY	OCTOBER	9
NATIONAL BOSS'S DAY	OCTOBER	16
HALLOWEEN	OCTOBER	31
ALL SAINTS' DAY	NOVEMBER	1
VETERANS DAY	NOVEMBER	11
THANKSGIVING DAY	NOVEMBER	23
HANUKKAH *	DECEMBER	8
CHRISTMAS DAY	DECEMBER	25
KWANZAA	DECEMBER	26
NEW YEAR'S EVE	DECEMBER	31

* All Jewish holidays start at sundown the day before they are listed here.

NOTES

FREQUENTLY USED NUMBERS

NAME

NUMBER

IMPORTANT NUMBERS

POLICE _____

FIRE _____

POISON _____

AMBULANCE _____

LOCATION OF HOUSE

DOCTORS _____

HOSPITALS _____

UTILITIES

PHONE _____

GAS _____

ELECTRIC _____

WATER _____

FAMILY WORK NUMBERS

OTHER NUMBERS

2023 Safety Topics:

Safe Lifting Tips
Step Ladder Safety
Slips, Trips & Falls
Hand Tool Safety
Safe Driving Tips
Portable Fire Extinguishers
Prevent Heat Stress
Avoid Road Rage
Ergonomic Safety Tips
Smoke Alarm Tips
Personal Safety Tips
Airborne Disease Prevention



KeepSafe, Inc. • P.O. Box 648 • Baker, Louisiana 70704-0648
Toll Free: 1-888-300-7800 • Fax Toll Free: 1-888-213-9940 • Website: www.ksafe.com
Copyright © 2022 KeepSafe, Inc.