

A full-page background image of a tropical beach at sunset. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the ocean. Waves are breaking against large, moss-covered rocks in the foreground. The sky is filled with dramatic, dark clouds illuminated by the setting sun. The overall mood is peaceful and serene.

# Safety is a Way of Life!

# 2021

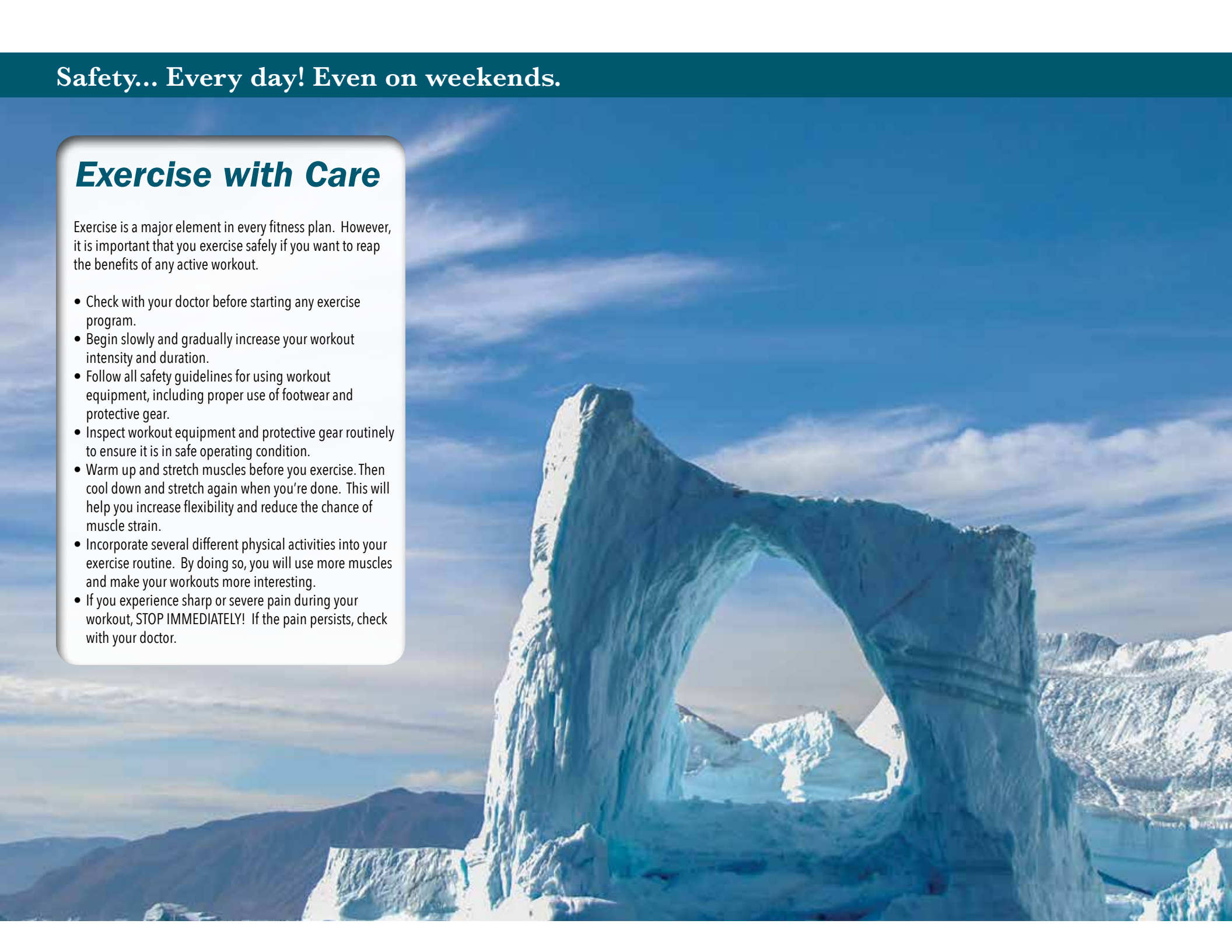


**Safety... Every day! Even on weekends.**

## ***Exercise with Care***

Exercise is a major element in every fitness plan. However, it is important that you exercise safely if you want to reap the benefits of any active workout.

- Check with your doctor before starting any exercise program.
- Begin slowly and gradually increase your workout intensity and duration.
- Follow all safety guidelines for using workout equipment, including proper use of footwear and protective gear.
- Inspect workout equipment and protective gear routinely to ensure it is in safe operating condition.
- Warm up and stretch muscles before you exercise. Then cool down and stretch again when you're done. This will help you increase flexibility and reduce the chance of muscle strain.
- Incorporate several different physical activities into your exercise routine. By doing so, you will use more muscles and make your workouts more interesting.
- If you experience sharp or severe pain during your workout, **STOP IMMEDIATELY!** If the pain persists, check with your doctor.



# January

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DECEMBER 2020</b> 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	<b>FEBRUARY</b> 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				<b>1</b> New Year's Day	<b>2</b> Test smoke alarms and inspect fire extinguishers monthly.
<b>3</b>    D E N	<b>4</b>    D E N	<b>5</b> A healthy diet and exercise are keys to getting and staying fit.    D E N	<b>6</b>     D E N	<b>7</b>    D E N	<b>8</b>    D E N	<b>9</b>    D E N
<b>10</b>    D E N	<b>11</b>    D E N	<b>12</b>     D E N	<b>13</b>    D E N	<b>14</b>    D E N	<b>15</b>    D E N	<b>16</b>    D E N
<b>17</b>    D E N	<b>18</b> Martin Luther King Jr. Day    D E N	<b>19</b> Always use the right tool for the job.    D E N	<b>20</b>     D E N	<b>21</b>    D E N	<b>22</b>    D E N	<b>23</b>    D E N
<b>24</b>    D E N	<b>25</b>    D E N	<b>26</b>    D E N	<b>27</b> Protect yourself from the cold. Dress warmly and stay dry.    D E N	<b>28</b>     D E N	<b>29</b>    D E N	<b>30</b>    Universal Work Shift Indicator System D = Days E = Evenings N = Nights
<b>31</b>    D E N		<b>31</b>    D E N				

National Eye Care Month



**Safety... Don't just think it, do it.**

## ***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).



# February

2021

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

National Heart Month



**Safety... It always comes first.**

## ***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.

# March

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 	6 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
7	8	9	10	11 Never shortcut on safety.	12	13 
D E N	D E N	D E N	D E N	D E N	D E N	D E N
14 Daylight Saving Time Begins	15	16	17 St. Patrick's Day	18	19	20 Spring Begins
D E N	D E N	D E N	D E N	D E N	D E N	D E N
21 	22 Protect your vision. Wear eye protection!	23	24	25	26	27
D E N	D E N	D E N	D E N	D E N	D E N	D E N
28 Palm Sunday Passover Begins (Starts at sundown the day before) 	29	30	31	<div><div>FEBRUARY</div><div>123456</div><div>78910111213</div><div>14151617181920</div><div>21222324252627</div><div>28</div></div> <div><div>APRIL</div><div>123</div><div>45678910</div><div>11121314151617</div><div>18192021222324</div><div>252627282930</div></div>		Universal Work Shift Indicator System D = Days E = Evenings N = Nights
D E N	D E N	D E N	D E N			

National Nutrition Month



### ***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.





# April

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MARCH</b> 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	<b>MAY</b> 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			<b>1</b> April Fools' Day  D E N	<b>2</b> Good Friday  D E N	<b>3</b> Passover Ends Test smoke alarms and inspect fire extinguishers monthly.  D E N
<b>4</b> Easter Sunday   D E N	<b>5</b> Store poisonous chemicals and medicines away from children.  D E N	<b>6</b>  D E N	<b>7</b>  D E N	<b>8</b>  D E N	<b>9</b>  D E N	<b>10</b>  D E N
<b>11</b>   D E N	<b>12</b>  D E N	<b>13</b>  D E N	<b>14</b>  D E N	<b>15</b> IRS Tax Deadline  D E N	<b>16</b>  D E N	<b>17</b>  D E N
<b>18</b>  D E N	<b>19</b>  D E N	<b>20</b>   D E N	<b>21</b> Administrative Professionals Day  D E N	<b>22</b> Earth Day  D E N	<b>23</b>  D E N	<b>24</b>  D E N
<b>25</b>  D E N	<b>26</b>   D E N	<b>27</b> Help save a life! Get certified in first aid and CPR.  D E N	<b>28</b>  D E N	<b>29</b>  D E N	<b>30</b>  D E N	Universal Work Shift Indicator System D = Days E = Evenings N = Nights

Alcohol Awareness Month



# Safety... It has no quitting time.

## 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

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	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	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				<b>1</b> Test smoke alarms and inspect fire extinguishers monthly.  D E N
<b>2</b>  D E N	<b>3</b>   D E N	<b>4</b> Driving under the influence of alcohol or drugs is never worth the risk.  D E N	<b>5</b> Cinco de Mayo  D E N	<b>6</b> National Day of Prayer  D E N	<b>7</b>  D E N	<b>8</b>  D E N
<b>9</b> Mother's Day  D E N	<b>10</b>  D E N	<b>11</b>   D E N	<b>12</b>  D E N	<b>13</b>  D E N	<b>14</b>  D E N	<b>15</b> Armed Forces Day  D E N
<b>16</b>  D E N	<b>17</b>  D E N	<b>18</b>  D E N	<b>19</b>   D E N	<b>20</b> Have you checked your blood pressure lately?  D E N	<b>21</b>  D E N	<b>22</b>  D E N
<b>23</b>  D E N	<b>24</b> Victoria Day (Canada)  D E N	<b>25</b>  D E N	<b>26</b>   D E N	<b>27</b>  D E N	<b>28</b>  D E N	<b>29</b>  D E N
<b>30</b>  D E N	<b>31</b> Memorial Day  D E N	<b>31</b>  D E N				

National Sports and Fitness Month

Safety... You get out of it what you put into it.

## Your Safety Attitude

A good attitude toward safety is key to preventing unnecessary incidents and injuries. Your attitude affects your safety and the safety of everyone around you, whether you are at work or at home.

### WHAT IS A GOOD SAFETY ATTITUDE?

**Focus:** A good attitude means you avoid distractions and try to remain focused on the task at hand.

**Time:** A good attitude means taking time to do the job right because you know that saving a few minutes by using a shortcut is not worth the risk of a painful injury.

**Discipline:** A good attitude means you are disciplined to always do what's right, even if others encourage you to take shortcuts or fool around.

**Responsibility:** A good attitude means you will take responsibility, even when a certain task "isn't my job." For example, wouldn't you appreciate it if someone else cleaned up a spill on the floor before you found it the hard way?

**Risk:** There is no way to avoid all risk. Just by getting in your car, you're taking some risk. A good attitude means avoiding taking risks whenever you can.

We can think of excuses for not always acting with safety in mind, but in the end, it makes a lot more sense to have a good safety attitude.





# June

# 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights		1 Atlantic Hurricane Season Begins	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 Safety has no quitting time!	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 Flag Day	15	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 Father's Day Summer Begins	21	22 Routine exercise will help you look better, feel stronger, and live longer!	23	24 	25	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		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
D E N	D E N	D E N	D E N			

## National Safety Month

**Safety... Because an ounce of prevention is worth a pound of cure.**

## ***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

# 2021

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) 	2 Fireworks are dangerous. Celebrate safely!	3 Test smoke alarms and inspect fire extinguishers monthly.
				D E N	D E N	D E N
4 Independence Day	5	6	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	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	19	20 It's hot outside. Make sure your pet has plenty of water and shade.	21	22	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	27	28	29	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

**Safety... Because it matters.**

## ***Save Your Back!***

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.





# August

2021

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	10	11	12	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	17	18 If you jog at night, dress right. Wear bright or reflective clothing.	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	26	27 Watch for school zones!	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		<p>JULY</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>SEPTEMBER</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p>	<p>Universal Work Shift Indicator System</p> <p>D = Days</p> <p>E = Evenings</p> <p>N = Nights</p>
D E N	D E N	D E N				

National Immunization Awareness Month



**Safety... It's a matter of pride.**

## ***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.



# September

2021

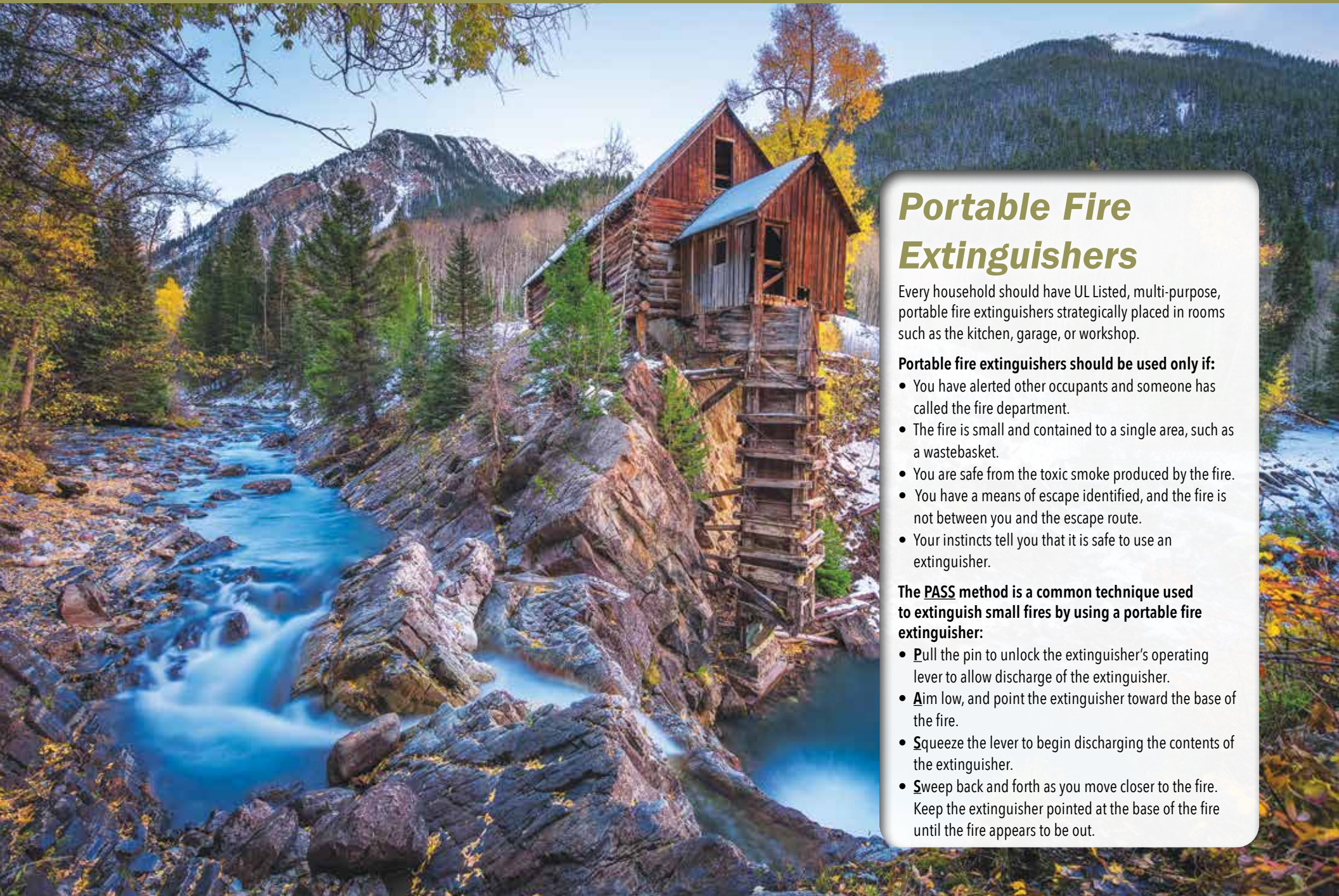
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AUGUST</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>OCTOBER</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		<b>1</b> Replenish fluids often when working in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

National Preparedness Month

National Cholesterol Education Month



Safety... It's a lifestyle, not a switch.



## ***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:**

- **Pull** the pin to unlock the extinguisher's operating lever to allow discharge of the extinguisher.
- **Aim** low, and point the extinguisher toward the base of the fire.
- **Squeeze** the lever to begin discharging the contents of the extinguisher.
- **Sweep** 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.



# October

2021

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

National Breast Cancer Awareness Month

National Fire Prevention Month

**Safety... It takes total commitment.**

## ***Flu Prevention***

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average, 5% to 20% of the population gets the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from flu.

### ***Flu symptoms include:***

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms, such as nausea, vomiting, and diarrhea

### ***Flu Prevention Measures:***

- The single best way to prevent the flu is to get a flu vaccination each year.
- Wash hands frequently with soap and water for 20 seconds; or use an alcohol-based hand rub if soap and water are not available.
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve. Throw tissues into a "no-touch" wastebasket.
- Clean your hands after coughing, sneezing, or blowing your nose.





# November

2021

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

National Child Safety & Protection Month



**Safety... It's always in season.**

## ***Electrical Safety Tips***

Electrical shocks and fires injure thousands of people each year. According to the U.S. Consumer Product Safety Commission in Washington, D.C., electrical wiring problems cause more than 40,000 residential house fires each year.

### **Top 10 Electrical Safety Tips...**

1. Don't ignore flickering lights, blown fuses, and faulty outlets.
2. Unplug heat-producing appliances (e.g. iron, toaster) when not in use.
3. Never use light bulbs that exceed the wattage capacity of the lamp.
4. Screw light bulbs in securely.
5. Use heavy-duty extension cords for high wattage appliances such as portable heaters.
6. Use surge protectors when possible.
7. Test Ground Fault Circuit Interrupters (GFCI's) monthly.
8. Keep electrical appliances away from water.
9. NO YANKING – Unplug appliances by the gripping area next to the outlet.
10. Use outlet safety covers or special outlets to protect children from electrical shock.



# December

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 2022 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       D E N	2       D E N	3 'Tis the season to be jolly. If you choose to drink, please don't drive.       D E N	4 Test smoke alarms and inspect fire extinguishers monthly.        D E N
5       D E N	6 When shopping at night, park in well-lighted areas.       D E N	7       D E N	8       D E N	9       D E N	10        D E N	11       D E N
12       D E N	13       D E N	14 Water live Christmas trees often to reduce the fire hazard.       D E N	15       D E N	16       D E N	17 Hanukkah Ends       D E N	18        D E N
19       D E N	20       D E N	21 Winter Begins       D E N	22 Be patient while driving in holiday traffic.       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	Universal Work Shift Indicator System D = Days E = Evenings N = Nights

## National Drunk and Drugged Driving Prevention Month

# Calendar 2022

## 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					

## 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					

## 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					

## 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			

## 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				

## 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			

## 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							

## 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							

## 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		

## 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						

## 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						

## 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				



## 2021 HOLIDAYS

NEW YEAR'S DAY	JANUARY	1
MARTIN LUTHER KING JR. DAY	JANUARY	18
GROUNDHOG DAY	FEBRUARY	2
VALENTINE'S DAY	FEBRUARY	14
PRESIDENTS' DAY	FEBRUARY	15
MARDI GRAS/FAT TUESDAY	FEBRUARY	16
ASH WEDNESDAY	FEBRUARY	17
ST. PATRICK'S DAY	MARCH	17
PALM SUNDAY	MARCH	28
PASSOVER *	MARCH	28
APRIL FOOLS' DAY	APRIL	1
GOOD FRIDAY	APRIL	2
EASTER SUNDAY	APRIL	4
ADMINISTRATIVE PROFESSIONALS' DAY	APRIL	21
EARTH DAY	APRIL	22
NATIONAL DAY OF PRAYER	MAY	6
MOTHER'S DAY	MAY	9
ARMED FORCES DAY	MAY	15
MEMORIAL DAY	MAY	31
FLAG DAY	JUNE	14
FATHER'S DAY	JUNE	20
INDEPENDENCE DAY	JULY	4
LABOR DAY	SEPTEMBER	6
ROSH HASHANAH *	SEPTEMBER	7
PATRIOT DAY	SEPTEMBER	11
YOM KIPPUR *	SEPTEMBER	16
COLUMBUS DAY	OCTOBER	11
NATIONAL BOSS'S DAY	OCTOBER	16
HALLOWEEN	OCTOBER	31
ALL SAINTS' DAY	NOVEMBER	1
VETERANS DAY	NOVEMBER	11
THANKSGIVING DAY	NOVEMBER	25
HANUKKAH *	NOVEMBER	29
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

\_\_\_\_\_

\_\_\_\_\_

## **2021 Safety Topics:**

**Exercise With Care  
Hand Tool Safety**

**Ergonomic Safety Tips**

**Slips, Trips & Falls**

**Safe Driving Tips**

**Your Safety Attitude**

**Prevent Heat Stress**

**Save Your Back!**

**Step Ladder Safety**

**Portable Fire Extinguishers**

**Flu Prevention**

**Electrical Safety Tips**



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