



Safety is a Way of Life!

2024

Safety...Every day! Even on weekends.

PREVENT EYE INJURIES

There are 500,000 eye injuries every year in the United States. The Bureau of Labor Statistics estimates that American businesses spend \$450 billion each year on about 70,000 workplace eye injuries. The majority of these injuries occur because employees are either not wearing any eye protection at the time of their accident or they aren't wearing the right kind of eye protection for the job.

Eye Injury Prevention Measures:

- Keep household chemicals, cleansers, paints, tools, etc. locked up and away from children.
- Almost anything that can splash into the eye can damage it; so always wear appropriate protective eyewear while working with or around chemicals.
- Never remove safety guards from power equipment. Always wear protective eyewear to protect against flying particles when operating any power equipment.
- Pick up yard debris before using lawn equipment and wear protective eyewear while operating it. Do not allow children to play in areas where lawn equipment is being used.
- Use sports-specific eyewear to avoid sports-related eye injuries.
- To ensure effectiveness, make sure protective eyewear is proper-fitting and appropriate for the hazards present.

January

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	1 New Year's Day	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 A healthy diet and exercise are keys to getting and staying fit.	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	15 Martin Luther King Jr. Day	16	17 	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	23	24 Always use the right tool for the job.	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	29 Protect yourself from the cold. Dress warmly and stay dry.	30	31		DECEMBER 2023 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 29
D E N	D E N	D E N	D E N			

National Eye Care Month

A close-up photograph of a tree branch in winter. The branch is covered in a light layer of snow and has several clusters of small, bright red berries. The background is a soft-focus view of a snowy forest with other trees and branches.

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

PROTECT YOUR HEARING

Hearing loss is the No. 1 disability in the world, and ironically, it's also the most preventable.

Every day we experience sounds in our environment, but when we are exposed to harmful sound, sensitive structures of the inner ear can become permanently damaged causing Noise-Induced Hearing Loss (NIHL).

Sounds that are louder than 85 decibels (dB) can damage your ears. Commonly used equipment that often produces noise levels in excess of 85 (dB) include: Chainsaws, hammer drills, bulldozers, powered lawn mowers, motorcycles, diesel trucks, food blenders, and factory machinery.

Keys to preventing Noise Induced Hearing Loss:

- Be aware of noise hazards, and take action to protect your hearing.
- If possible, remove or control noisy equipment to eliminate or reduce the noise hazard.
- Whenever possible, limit your exposure time to noise.
- If you must work in an area that exposes you to damaging sound levels, always wear appropriate hearing protective devices such as earplugs or earmuffs.

February

2024

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

National Heart Month

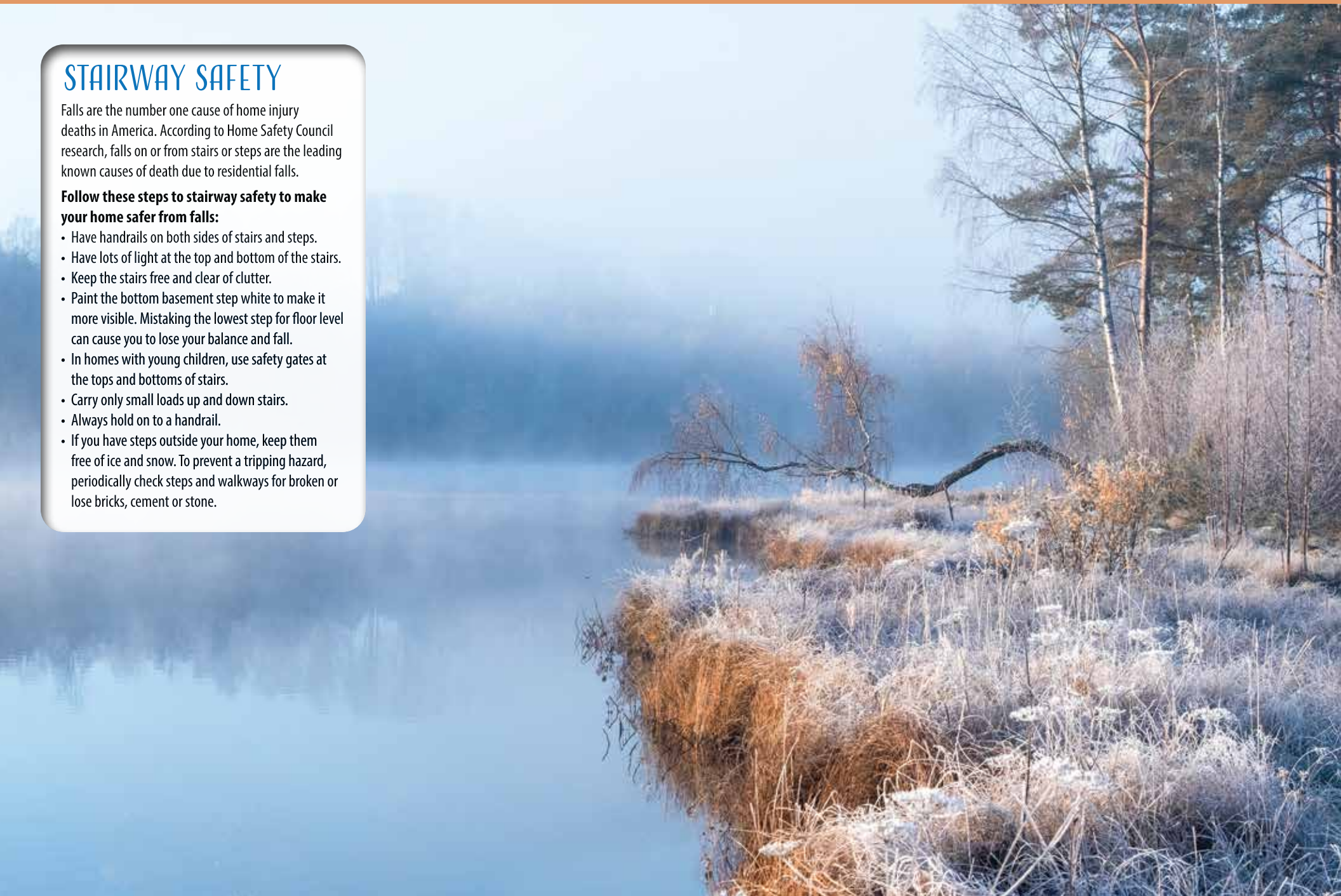
Safety... It always comes first.

STAIRWAY SAFETY

Falls are the number one cause of home injury deaths in America. According to Home Safety Council research, falls on or from stairs or steps are the leading known causes of death due to residential falls.

Follow these steps to stairway safety to make your home safer from falls:

- Have handrails on both sides of stairs and steps.
- Have lots of light at the top and bottom of the stairs.
- Keep the stairs free and clear of clutter.
- Paint the bottom basement step white to make it more visible. Mistaking the lowest step for floor level can cause you to lose your balance and fall.
- In homes with young children, use safety gates at the tops and bottoms of stairs.
- Carry only small loads up and down stairs.
- Always hold on to a handrail.
- If you have steps outside your home, keep them free of ice and snow. To prevent a tripping hazard, periodically check steps and walkways for broken or loose bricks, cement or stone.



March

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Universal Work Shift Indicator System</div> <div>D = Days</div> <div>E = Evenings</div> <div>N = Nights</div>	<div>FEBRUARY</div> <div>123</div> <div>45678910</div> <div>11121314151617</div> <div>18192021222324</div> <div>2526272829</div>	<div>APRIL</div> <div>123456</div> <div>78910111213</div> <div>14151617181920</div> <div>21222324252627</div> <div>282930</div>			<div>1</div> <div>DEN</div>	<div>2</div> <div>Test smoke alarms and inspect fire extinguishers monthly.</div> <div>DEN</div>
<div>3</div> <div></div> <div>DEN</div>	<div>4</div> <div>DEN</div>	<div>5</div> <div>DEN</div>	<div>6</div> <div>Never shortcut on safety.</div> <div>DEN</div>	<div>7</div> <div>DEN</div>	<div>8</div> <div>DEN</div>	<div>9</div> <div>DEN</div>
<div>10</div> <div>Daylight Saving Time Begins</div> <div></div> <div>DEN</div>	<div>11</div> <div>DEN</div>	<div>12</div> <div>DEN</div>	<div>13</div> <div>DEN</div>	<div>14</div> <div>DEN</div>	<div>15</div> <div>DEN</div>	<div>16</div> <div></div> <div>DEN</div>
<div>17</div> <div>St. Patrick's Day</div> <div>DEN</div>	<div>18</div> <div>DEN</div>	<div>19</div> <div>Spring Begins</div> <div>DEN</div>	<div>20</div> <div>DEN</div>	<div>21</div> <div>Protect your vision. Wear eye protection!</div> <div>DEN</div>	<div>22</div> <div>DEN</div>	<div>23</div> <div>DEN</div>
<div>24</div> <div>Palm Sunday</div> <div>DEN</div>	<div>25</div> <div></div> <div>DEN</div>	<div>26</div> <div>DEN</div>	<div>27</div> <div>DEN</div>	<div>28</div> <div>DEN</div>	<div>29</div> <div>Good Friday</div> <div>DEN</div>	<div>30</div> <div>DEN</div>
<div>31</div> <div>Easter Sunday</div> <div>DEN</div>						

Safety... A 24 hour attitude.

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.

April

2024

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

Alcohol Awareness Month

Safety... It has no quitting time.

POWER TOOLS SAFETY TIPS

Unsafe operation of power tools often results in serious injury and sometimes death. Many of these injuries can be avoided by observing the following precautions:

- Protect power cords and hoses against damage.
- Disconnect tools when not in use, and before servicing or changing accessories.
- Keep observers at a safe distance from the work.
- Secure work with clamps or a vise, freeing both hands to operate the tool.
- Do not hold fingers near the switch button while carrying a plugged-in tool.
- Keep good footing and maintain good balance.
- Avoid wearing loose clothing that can become caught in moving parts.
- Never use equipment that has damaged or missing parts.
- Wear appropriate personal protective equipment.

May

2024

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	1 	2 National Day of Prayer	3	4 Test smoke alarms and inspect fire extinguishers monthly.
			D E N	D E N	D E N	D E N
5 Cinco de Mayo	6 Help save a life! Get certified in first aid and CPR.	7 	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 Mother's Day	13	14	15 	16	17	18 Armed Forces Day
D E N	D E N	D E N	D E N	D E N	D E N	D E N
19	20 Victoria Day (Canada)	21	22 Routine exercise will help you look better, feel stronger, and live longer!	23 	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 Memorial Day	28	29	30 	31	
D E N	D E N	D E N	D E N	D E N	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 risks. 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

2024

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 Test smoke alarms and inspect fire extinguishers monthly. Atlantic Hurricane Season Begins
2	3	4 Safety has no quitting time!	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 Flag Day 	15
D E N	D E N	D E N	D E N	D E N	D E N	D E N
16 Father's Day	17	18 Have you checked your blood pressure lately?	19 Juneteenth	20 Summer Begins	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	National Tire Safety Week (Through July 3)					
30						
D E N	D E N	D E N	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.

SUN SAFETY TIPS

Besides the immediate effect of sunburn, excessive exposure to UV radiation over time can cause skin cancer, eye damage, immune system suppression, and premature aging.

Protect yourself from the sun.

- Use a broad-spectrum sunscreen that protects against UVA and UVB rays, and has a Sun Protection Factor (SPF) of 15 or greater.
- Reapply sunscreen every two hours when outdoors, especially if you're swimming or sweating.
- Wear protective, tightly woven clothing.
- Wear a 4-inch-wide broad-brimmed hat and sunglasses with UV protective lenses.
- Stay in the shade whenever possible.
- Avoid reflective surfaces, which can reflect up to 85 percent of the sun's rays.

July

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	1 Canada Day (Canada)	2	3	4 Independence Day	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 Fireworks are dangerous. Celebrate safely!	8	9	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	15	16	17	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	23 It's hot outside. Make sure your pet has plenty of water and shade.	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	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	
D E N	D E N	D E N	D E N		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	
D E N	D E N	D E N	D E N			

Eye Injury Prevention Month

Safety... Because it matters.

TIRE BLOWOUT SAFETY TIPS

If you know how to properly react to a flat tire or blowout, chances are, you will be able to keep yourself and others safe.

The following are a few simple safety measures to take if you experience a flat tire or blowout while driving:

- Hold the steering wheel firmly and keep the car going straight.
- Take your foot off the gas and allow your vehicle to slow down gradually on its own.
- Do not apply the brakes unless absolutely necessary, and then only slowly and lightly.
- Reduce your speed to 15mph or less before pulling off the road or onto the shoulder.
- Get the car as far off the road as possible before exiting and working on the tire.
- Turn on your four way (hazard) flashers to warn oncoming traffic.



August

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	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	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		1 D E N	2 D E N	3 Test smoke alarms and inspect fire extinguishers monthly. D E N
4 	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 If you jog at night, dress right. Wear bright or reflective clothing.	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	21	22	23 Watch for school zones!	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

National Immunization Awareness Month

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

GOOD HOUSEKEEPING

Poor housekeeping can be a cause of accidents, such as:

- Tripping over loose objects on floors, stairs and platforms
- Being hit by falling objects
- Slipping on greasy, wet, or dirty surfaces
- Striking against projecting, poorly stacked items or misplaced material
- Cutting, puncturing, or tearing of the skin on projecting objects.

These types of injuries can be avoided by employing good housekeeping. Good housekeeping is not just cleanliness. It includes:

- Keeping work areas neat and orderly
- Maintaining halls and floors free of slip and trip hazards
- Removing of waste materials (e.g., paper, cardboard) and other fire hazards from work areas
- Paying attention to important details such as the layout of the whole workplace, aisles, and storage facilities

Effective housekeeping is an ongoing operation; it is not a hit-or-miss cleanup done occasionally.



September

2024

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

National Preparedness Month

National Cholesterol Education Month

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

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.



October

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights		1	2	3 Rosh Hashanah (Starts at sundown the day before)	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 Keep matches, lighters and candles away from children.	9	10	11	12 Yom Kippur (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
13	14 Columbus Day Thanksgiving Day (Canada)	15	16 National Boss's Day	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 Never leave burning candles unattended.	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	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	
D E N	D E N	D E N	D E N	D E N	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	
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.

HANG UP AND DRIVE!

In the United States, cellular phone use has skyrocketed in recent years. This increase has been accompanied by a corresponding increase in the number of individuals who talk on and text with their cell phones while driving. Recent estimates suggest that cell phone users spend 60 percent of their cell-phone time while driving.

Cell phones affect driving performance!

Research has already established that even basic manual manipulation of a phone (e.g., dialing the phone, answering the phone, etc.) has a negative impact on driving.

Additional research involving simulated driving tasks has also revealed that:

- (a) Individuals engaged in cell phone conversations missed twice as many simulated traffic signals as when they were not talking on their phones
- (b) These individuals took longer to react to the signals that they did detect
- (c) The deficits were equal for both hand-held and hands-free cell phone users.

In summary, research strongly suggests that operating and talking on a cell phone while driving causes significant decreases in driving performance. From this, we conclude that the safest practice is to just hang up and drive!



November

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<div>OCTOBER</div> <div>12345678910111213141516171819202122232425262728293031</div>	<div>DECEMBER</div> <div>12345678910111213141516171819202122232425262728293031</div>			<div>1</div> <div>All Saints' Day</div> <div></div>	<div>2</div> <div>Change the batteries in smoke alarms when changing your clocks. Inspect fire extinguishers.</div> <div></div>
<div>3</div> <div>Daylight Saving Time Ends</div> <div></div>	<div>4</div> <div></div> <div></div>	<div>5</div> <div>Election Day</div> <div></div>	<div>6</div> <div></div> <div></div>	<div>7</div> <div></div> <div></div>	<div>8</div> <div></div> <div></div>	<div>9</div> <div></div> <div></div>
<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>
<div>10</div> <div></div> <div></div>	<div>11</div> <div>Veterans Day Remembrance Day (Canada)</div> <div></div>	<div>12</div> <div></div> <div></div>	<div>13</div> <div></div> <div></div>	<div>14</div> <div>Turn headlights on low-beam while driving in rain or fog.</div> <div></div>	<div>15</div> <div></div> <div></div>	<div>16</div> <div></div> <div></div>
<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>
<div>17</div> <div></div> <div></div>	<div>18</div> <div></div> <div></div>	<div>19</div> <div>Teach children to call 911 for emergencies.</div> <div></div>	<div>20</div> <div></div> <div></div>	<div>21</div> <div></div> <div></div>	<div>22</div> <div></div> <div></div>	<div>23</div> <div></div> <div></div>
<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>
<div>24</div> <div></div> <div></div>	<div>25</div> <div></div> <div></div>	<div>26</div> <div></div> <div></div>	<div>27</div> <div></div> <div></div>	<div>28</div> <div>Thanksgiving Day</div> <div></div>	<div>29</div> <div></div> <div></div>	<div>30</div> <div></div> <div></div>
<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>	<div>D</div> <div>E</div> <div>N</div>

National Child Safety & Protection Month

Safety... It's always in season.

ATM SAFETY TIPS

Whether you're traveling abroad or just down the street, ATM safety is very important.

- Choose an ATM that is located in a busy well-lit area.
- Be aware of your surroundings. If you observe or sense suspicious persons or circumstances, do not use the ATM at that time.
- Do not select an ATM that is located at the corner of a building — corners create blind spots.
- Have your ATM card ready and in your hand as you approach the ATM.
- Avoid counting or flashing your cash while at the ATM.
- When using a drive-up ATM, keep your engine running and doors locked, and leave enough room to maneuver between your car and the one ahead of you in a drive up line.

Special Precautions for Using an ATM at Night:

- Park close to the ATM in a well-lighted area.
- Take another person with you, if at all possible.
- If the lights at the ATM are not working, don't use it.
- If shrubbery has overgrown or a tree blocks the view, select another ATM and notify your bank.



December

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5	6'Tis the season to be jolly. If you choose to drink, please don't drive.	7Test 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	10Water live Christmas trees often to reduce the fire hazard.	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	18When shopping at night, park in well-lighted areas.	19	20	21Winter Begins
D E N	D E N	D E N	D E N	D E N	D E N	D E N
22 	23Be patient while driving in holiday traffic.	24	25Christmas Day	26Hanukkah (Starts at sundown the day before) Boxing Day (Canada) Kwanzaa Begins	27Wash hands often to prevent the spread of infection.	28
D E N	D E N	D E N	D E N	D E N	D E N	D E N
29	30 	31New Year's Eve		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 2025 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				Universal Work Shift Indicator System D = Days E = Evenings N = Nights

National Drunk and Drugged Driving Prevention Month

Calendar 2025

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	

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			

2024 HOLIDAYS

NEW YEAR'S DAY	JANUARY	1
MARTIN LUTHER KING JR. DAY	JANUARY	15
GROUNDHOG DAY	FEBRUARY	2
MARDI GRAS/FAT TUESDAY	FEBRUARY	13
VALENTINE'S DAY	FEBRUARY	14
ASH WEDNESDAY	FEBRUARY	14
PRESIDENTS' DAY	FEBRUARY	19
ST. PATRICK'S DAY	MARCH	17
PALM SUNDAY	MARCH	24
GOOD FRIDAY	MARCH	29
EASTER SUNDAY	MARCH	31
APRIL FOOLS' DAY	APRIL	1
EARTH DAY	APRIL	22
PASSOVER *	APRIL	23
ADMINISTRATIVE PROFESSIONALS' DAY	APRIL	24
NATIONAL DAY OF PRAYER	MAY	2
MOTHER'S DAY	MAY	12
ARMED FORCES DAY	MAY	18
MEMORIAL DAY	MAY	27
FLAG DAY	JUNE	14
FATHER'S DAY	JUNE	16
JUNETEENTH	JUNE	19
INDEPENDENCE DAY	JULY	4
LABOR DAY	SEPTEMBER	2
PATRIOT DAY	SEPTEMBER	11
ROSH HASHANAH *	OCTOBER	3
YOM KIPPUR *	OCTOBER	12
COLUMBUS DAY	OCTOBER	14
NATIONAL BOSS'S DAY	OCTOBER	16
HALLOWEEN	OCTOBER	31
ALL SAINTS' DAY	NOVEMBER	1
VETERANS DAY	NOVEMBER	11
THANKSGIVING DAY	NOVEMBER	28
CHRISTMAS DAY	DECEMBER	25
HANUKKAH *	DECEMBER	26
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



MIX

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2024 Safety Topics:

Prevent Eye Injuries
Protect Your Hearing
Stairway Safety
Save Your Back
Power Tools Safety Tips
Your Safety Attitude
Sun Safety Tips
Tire Blowout Safety Tips
Good Housekeeping
Electrical Safety Tips
Hang Up and Drive
ATM Safety Tips



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