



2025

**Safety is a Way of Life!**

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

# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<b>DECEMBER 2024</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> <i>New Year's Day</i> 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>  D E N	<b>7</b> A healthy diet and exercise are keys to getting and staying fit. 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> D E N
<b>19</b> D E N	<b>20</b> <i>Martin Luther King Jr. Day</i> D E N	<b>21</b>  D E N	<b>22</b> Always use the right tool for the job. 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> D E N	<b>31</b> D E N	

**National Eye Care Month**

Safety is a way of life.

## PREVENT 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.



# February

# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<b>JANUARY</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>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>1</b> Test smoke alarms and inspect fire extinguishers monthly.  D E N
<b>2</b> Groundhog Day  D E N	<b>3</b>  D E N	<b>4</b> Use medicines only as directed.  D E N	<b>5</b>   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> Valentine's Day  D E N	<b>15</b>  D E N
<b>16</b>  D E N	<b>17</b> Presidents' Day  D E N	<b>18</b>  D E N	<b>19</b> Have cholesterol checked at least once every 5 years.  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>   D E N	<b>28</b>  D E N	

National Heart Month

Depend on safety, because your family depends on you.

## 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).

# March

# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<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>APRIL</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				<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> <b>Mardi Gras</b>  D E N	<b>5</b> <b>Ash Wednesday</b>  D E N	<b>6</b> Never shortcut on safety.   D E N	<b>7</b>  D E N	<b>8</b>  D E N
<b>9</b> <b>Daylight Saving Time Begins</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> <b>St. Patrick's Day</b>  D E N	<b>18</b>  D E N	<b>19</b> Protect your vision. Wear eye protection!  D E N	<b>20</b> <b>Spring Begins</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>  D E N	<b>28</b>  D E N	<b>29</b>   D E N
<b>30</b>  D E N	<b>31</b>  D E N					

**National Nutrition Month**

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

## 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.





# April

# 2025

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

**Alcohol Awareness Month**

Investing daily in safety pays a lifetime of dividends.

## 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 and 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.

# May

# 2025

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

**National Sports and Fitness Month**

Safety is a habit you can live with.

## 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.



# June

# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Atlantic Hurricane Season Begins D E N	<b>2</b>  D E N	<b>3</b> D E N	<b>4</b> D E N	<b>5</b> D E N	<b>6</b> D E N	<b>7</b> Test smoke alarms and inspect fire extinguishers monthly. 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> Safety has no quitting time! D E N	<b>13</b> D E N	<b>14</b> Flag Day D E N
<b>15</b> Father's 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> Juneteenth D E N	<b>20</b> Summer Begins D E N	<b>21</b> D E N
<b>22</b> D E N	<b>23</b> D E N	<b>24</b> Have you checked your blood pressure lately? 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> National Tire Safety Week (Through July 4) D E N			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	Universal Work Shift Indicator System D = Days E = Evenings N = Nights

**National Safety Month**

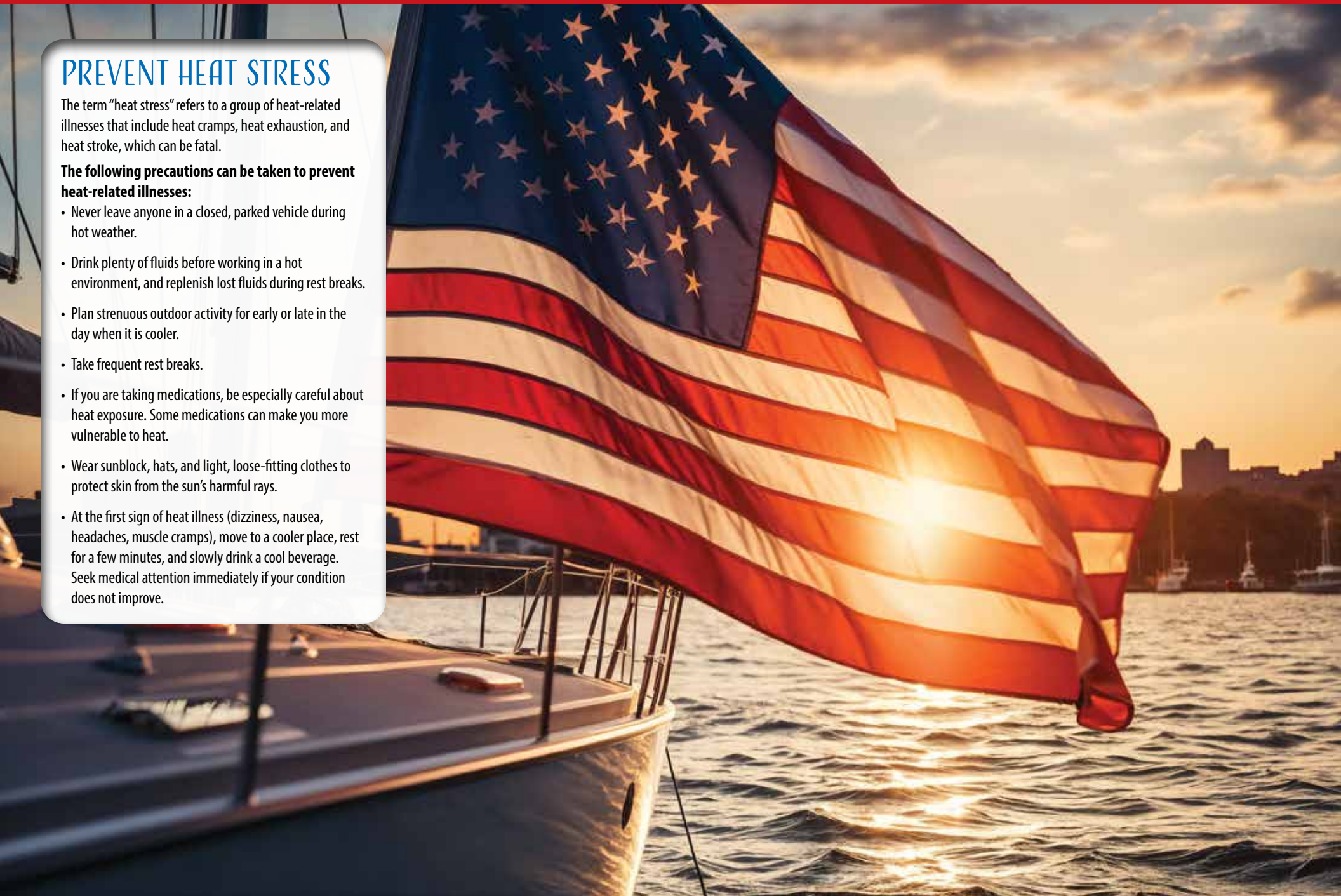
Avoid the worst. Put safety first.

## 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

# 2025

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

## 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.



# August

# 2025

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

Choose safety every day – even on weekends.

## CHEMICALS STORAGE TIPS

Many products used in homes and workplaces contain hazardous chemicals. The following safe storage tips will help to reduce the risk of fire or poisoning associated with these products:

- Buy only what you need, and use it all up before buying more.
- Keep all products in their original containers.
- Never put a toxic product in a food or drink container.
- Never remove product labels. They contain important emergency-treatment information.
- Store toxic products where children cannot find them (e.g., in a cabinet with a lock or childproof latch).
- Keep hazardous products in a cool, dry place away from ignition sources.
- Store corrosive, flammable, reactive, and poisonous products on separate shelves.
- Ensure that all containers have secure lids or caps, and stack containers so they cannot fall over.
- Always return the product to its proper place after using it.
- Inspect your home for hazardous products, and dispose of items that are old or not needed.

# September

# 2025

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

## HOME FIRE SAFETY

In the U.S., fire departments respond to more than 350,000 home structure fires each year. These fires cause more than 10,000 injuries, 2,500 deaths, and \$6 billion in damage.

Protect your family and home:

- **Watch your cooking** – Stay in the kitchen when you are cooking. If you must leave, even for a short time, turn off the stove.
- **Give space heaters space** – Keep heaters at least 3 feet from anything that can burn. Turn off heaters when you leave the room or go to sleep.
- **Smoking** – Avoid smoking in the home. Have sturdy, deep ashtrays for smokers. Never smoke in bed!
- **Keep matches and lighters out of reach** – Keep matches and lighters up high, out of the reach of children, preferably in a cabinet with a child lock.
- **Inspect electrical cords** – Inspect and replace cords that are damaged, cracked, have broken plug ends, or loose connections.
- **Be careful when using candles** – Keep candles at least one foot from anything that can burn. Blow out candles when you leave the room or go to sleep.
- **Have a home fire escape plan** – Make a home fire escape plan and practice it at least twice a year.
- **Install smoke alarms** – Install smoke alarms in all areas, and on every level of your home.
- **Test smoke alarms** – Test smoke alarms at least once a month and replace batteries once a year or when the alarm “chirps” to tell you the battery is low.
- **Portable Fire Extinguisher** – UL Listed, multi-purpose, portable fire extinguishers should be strategically placed in rooms such as the kitchen, garage or workshop.

# October

# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<b>SEPTEMBER</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	<b>NOVEMBER</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	<b>1</b> D E N	<b>2</b> <b>Yom Kippur</b> (Starts at sundown the day before) 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>  D E N	<b>7</b> Keep matches, lighters and candles away from children. D E N	<b>8</b> D E N	<b>9</b> D E N	<b>10</b> D E N
<b>12</b> D E N	<b>13</b> <b>Columbus Day</b> <b>Thanksgiving</b> <b>Day (Canada)</b>  D E N	<b>14</b> D E N	<b>15</b> D E N	<b>16</b> <b>National Boss's</b> <b>Day</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>  D E N	<b>22</b> Never leave burning candles unattended. 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	<b>31</b> <b>Halloween</b> D E N	

National Breast Cancer Awareness Month

National Fire Prevention Month

Safety is not an accident.

## POISON PREVENTION

A poison is any substance that can cause harmful effects in the body. Millions of people are unintentionally poisoned every year, and children under the age of six are at the greatest risk.

### **Poison Proof Your Home...**

- Keep all household poisons and medicines in their original containers.
- Lock poisons and medicines out of the reach and sight of children.
- To avoid confusion, do not refer to medications as "candy" or take them in front of children.
- Never leave children alone with household products or medications. If you are using a product, take a child with you when stopping to answer the telephone or door. Most poisonings occur when the product is in use.
- Know which plants in and around your home can be poisonous, and keep them away from children.
- Take time to teach children about poisons.
- Keep the number of your local poison center on or near the phone.



# November

# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<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>DECEMBER</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> Change the batteries in smoke alarms when changing your clocks. Inspect fire extinguishers.  <b>All Saints' Day</b>  D E N
<b>2</b> Daylight Saving Time Ends  D E N	<b>3</b>  D E N	<b>4</b> Election Day  D E N	<b>5</b>   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> Veterans Day Remembrance Day (Canada)   D E N	<b>12</b>  D E N	<b>13</b> Turn headlights on low-beam while driving in rain or fog.  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> Teach children to call 911 for emergencies.  D E N	<b>19</b>  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> Thanksgiving Day  D E N	<b>28</b>   D E N	<b>29</b>  D E N
<b>30</b>  D E N	<b>31</b>  D E N					

National Child Safety & Protection Month

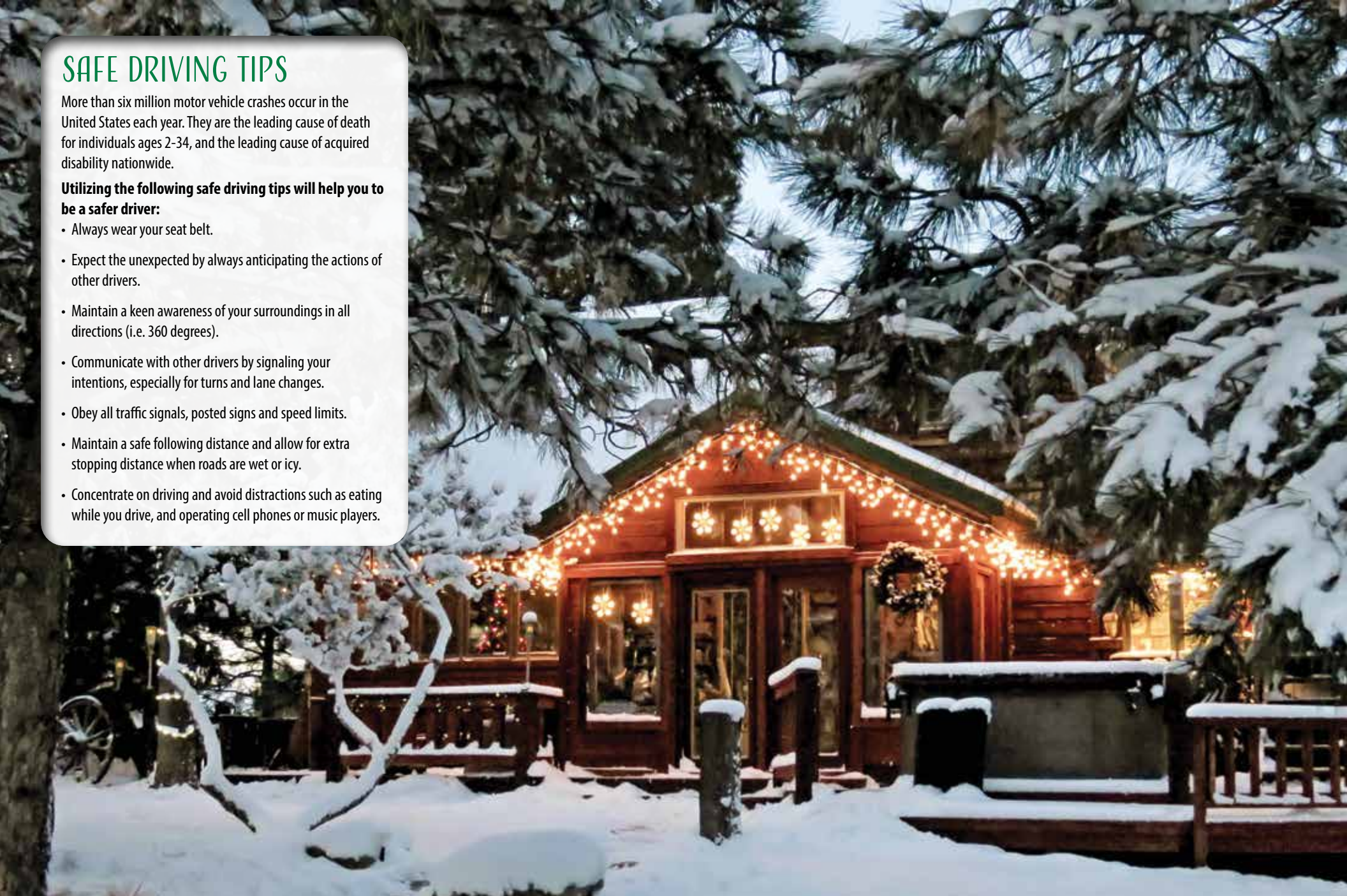
Safety starts with an "S" but begins with "You."

## 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.





# December

# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<b>1</b> D E N	<b>2</b> D E N	<b>3</b> D E N	<b>4</b>  D E N	<b>5</b> 'Tis the season to be jolly. If you choose to drink, please don't drive. D E N	<b>6</b> Test smoke alarms and inspect fire extinguishers monthly. D E N
	<b>7</b> D E N	<b>8</b> D E N	<b>9</b> Water live Christmas trees often to reduce the fire hazard. D E N	<b>10</b> D E N	<b>11</b>  D E N	<b>12</b> D E N
<b>14</b> D E N	<b>15</b> Hanukkah (Starts at sundown the day before) D E N	<b>16</b> D E N	<b>17</b> D E N	<b>18</b> When shopping at night, park in well-lighted areas. D E N	<b>19</b>  D E N	<b>20</b> D E N
<b>21</b> Winter Begins D E N	<b>22</b> Be patient while driving in holiday traffic. D E N	<b>23</b> D E N	<b>24</b> Wash hands often to prevent the spread of infection. D E N	<b>25</b> Christmas Day D E N	<b>26</b> Boxing Day (Canada) Kwanzaa Begins 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> New Year's Eve 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		JANUARY 2026 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>28</b> D E N	<b>29</b> D E N	<b>30</b> D E N	<b>31</b> D E N			

**National Drunk and Drugged Driving Prevention Month**

# Calendar 2026

## 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		



# 2025 Safety Topics:

**Safe Lifting Tips**

**Prevent Slips, Trips and Falls**

**Hand Tool Safety**

**Exercise With Care**

**Step Ladder Safety**

**Ergonomic Safety Tips**

**Prevent Heat Stress**

**Portable Fire Extinguishers**

**Chemicals Storage Tips**

**Home Fire Safety**

**Poison Prevention**

**Safe Driving Tips**



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