

A wide-angle photograph of a canyon landscape. In the foreground, there are steep, reddish-brown rock formations with vertical erosion patterns. A prominent, tall, thin rock spire stands out on the right side. The middle ground shows more layered rock formations and a valley floor. The background features distant, hazy mountain ranges under a bright blue sky filled with scattered white and grey clouds. The overall scene is vibrant and majestic.

# 2022

**Safety is a Way of Life!**



*There is never a good enough reason to compromise safety.*

## Safe Lifting

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

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<b>DECEMBER 2021</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> <b>New Year's Day</b> Test smoke alarms and inspect fire extinguishers monthly.
<b>2</b>	<b>3</b>	<b>4</b> A healthy diet and exercise are keys to getting and staying fit.	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
<b>16</b>	<b>17</b> <b>Martin Luther King Jr. Day</b>	<b>18</b> Always use the right tool for the job.	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Protect yourself from the cold. Dress warmly and stay dry.	<b>27</b>	<b>28</b>	<b>29</b>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
<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 Eye Care Month**



*Safety is a way of life.*

## *Power Tools Safety*

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.



# February

# 2022

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> Groundhog Day  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> Use medicines only as directed.  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>  D E N	<b>18</b>  D E N	<b>19</b>  D E N
<b>20</b>  D E N	<b>21</b> Presidents' Day  D E N	<b>22</b>  D E N	<b>23</b>  D E N	<b>24</b> Have cholesterol checked at least once every 5 years.  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				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

National Heart Month



*Depend on safety, because your family depends on you.*

## 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.





# March

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights		<b>1</b> <b>Mardi Gras</b>	<b>2</b> <b>Ash Wednesday</b> 	<b>3</b>	<b>4</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
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Never shortcut on safety.	<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>Daylight Saving Time Begins</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>St. Patrick's Day</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>Spring Begins</b>	<b>21</b>	<b>22</b> Protect your vision. Wear eye protection!	<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>	<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
D E N	D E N	D E N	D E N	D E N		

## National Nutrition Month

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

## 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.



# April

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<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 	<b>2</b> Test smoke alarms and inspect fire extinguishers monthly.
					D E N	D E N
<b>3</b>	<b>4</b> Store poisonous chemicals and medicines away from children.	<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> Palm Sunday	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Good Friday IRS Tax Deadline	<b>16</b> Passover Begins (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
<b>17</b> Easter Sunday	<b>18</b>	<b>19</b> Help save a life! Get certified in first aid and CPR.	<b>20</b>	<b>21</b>	<b>22</b> Earth Day	<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> Administrative Professionals Day	<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

## Alcohol Awareness Month



*Investing daily in safety pays a lifetime of dividends.*

## *Sun Safety*

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.





# May

# 2022

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

## National Sports and Fitness Month



*Safety is a habit you can live with.*

## *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:

- Individuals engaged in cell phone conversations missed twice as many simulated traffic signals as when they were not talking on their phones
- These individuals took longer to react to the signals that they did detect
- 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!





# June

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights			<b>1</b> Atlantic Hurricane Season Begins	<b>2</b>	<b>3</b>	<b>4</b> Test smoke alarms and inspect fire extinguishers monthly.
			D E N	D E N	D E N	D E N
<b>5</b>	<b>6</b>	<b>7</b> 	<b>8</b> Safety has no quitting time!	<b>9</b>	<b>10</b>	<b>11</b>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
<b>12</b>	<b>13</b>	<b>14</b> Flag Day 	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
<b>19</b> Father's Day Juneteenth	<b>20</b> 	<b>21</b> Summer Begins	<b>22</b>	<b>23</b> Routine exercise will help you look better, feel stronger, and live longer!	<b>24</b>	<b>25</b>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
<b>26</b>	<b>27</b>	<b>28</b> 	<b>29</b>	<b>30</b>	<div>MAY</div> <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>JULY</div> <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>
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 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.

# July

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<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>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>1</b> <b>Canada Day (Canada)</b>  Fireworks are dangerous. Celebrate safely!	<b>2</b> Test smoke alarms and inspect fire extinguishers monthly.
<b>3</b>	<b>4</b> <b>Independence Day</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>	<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> It's hot outside. Make sure your pet has plenty of water and shade.	<b>20</b> 	<b>21</b>	<b>22</b>	<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

## Eye Injury Prevention Month



*When in doubt, always side with safety.*

## *Practice Good Housekeeping*

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

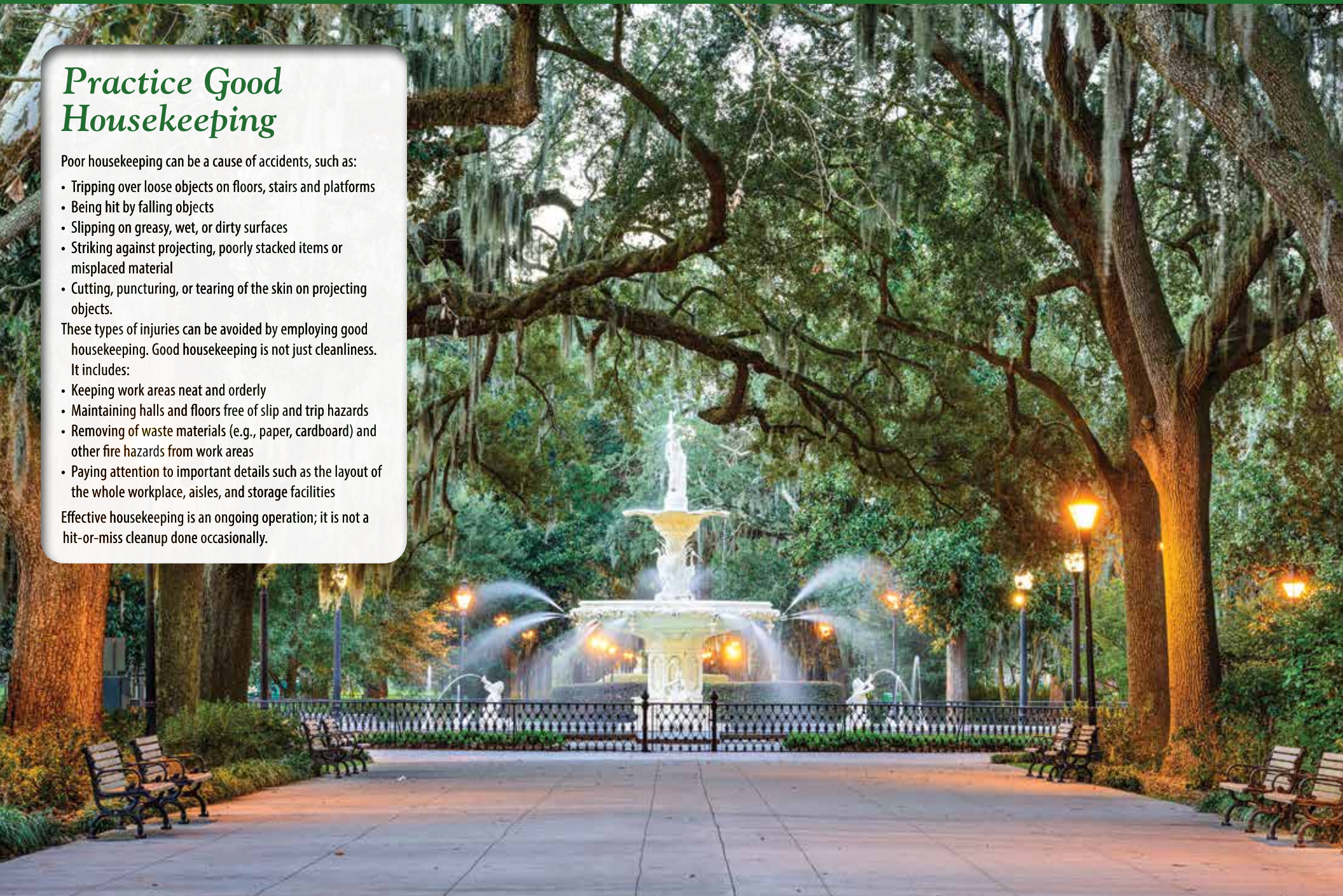
- Tripping over loose objects on floors, stairs and platforms
- Being hit by falling objects
- Slipping on greasy, wet, or dirty surfaces
- Striking against projecting, poorly stacked items or misplaced material
- Cutting, puncturing, or tearing of the skin on projecting objects.

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.





# August

# 2022

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>  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>  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> If you jog at night, dress right. Wear bright or reflective clothing.  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>  D E N	<b>23</b>  D E N	<b>24</b>  D E N	<b>25</b>  D E N	<b>26</b> Watch for school zones!  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	<div>JULY</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>SEPTEMBER</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</div>

## National Immunization Awareness Month



*Choose safety every day – even on weekends.*

## Portable Generator Safety

When used improperly, portable generators can pose a serious electrocution or carbon monoxide (CO) poisoning hazard. Adhering to the following safety tips will protect you from these hazards:

- **Never** use a portable generator indoors. Opening doors and windows or using fans will not necessarily prevent CO buildup.
- During use, keep portable generators outdoors and far away from open doors, windows and vents.
- If you start to feel sick, dizzy or weak while using a generator, get to fresh air right away.
- Keep generators dry. Consumer-grade generators are not weatherproof and can pose the risk of electrocution and shock when used in wet conditions.
- Do not connect the generator directly into your home's electrical system through a receptacle outlet. This is a dangerous practice that poses a fire hazard and an electrocution hazard to utility workers and neighbors served by the same transformer.
- If using a generator, plug individual appliances into heavy duty, UL approved, outdoor-rated extension cords and plug cords into the generator.





# September

# 2022

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

# 2022

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				<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>  D E N	<b>5</b> Yom Kippur (Starts at sundown the day before)  D E N	<b>6</b> Keep matches, lighters and candles away from children.  D E N	<b>7</b>  D E N	<b>8</b>  D E N
<b>9</b>   D E N	<b>10</b> Columbus Day Thanksgiving Day (Canada)  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> National Boss's Day   D E N	<b>18</b>  D E N	<b>19</b> Never leave burning candles unattended.  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	<b>29</b>  D E N
<b>30</b>  D E N	<b>31</b> Halloween  D E N					

National Breast Cancer Awareness Month

National Fire Prevention Month



*Safety is no accident.*

## Reduce, Reuse, Recycle

**Produce less waste by practicing the 3 R's:**

1. **Reduce** the amount and toxicity of trash you discard.
2. **Reuse** containers and products, repair what is broken or give it to someone who can repair it.
3. **Recycle** as much as possible, which includes buying products with recycled content.

**REDUCE**—Waste prevention (or “source reduction”) means consuming and throwing away less. This includes:

- Purchasing durable, long-lasting goods
- Seeking products and packaging that are as free of toxins as possible

**REUSE**—Reusing items, by repairing them, donating them to charity and community groups, or selling them also reduces waste. Reusing products, when possible, is even better than recycling because the item does not need to be reprocessed before it can be used again.

**RECYCLE**—Recycling turns materials that would otherwise become waste into valuable resources. It generates a host of environmental, financial, and social benefits. Materials like glass, metal, plastics, and paper can be collected, separated and sent to facilities that can process them into new materials or products.

# November

# 2022

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



## *Extension Cord Safety*

The U.S. Consumer Product Safety Commission (CPSC) estimates that each year, about 4,000 injuries associated with electric extension cords are treated in hospital emergency rooms. About half of these result from people tripping over extension cords. The CPSC also estimates that about 3,300 residential fires originate in extension cords each year, killing 50 people and injuring about 270 others. The most frequent causes of such fires are short circuits, overloading, and/or damaged or misused extension cords.

### **Tips for safely using extension cords:**

- Use extension cords only when necessary and only on a temporary basis. Do not use extension cords in place of permanent wiring.
- Do not remove the prongs of an electrical plug. If plug prongs are missing, loose, or bent, replace the entire plug.
- Use extension cords that are the correct size or rating for the equipment in use.
- Only use cords rated for outdoor use when using a cord outside.
- Do not run cords above ceiling tiles or through walls.
- Keep electrical cords away from areas where they may be pinched, and areas where they may pose a fire or tripping hazard.
- Always inspect cords prior to use to ensure the insulation isn't cut or damaged. Discard damaged cords.
- Never unplug an extension cord by pulling on the cord. Pull on the plug.

# December

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	<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>JANUARY 2023</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> 'Tis the season to be jolly. If you choose to drink, please don't drive.  D E N	<b>2</b>  D E N	<b>3</b> Test smoke alarms and inspect fire extinguishers monthly.  D E N
<b>4</b>  D E N	<b>5</b> When shopping at night, park in well-lighted areas.  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> Water live Christmas trees often to reduce the fire hazard.  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> Hanukkah (Starts at sundown the day before)  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>  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> Wash hands often to prevent the spread of infection.  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

**National Drunk and Drugged Driving Prevention Month**



# Calendar 2023

## 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						

## 2022 HOLIDAYS

NEW YEAR'S DAY	JANUARY	1
MARTIN LUTHER KING JR. DAY	JANUARY	17
GROUNDHOG DAY	FEBRUARY	2
VALENTINE'S DAY	FEBRUARY	14
PRESIDENTS' DAY	FEBRUARY	21
MARDI GRAS/FAT TUESDAY	MARCH	1
ASH WEDNESDAY	MARCH	2
ST. PATRICK'S DAY	MARCH	17
APRIL FOOLS' DAY	APRIL	1
PALM SUNDAY	APRIL	10
GOOD FRIDAY	APRIL	15
PASSOVER *	APRIL	16
EASTER SUNDAY	APRIL	17
EARTH DAY	APRIL	22
ADMINISTRATIVE PROFESSIONALS' DAY	APRIL	27
NATIONAL DAY OF PRAYER	MAY	5
MOTHER'S DAY	MAY	8
ARMED FORCES DAY	MAY	21
MEMORIAL DAY	MAY	30
FLAG DAY	JUNE	14
FATHER'S DAY	JUNE	19
JUNETEENTH	JUNE	19
INDEPENDENCE DAY	JULY	4
LABOR DAY	SEPTEMBER	5
PATRIOT DAY	SEPTEMBER	11
ROSH HASHANAH *	SEPTEMBER	26
YOM KIPPUR *	OCTOBER	5
COLUMBUS DAY	OCTOBER	10
NATIONAL BOSS'S DAY	OCTOBER	17
HALLOWEEN	OCTOBER	31
ALL SAINTS' DAY	NOVEMBER	1
VETERANS DAY	NOVEMBER	11
THANKSGIVING DAY	NOVEMBER	24
HANUKKAH *	DECEMBER	19
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

\_\_\_\_\_

\_\_\_\_\_



# 2022 Safety Topics:

**Safe Lifting**  
**Power Tools Safety**  
**Poison Prevention**  
**Protect Your Hearing**  
**Sun Safety**  
**Hang Up and Drive**  
**Prevent Eye Injuries**  
**Practice Good Housekeeping**  
**Portable Generator Safety**  
**Home Fire Safety**  
**Reduce, Reuse, Recycle**  
**Extension Cord Safety**



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