



Safety is a Way of **Life!**

2020

There is never a good enough reason to compromise safety.

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.



2020

National Eye Care Month

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.

February

2020

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 Test smoke alarms and inspect fire extinguishers monthly. 
2 <i>Groundhog Day</i>	3	4 Use medicines only as directed.	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 <i>Valentine's Day</i>	15 
D E N	D E N	D E N	D E N	D E N	D E N	D E N
16	17 <i>Presidents' Day</i>	18	19	20	21	22
D E N	D E N	D E N	D E N	D E N	D E N	D E N
23 	24	25 <i>Mardi Gras</i>	26 <i>Ash Wednesday</i>	27 Have cholesterol checked at least once every 5 years.	28	29
D E N	D E N	D E N	D E N	D E N	D E N	D E N

National Heart Month

Depend on safety, because your family depends on you.

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.



March

2020

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 Daylight Saving Time Begins	9	10	11	12 Never shortcut on safety.	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 St. Patrick's Day	18	19 Spring Begins	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 Protect your vision. Wear eye protection!	24	25	26	27	28
D E N	D E N	D E N	D E N	D E N	D E N	D E N
29	30	31		<div>FEBRUARY</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div>	<div>APRIL</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</div>	<div>Universal Work Shift Indicator System</div> <div>D = Days</div> <div>E = Evenings</div> <div>N = Nights</div>
D E N	D E N	D E N				

National Nutrition Month

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

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.

April

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1 <i>April Fools' Day</i> 	2	3	4 Test smoke alarms and inspect fire extinguishers monthly.
5 <i>Palm Sunday</i> D E N	6 Store poisonous chemicals and medicines away from children. D E N	7  D E N	8 D E N	9 <i>Passover Begins Starts at sundown the day before</i> D E N	10 <i>Good Friday</i> D E N	11 D E N
12 <i>Easter Sunday</i> D E N	13 D E N	14  D E N	15 <i>IRS Tax Deadline</i> D E N	16 <i>Passover Ends</i> D E N	17 D E N	18 D E N
19 D E N	20 D E N	21 D E N	22 <i>Earth Day Administrative Professionals Day</i>  D E N	23 D E N	24 D E N	25 D E N
26 D E N	27 D E N	28 Help save a life! Get certified in first aid and CPR. D E N	29 D E N	30 	Universal Work Shift Indicator System D = Days E = Evenings N = Nights	
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 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.



May

2020

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 Test smoke alarms and inspect fire extinguishers monthly.
3	4 Driving under the influence of alcohol or drugs is never worth the risk.	5 <i>Cinco de Mayo</i>	6	7 <i>National Day of Prayer</i> 	8	9
D E N	D E N	D E N	D E N	D E N	D E N	D E N
10 <i>Mother's Day</i>	11	12	13	14 	15	16 <i>Armed Forces Day</i>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
17	18 <i>Victoria Day (Canada)</i>	19	20	21 Have you checked your blood pressure lately?	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 <i>Memorial Day</i>	26	27	28	29 	30
D E N	D E N	D E N	D E N	D E N	D E N	D E N
31						
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

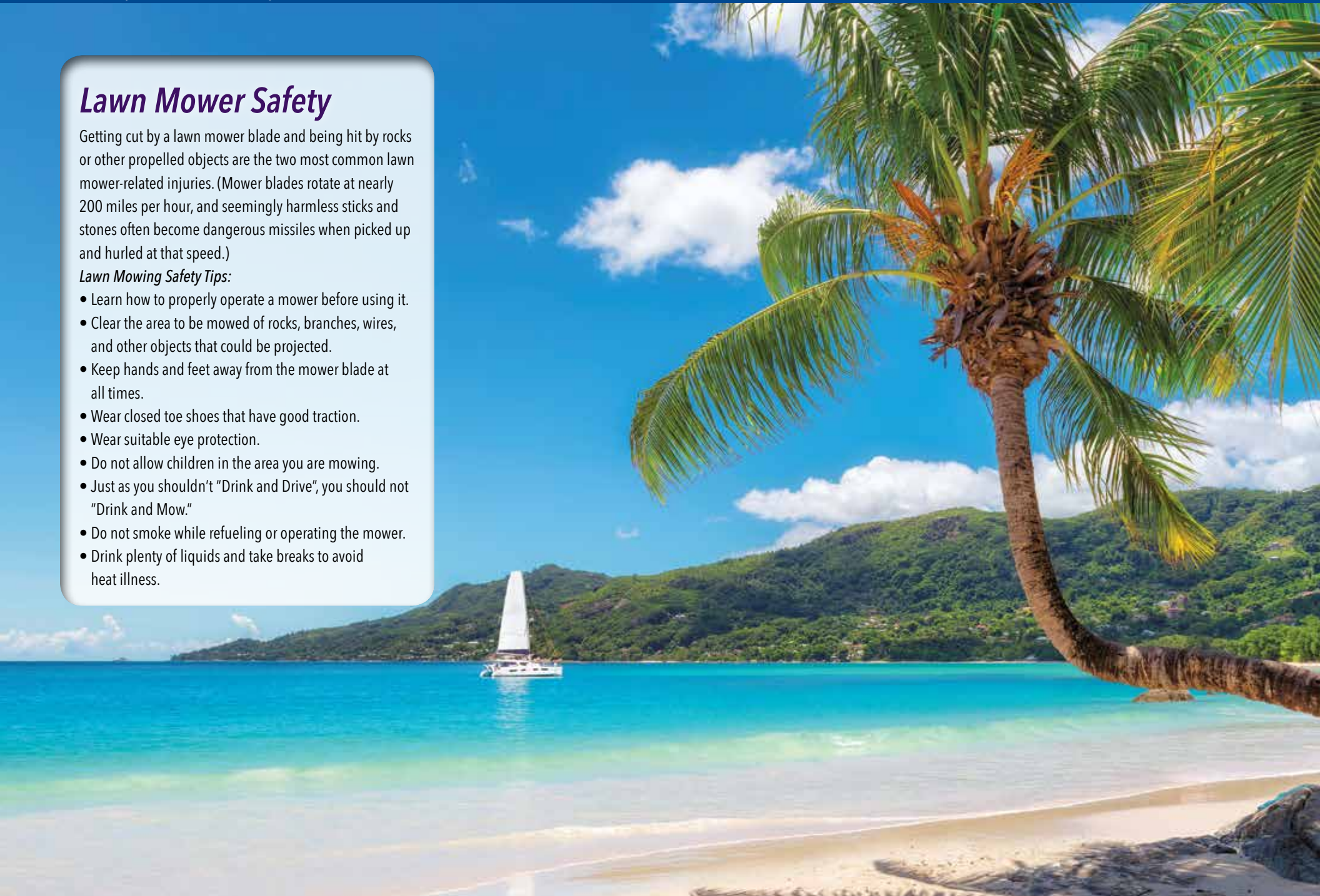
Safety is a habit you can live with.

Lawn Mower Safety

Getting cut by a lawn mower blade and being hit by rocks or other propelled objects are the two most common lawn mower-related injuries. (Mower blades rotate at nearly 200 miles per hour, and seemingly harmless sticks and stones often become dangerous missiles when picked up and hurled at that speed.)

Lawn Mowing Safety Tips:

- Learn how to properly operate a mower before using it.
- Clear the area to be mowed of rocks, branches, wires, and other objects that could be projected.
- Keep hands and feet away from the mower blade at all times.
- Wear closed toe shoes that have good traction.
- Wear suitable eye protection.
- Do not allow children in the area you are mowing.
- Just as you shouldn't "Drink and Drive", you should not "Drink and Mow."
- Do not smoke while refueling or operating the mower.
- Drink plenty of liquids and take breaks to avoid heat illness.



June

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Atlantic Hurricane Season Begins</i>	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 Safety has no quitting time!	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 <i>Flag Day</i>	15	16	17	18	19	20 <i>Summer Begins</i>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
21 <i>Father's Day</i> 	22	23 Routine exercise will help you look better, feel stronger, and live longer!	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		<p>MAY</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>JULY</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 Safety Month

Avoid the worst. Put safety first.



Avoid Road Rage

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

The following tips can help you avoid road rage incidents.

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

July

2020

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 <i>Canada Day</i> <i>(Canada)</i>	2	3 Fireworks are dangerous. Celebrate safely!	4 <i>Independence Day</i> Test smoke alarms and inspect fire extinguishers monthly. 
5	6	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	13	14	15	16	17	18
D E N	D E N	D E N	D E N	D E N	D E N	D E N
19	20	21 It's hot outside. Make sure your pet has plenty of water and shade.	22	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	28	29	30	31	
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.

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.



August

2020

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 Test smoke alarms and inspect fire extinguishers monthly. D E N
2 D E N	3  D E N	4 D E N	5 D E N	6 If you jog at night, dress right. Wear bright or reflective clothing. 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 D E N	15 D E N
16 D E N	17 D E N	18  D E N	19 D E N	20 D E N	21 D E N	22 D E N
23 D E N	24 D E N	25  D E N	26 D E N	27 Watch for school zones! D E N	28 D E N	29 D E N
30 D E N	31 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.

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.

September

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Replenish fluids often when working in heat.	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 Labor Day Labour Day (Canada)	8	9	10 	11 Patriot Day	12
D E N	D E N	D E N	D E N	D E N	D E N	D E N
13	14	15	16 Reduce cholesterol with a high-fiber, low-fat diet.	17 	18	19 Rosh Hashanah Starts at sundown the day before
D E N	D E N	D E N	D E N	D E N	D E N	D E N
20	21	22 Autumn Begins	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 Yom Kippur Starts at sundown the day before	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		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
D E N	D E N	D E N	D E N			
Universal Work Shift Indicator System D = Days E = Evenings N = Nights						

National Preparedness Month

National Cholesterol Education Month

Universal Work Shift
Indicator System
D = Days
E = Evenings
N = Nights

You are the person most responsible for your safety.

Smoke Alarm Tips

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

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

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

October

2020

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	3 Test smoke alarms and inspect fire extinguishers monthly.
4	5	6	7	8 Keep matches, lighters and candles away from children.	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 <i>Columbus Day</i> <i>Thanksgiving Day</i> <i>(Canada)</i>	13	14	15	16 <i>National Boss's</i> <i>Day</i> 	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 	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 Never leave burning candles unattended.	28	29	30	31 <i>Halloween</i> 
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

Chemical 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.



November

2020

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

National Child Safety & Protection Month

Safety starts with an “S” but begins with “YOU.”

Personal Safety Tips

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

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



December

2020

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 2021 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 D E N	4 'Tis the season to be jolly. If you choose to drink, please don't drive. D E N	5 Test smoke alarms and inspect fire extinguishers monthly. D E N
6 D E N	7  D E N	8 D E N	9 D E N	10 D E N	11 <i>Hanukkah Starts at sundown the day before</i> D E N	12 D E N
13 D E N	14  D E N	15 Water live Christmas trees often to reduce the fire hazard. D E N	16 D E N	17 D E N	18 <i>Hanukkah Ends</i> D E N	19 When shopping at night, park in well-lighted areas. D E N
20 D E N	21 <i>Winter Begins</i>  D E N	22 Be patient while driving in holiday traffic. D E N	23 D E N	24 D E N	25 <i>Christmas Day</i> D E N	26 <i>Boxing Day (Canada) Kwanzaa Begins</i> 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 <i>New Year's Eve</i> D E N	Universal Work Shift Indicator System D = Days E = Evenings N = Nights	

National Drunk and Drugged Driving Prevention Month

Calendar 2021

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

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	

31

2020 HOLIDAYS

NEW YEAR'S DAY	JANUARY	1
MARTIN LUTHER KING JR. DAY (OBSERVED)	JANUARY	20
GROUNDHOG DAY	FEBRUARY	2
VALENTINE'S DAY	FEBRUARY	14
PRESIDENTS' DAY	FEBRUARY	17
MARDI GRAS/FAT TUESDAY	FEBRUARY	25
ASH WEDNESDAY	FEBRUARY	26
ST. PATRICK'S DAY	MARCH	17
APRIL FOOLS' DAY	APRIL	1
PALM SUNDAY	APRIL	5
PASSOVER*	APRIL	9
GOOD FRIDAY	APRIL	10
EASTER SUNDAY	APRIL	12
EARTH DAY	APRIL	22
ADMINISTRATIVE PROFESSIONALS' DAY	APRIL	22
NATIONAL DAY OF PRAYER	MAY	7
MOTHER'S DAY	MAY	10
ARMED FORCES DAY	MAY	16
MEMORIAL DAY	MAY	25
FLAG DAY	JUNE	14
FATHER'S DAY	JUNE	21
INDEPENDENCE DAY	JULY	4
LABOR DAY	SEPTEMBER	7
PATRIOT DAY	SEPTEMBER	11
ROSH HASHANAH*	SEPTEMBER	19
YOM KIPPUR*	SEPTEMBER	28
COLUMBUS DAY	OCTOBER	12
NATIONAL BOSS'S DAY	OCTOBER	16
HALLOWEEN	OCTOBER	31
ALL SAINTS' DAY	NOVEMBER	1
VETERANS DAY	NOVEMBER	11
THANKSGIVING DAY	NOVEMBER	26
HANUKKAH*	DECEMBER	11
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

2020 Safety Topics:

Prevent Eye Injuries
Save Your Back!
Power Tools Safety Tips
Portable Fire Extinguishers
Sun Safety Tips
Lawn Mower Safety
Avoid Road Rage
Protect Your Hearing
Stairway Safety
Smoke Alarm Tips
Chemical Storage Tips
Personal Safety Tips



KeepSafe, Inc. • P.O. Box 648 • Baker, Louisiana 70704-0648

Toll Free: 1-888-300-7800 • Fax Toll Free: 1-888-213-9940 • Website: www.ksafe.com

Copyright© 2019 KeepSafe, Inc.