
2019
Safety is a Way of Life!

Safety - Every day...even on weekends.



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 intended 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).

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 2018 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	1 *New Year's Day* D E N	2 D E N	3 D E N	4 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 A healthy diet and exercise are keys to getting and staying fit. D E N	11 D E N	12 D E N
13 D E N	14 D E N	15 Always use the right tool for the job. D E N	16 D E N	17 D E N	18 D E N	19 D E N
20 D E N	21 *Martin Luther King Jr. Day* D E N	22 D E N	23 D E N	24 D E N	25 D E N	26 D E N
27 D E N	28 D E N	29 D E N	30 Protect yourself from the cold. Dress warmly and stay dry! D E N	31 D E N		Universal Work Shift Indicator System D = Days E = Evenings N = Nights

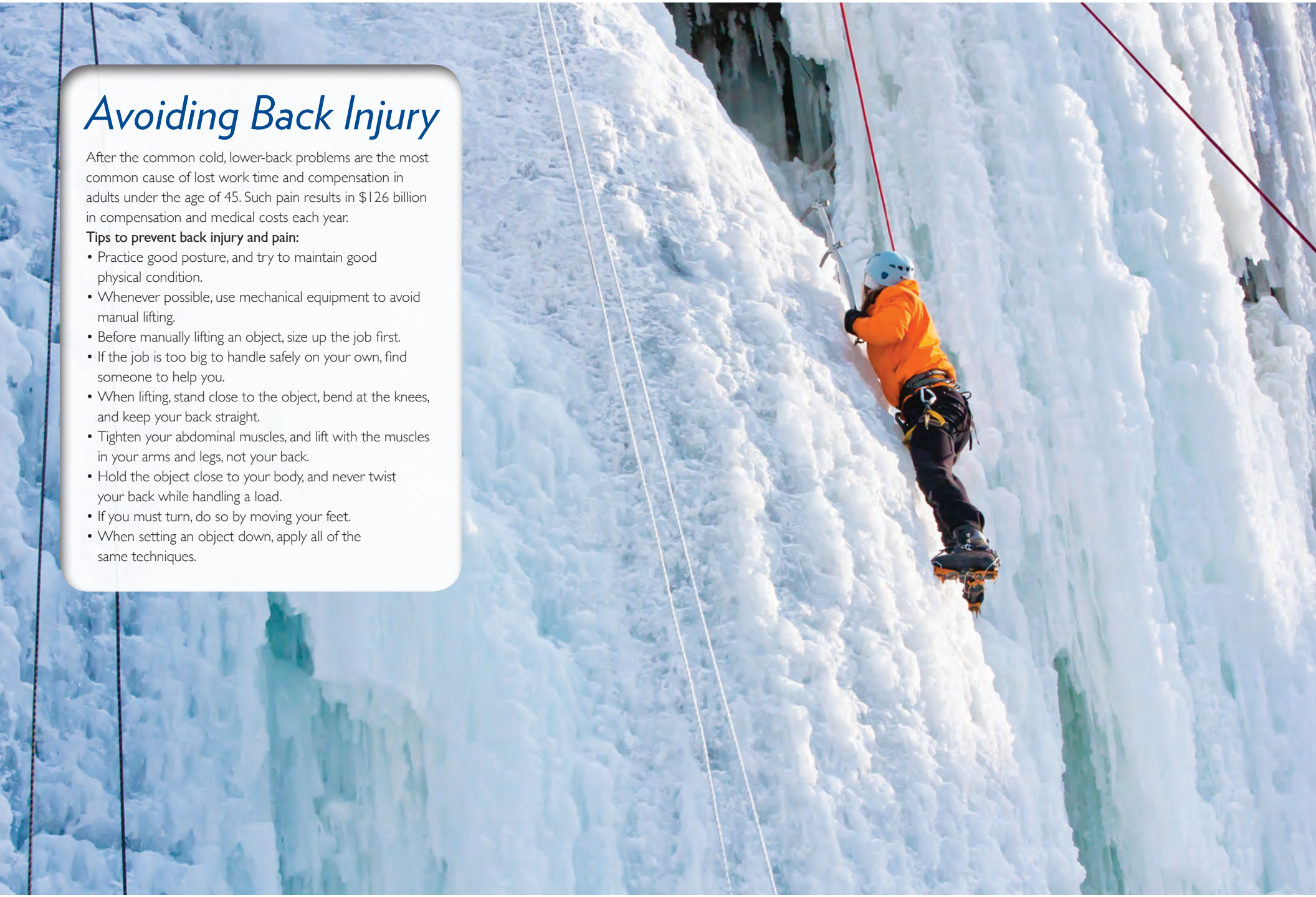
National Eye Care Month

Avoiding Back Injury

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 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Test smoke alarms and inspect fire extinguishers monthly. *Groundhog Day* D E N
3 D E N	4 D E N	5 D E N	6 Use medicines only as directed. 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 *Valentine's Day* D E N	15 D E N	16 D E N
17 D E N	18 *Presidents' Day* 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 D E N	28 Have cholesterol checked at least once every 5 years. D E N		Universal Work Shift Indicator System D = Days E = Evenings N = Nights

National Heart Month



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 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	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	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			1 D E N	2 Test smoke alarms and inspect fire extinguishers monthly. D E N
3 D E N	4 D E N	5 *Mardi Gras* D E N	6 *Ash Wednesday* D E N	7 D E N	8 D E N	9 D E N
10 *Daylight Saving Time Begins* D E N	11 D E N	12 D E N	13 D E N	14 D E N	15 Never shortcut on safety. D E N	16 D E N
17 *St. Patrick's Day* D E N	18 D E N	19 D E N	20 *Spring Begins* D E N	21 D E N	22 D E N	23 D E N
24 D E N	25 Protect your vision. Wear eye protection! D E N	26 D E N	27 D E N	28 D E N	29 D E N	30 D E N
31 D E N						

National Nutrition Month

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.



April 2019

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

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

Alcohol Awareness Month



Sports Safety

Playing sports is a great way to have fun and stay in shape. Whatever sport is yours, be sure to play it safely, so you can stay in the game and off the sidelines.

- **Warm Up:** Proper warm-up prepares the body for training and competition.
- **Drink Lots of Fluids:** Stay hydrated by drinking plenty of water before, during, and after working out or playing the game.
- **Feel the Burn, Not the Pain:** Pain can indicate an injury that can be made worse by continuing to play.
- **Cool Down:** Ending a training session with a cool down period reduces the risk of muscle cramps, soreness, stiffness, fainting and dizziness.
- **Protect Your Skin:** Sunlight contains harmful UV rays that can cause sunburn and can lead to skin cancer. Limit exposure to direct sunlight, and wear sunscreen with a sun protection factor SPF of 15 or greater.
- **Watch Out for the Dangerous Too's:** Too tired, too thirsty, too much sun, too much strenuous activity.
- **Use the Right Equipment:** That means always wearing the appropriate gear for your sport such as: The right shoes, helmets, pads, guards, protective eyewear, etc.

May 2019

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 D E N	2 *National Day of Prayer* D E N	3 D E N	4 Test smoke alarms and inspect fire extinguishers monthly. D E N
5 *Cinco de Mayo* D E N	6 D E N	7 D E N	8 D E N	9 D E N	10 D E N	11 D E N
12 *Mother's Day* D E N	13 D E N	14 D E N	15 Driving under the influence of alcohol or drugs is never worth the risk. D E N	16 D E N	17 D E N	18 *Armed Forces Day* D E N
19 D E N	20 *Victoria Day (Canada)* D E N	21 D E N	22 D E N	23 D E N	24 Have you checked your blood pressure lately? D E N	25 D E N
26 D E N	27 *Memorial Day* D E N	28 D E N	29 D E N	30 D E N	31 D E N	

National Sports and Fitness Month



Slips, Trips, Falls

According to the National Safety Council, nearly 15,000 deaths occur each year due to falls.

The following are a few pointers to help you prevent slips, trips, and falls at work and at home:

- Wear shoes that provide good traction.
- Keep floors and stairways clean and free of debris and spills.
- Carry only loads you can see over.
- Don't grope around in the dark. Turn the lights on or use a flashlight.
- Repair broken or uneven pavement, loose carpet, and floorboards that pose a tripping hazard.
- When walking up or down stairs, keep at least one hand on the rail.
- Don't jump. Lower yourself carefully from docks, trucks, or work stages.
- Don't build or use makeshift ladders out of chairs, benches, or boxes.
- When climbing ladders, face the front and use both hands to climb.
- Don't overreach from a ladder.
- Make sure there's only one person on a ladder at a time, and never stand on the top of a stepladder.

June 2019

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* D E N
2 D E N	3 D E N	4 D E N	5 Routine exercise will help you look better, feel stronger, and live longer! D E N	6 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 *Flag Day* D E N	15 D E N
16 *Father's Day* D E N	17 D E N	18 D E N	19 D E N	20 D E N	21 *Summer Begins* D E N	22 D E N
23 D E N 30 D E N	24 Safety has no quitting time! D E N	25 D E N	26 D E N	27 D E N	28 D E N	29 D E N

National Safety Month



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 (e.g. 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 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 *Canada Day (Canada)* D E N	2  D E N	3 Fireworks are dangerous. Celebrate safely! D E N	4 *Independence Day* D E N	5 D E N	6 Test smoke alarms and inspect fire extinguishers monthly. 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 It's hot outside. Make sure your pet has plenty of water and shade. D E N	23 D E N	24  D E N	25 D E N	26 D E N	27 D E N
28 D E N	29 D E N	30 D E N	31  D E N			

JUNE

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AUGUST

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Eye Injury Prevention Month



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

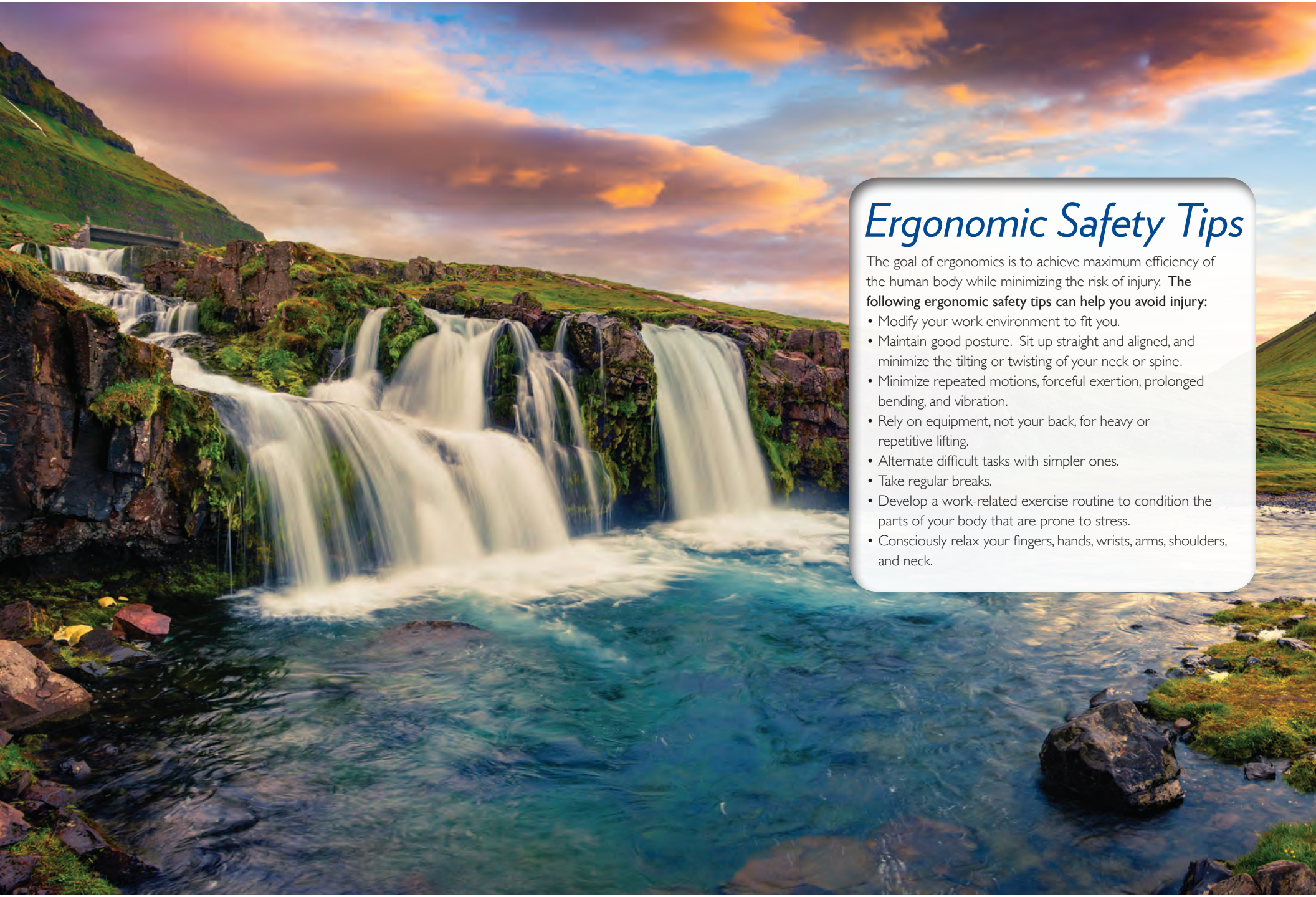
(c) The deficits were equal for both hand-held and hands-free cell phone users.

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!

August 2019

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 D E N	5 D E N	6 D E N	7 D E N	8 D E N	9 D E N	10 D E N
11 D E N	12 If you jog at night, dress right. Wear bright or reflective clothing. 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 D E N	28 D E N	29 Watch for school zones! D E N	30 D E N	31 D E N

National Immunization Awareness Month



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.

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 D E N	2 *Labor Day* *Labour Day (Canada)* D E N	3 D E N	4 Replenish fluids often when working in heat. D E N	5  D E N	6 D E N	7 Test smoke alarms and inspect fire extinguishers monthly. D E N
8 D E N	9 D E N	10 D E N	11 *Patriot Day* 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 *Autumn Begins* D E N	24 D E N	25 D E N	26 Reduce cholesterol with a high fiber, low fat diet. D E N	27 D E N	28  D E N
29 D E N	30 *Rosh Hashanah* *Starts at sundown the day before* D E N					

AUGUST

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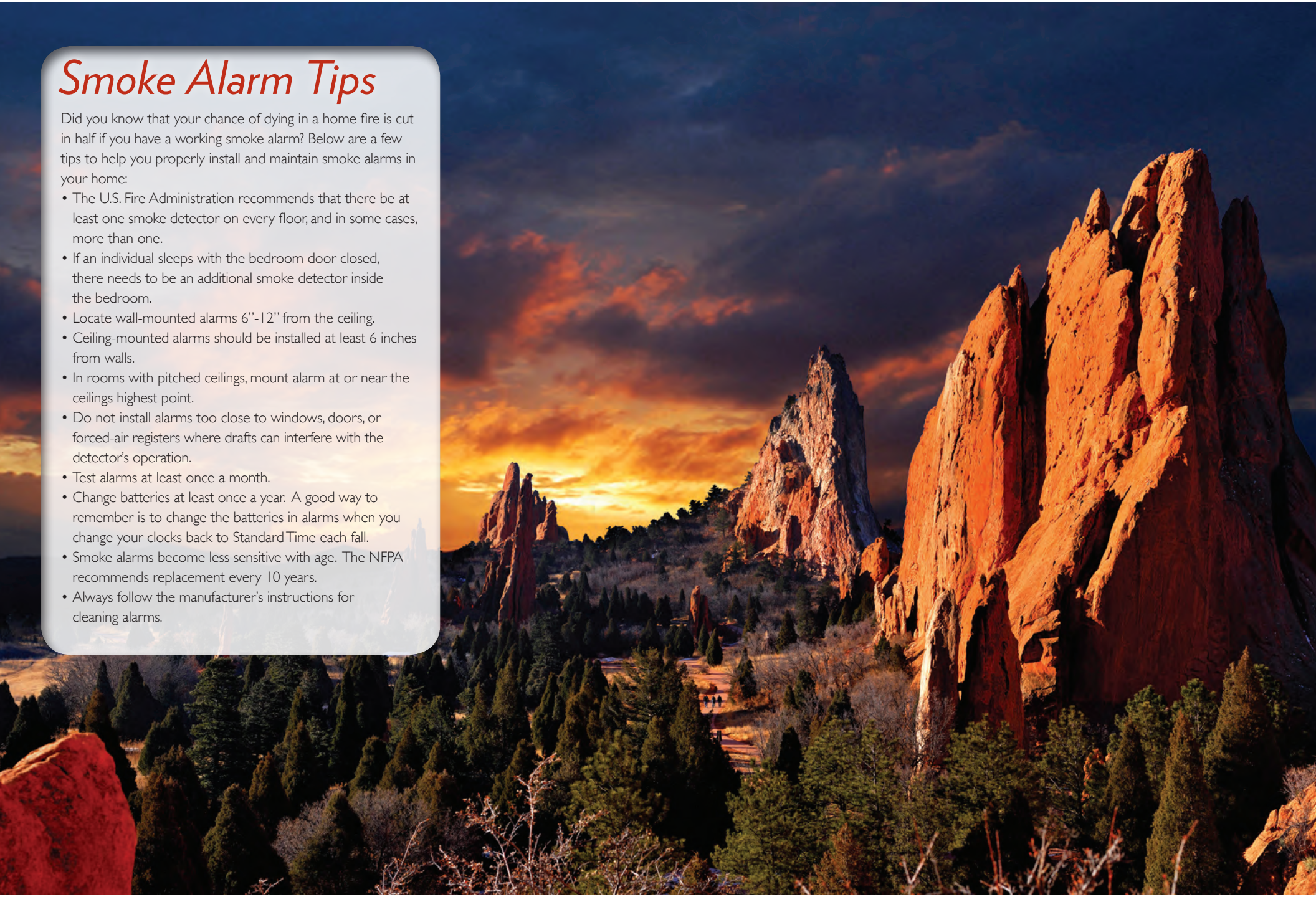
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Universal Work Shift Indicator System
D = Days
E = Evenings
N = Nights

National Preparedness Month

National Cholesterol Education Month



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 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 D E N	2 D E N	3 D E N	4 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 *Yom Kippur* *Starts at sundown the day before* D E N	10 D E N	11 Never leave burning candles unattended. D E N	12 D E N
13 D E N	14 *Columbus Day* *Thanksgiving Day (Canada)* D E N	15 D E N	16 *National Boss's Day* 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 D E N	28 D E N	29 Teach children to call 911 for emergencies. D E N	30 D E N	31 *Halloween* D E N		Universal Work Shift Indicator System D = Days E = Evenings N = Nights

National Breast Cancer Awareness Month

National Fire Prevention Month



Flu Prevention

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

Flu symptoms include:

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

Flu Prevention Measures:

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

November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Universal Work Shift Indicator System D = Days E = Evenings N = Nights	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	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			1 *All Saints Day* D E N	2 Test smoke alarms and inspect fire extinguishers monthly. D E N
3 *Daylight Saving Time Ends* Change the batteries in smoke alarms when changing your clocks. D E N	4  D E N	5 *Election Day* D E N	6 D E N	7 Keep matches, lighters and candles away from children. D E N	8 D E N	9 D E N
10 D E N	11 *Veterans Day* *Remembrance Day (Canada)* 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 Turn headlights on low-beam while driving in rain or fog. 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 D E N	28 *Thanksgiving Day* D E N	29 D E N	30 D E N

National Child Safety & Protection Month

Safety - It's always in season.



Electrical Safety Tips

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

Top 10 Electrical Safety Tips:

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

December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 D E N	2 Wash hands often to prevent the spread of infection. D E N	3 D E N	4  D E N	5 D E N	6 D E N	7 Test smoke alarms and inspect fire extinguishers monthly. D E N
8 D E N	9 D E N	10 D E N	11  D E N	12 When shopping at night, park in well-lighted areas. D E N	13 D E N	14 'Tis the season to be jolly. If you choose to drink, please don't drive. D E N
15 D E N	16 Water live Christmas trees often to reduce the fire hazard. D E N	17 D E N	18  D E N	19 D E N	20 Be patient while driving in holiday traffic. D E N	21 *Winter Begins* D E N
22 D E N	23 *Hanukkah* *Starts at sundown the day before* D E N	24 D E N	25 *Christmas Day*  D E N	26 *Boxing Day (Canada)* *Kwanzaa Begins* D E N	27 D E N	28 D E N
29 D E N	30 *Hanukkah Ends* D E N	31 *New Year's Eve* D E N				

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

National Drunk and Drugged Driving Prevention Month

Calendar 2020

JANUARY

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FEBRUARY

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MARCH

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APRIL

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2019 HOLIDAYS

NEW YEAR'S DAY	JANUARY	1
MARTIN LUTHER KING JR. DAY (OBSERVED)	JANUARY	21
GROUNDHOG DAY	FEBRUARY	2
VALENTINE'S DAY	FEBRUARY	14
PRESIDENTS' DAY	FEBRUARY	18
MARDI GRAS/FAT TUESDAY	MARCH	5
ASH WEDNESDAY	MARCH	6
ST. PATRICK'S DAY	MARCH	17
APRIL FOOLS' DAY	APRIL	1
PALM SUNDAY	APRIL	14
GOOD FRIDAY	APRIL	19
PASSOVER*	APRIL	20
EASTER SUNDAY	APRIL	21
EARTH DAY	APRIL	22
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
INDEPENDENCE DAY	JULY	4
LABOR DAY	SEPTEMBER	2
PATRIOT DAY	SEPTEMBER	11
ROSH HASHANAH*	SEPTEMBER	30
YOM KIPPUR*	OCTOBER	9
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
HANUKKAH*	DECEMBER	23
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

2019 Safety Topics:

Hand Tool Safety

Avoiding Back Injury

Poison Prevention

Step Ladder Safety

Sports Safety

Slips, Trips, Falls

Prevent Heat Stress

Hang Up and Drive!

Ergonomic Safety Tips

Smoke Alarm Tips

Flu Prevention

Electrical Safety Tips

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