

Safety is no accident.



J<u>ANUARY</u>

SU	JNDAY			MONDAY	-		TUESDA	Υ	WE	.DNEST	ΥAΥ		THURSD <i>A</i>	ΑΥ		FRIDAY		S	ATURD.	ΑΥ
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28	E	N	29	E	N	30	Protect yourse cold. Dress wa stay dry!	If from the rmly and	31	E	N	3 4 IO II I7 I8		I 2 8 9 15 16 22 23	18 19		2 3 9 IO 16 I7	Inc	ersal Work dicator Syst D = Days E = Evening N = Nights	em s

It's better to take the time to be safe than to have the time to be sorry.



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.

- 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

SU	JNDAY		λ	(AGNO)	·	Т	TUESƊA`	Υ	У	√EƊ N E SƊ	ΑΥ	Т	H U R S Ɗ A \	<i>(</i>]	FRIDAY		S	ATURDA	ΑY
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II	E	N	I2	E	N	13 ^	Mardi Gras E	N	14	Ash Wedneso Valentine's D	day Day N	I5	E	N	16	E	N	I7	E	N
18				esident's Da		20				Have cholesterol least once every		22			23			24		
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25	E	N	26	E	N	27	E	И	28	E	N									

Safety is something we practice with others to protect ourselves.



MARCH

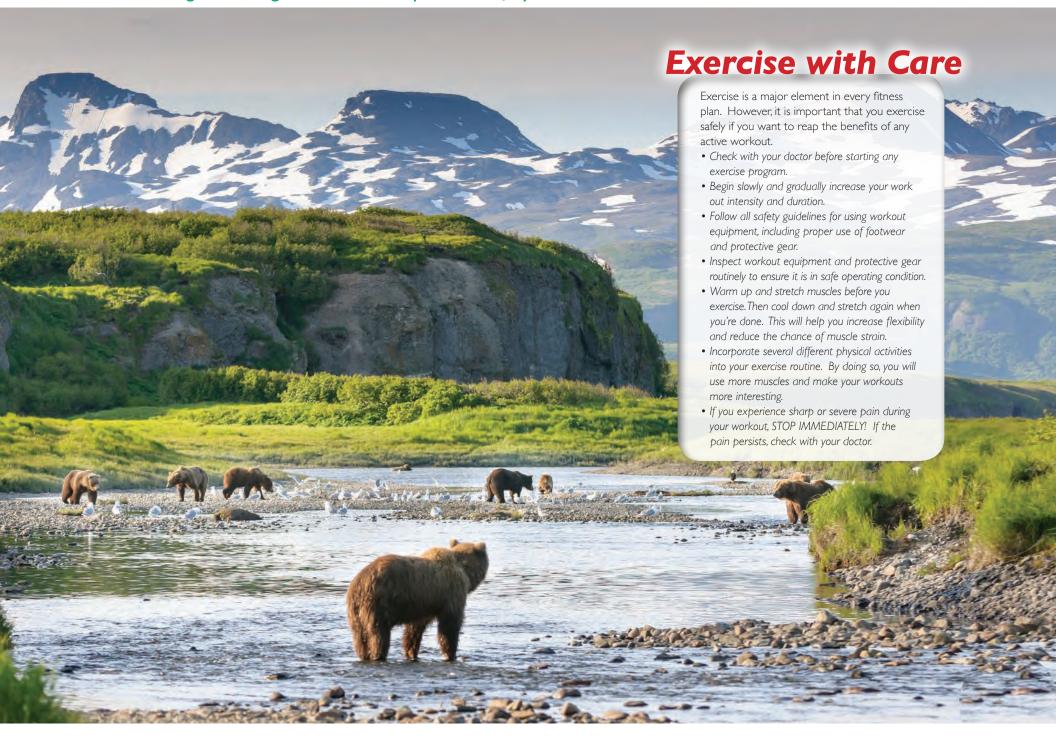
	SUNDAY			_ MONDA	Y	Т	UESDAY	<i>(</i>	WE	DNESD	ΑΥ	ТІ	H U R S D A	ΑΥ		FRIDAY		S	ATURƊA	Υ
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18	E	N	19	E	М		bring Begins		21	E	N	22	E	N	23	E	N	24	_	N
25	E Palm Sunday	N '	26	Protect your vis Wear eye prote	ion. ection!	27	E	N	28	E	N	29	E	N	30	E Good Friday	N	3I Pa	ssover Begins ts at sundown the before	N S
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A healthy tomorrow is today's reward for being safe.



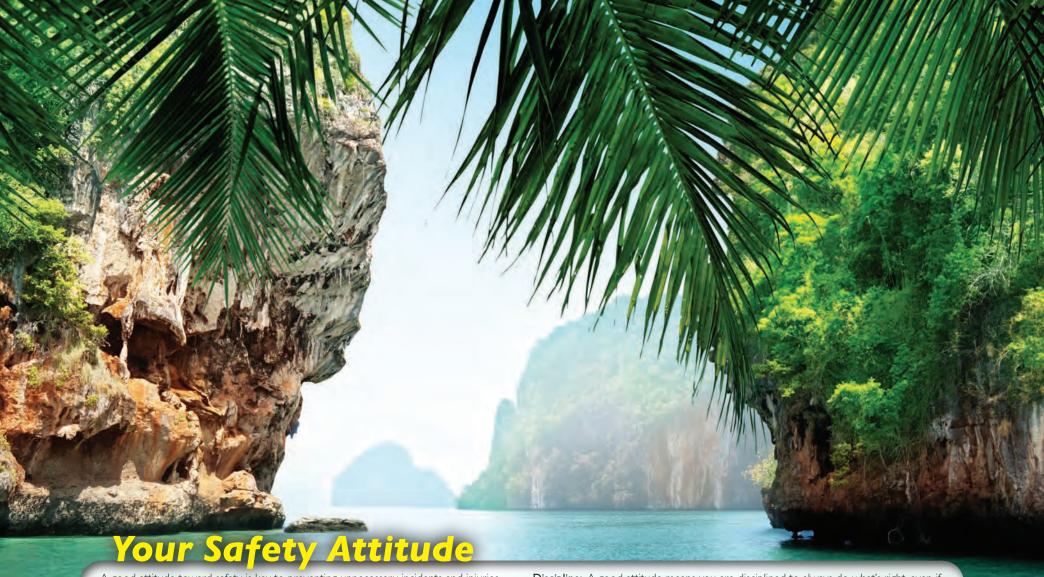
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There is never a good enough reason to compromise safety.



S	UNDAY		У	Monday		Т	UESDAY	(WI	EDNESD	ΑΥ	Т	H U R S D A)	Y		FRIDAY		S	ATURD.	ΑΥ
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Safety is a way of life.



A good attitude toward safety is key to preventing unnecessary incidents and injuries. Your attitude affects your safety and the safety of everyone around you, whether you are at work or at home.

WHAT IS A GOOD SAFETY ATTITUDE?

<u>Focus:</u> A good attitude means you avoid distractions and try to remain focused on the task at hand.

<u>Time</u>: A good attitude means taking time to do the job right because you know that saving a few minutes by using a shortcut is not worth the risk of a painful injury.

<u>Discipline</u>: A good attitude means you are disciplined to always do what's right, even if others encourage you to take shortcuts or fool around.

Responsibility: A good attitude means you will take responsibility, even when a certain task "isn't my job." For example, wouldn't you appreciate it if someone else cleaned up a spill on the floor before you found it the hard way?

<u>Risk:</u> There is no way to avoid all risk. Just by getting in your car, you're taking some risk. A good attitude means avoiding taking risks whenever you can.

We can think of excuses for not always acting with safety in mind, but in the end, it makes a lot more sense to have a good safety attitude.

J<u>UNE</u>

SU	JNDAY		M	MONDAY May		Т	UESDAY	(WE	DNESD	ΑΥ	Т	HURSDAY		F	FRIDAY		SA	ATURD <i>A</i>	ΑΥ
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24			25			26			27			28 53	afety has no quittin	g time.	29			30		
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Depend on safety because your family depends on you.



JULY

SU	J N D A Y			MONDAY 7 Fireworks are dangerous.			TUESDAY	ſ	WE	D N E S D	ΑΥ	Т	HURSƊAƳ	<i>(</i>		FRIDAY		S	ATURD.	ΑY
[Cana	da Day (c	ianada)	2 :	Fireworks are dar Celebrate safely!	ngerous.	3			4 Inde	ependence i	Day	5			6			/ ins	st smoke alarms pect fire exting onthly.	and uishers
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I5	E	N	16	E	N	I7	E	N	18	E	N	19	E	N	20	E	N	2I D	E	N
22			23			24	It's hot outside. sure your pet ha of water and sha	Make as plenty ade.	25			26			27			28		
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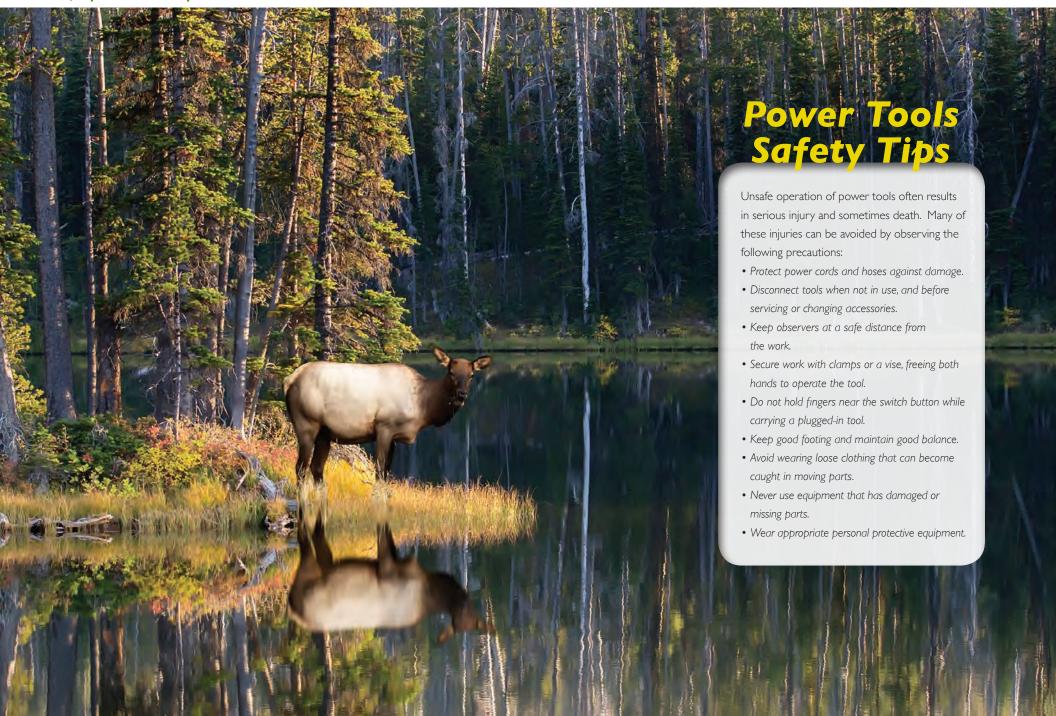
Investing daily in safety pays a lifetime of dividends.



AUGUST

S	UNDAY	(MONDA	Υ	П	TUESƊA`	Y	WE	.DNESD	АΥ	Т	H U R S Ɗ A `	Y		FRIDAY		S	ATURƊA [*]	Y
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I9	Е	N	2C	E	N	2I	E	N	22	E	N	23	E	N	24	E	N	25	E	N
26			27			28			29			30 w	atch for school zo	ones!	31				-	
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Safety is a habit you can live with.



SEPTEMBER

2018

SU	NDAY		N	MONDAY			TUESƊA`	Y	WЕ	D N E S D A	Υ		ГНИRSDA	Υ	ı	FRIDA	(S	ATURD <i>A</i>	ΑY
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2			3 Labo	r Day ur Day (Ca	inada)	4			5 Reple work	enish fluids often ing in the heat.	when	6			7			8		
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16			I7			18			day	m Kippur rts at sundown the before		20			21				Autumn Beg	
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D	Е	Ν	D	Е	Ν	D	Е	Ν	D	E	Ν	D	Е	Ν	D	Е	Ν	D	Е	Ν

Safety is the first step on the ladder to success.



OCTOBER

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D	Е	Ν	D	Е	Ν	D	Е	N	D	Е	N	D	Е	N	D	Е	Ν	D	Е	N
I4	E	N	I5	E	N	16	National Boss' Day	N	I7	E	N	18	E	N	19	E	N	20	E	N
		- 11			- 11			- 11						- 11			- 11			11
21			22			23			24			25			26			27		
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When in doubt, always side with safety.



NOVEMBER

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your o	ge the batterice alarms when clocks. ight Saving Ends		5			6 Elec	tion Day		7			8			9			IO		
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II Vete	erans Day	N	I2	E	N	I3 Ke an chi	ep matches, lig d candles away ldren. E	hters from	I4	E	N	I5	E	N	I6	E	N	I7	F	N
18		.,	19	-		20			21	-		22	Thanksgiving Day		23			24		·
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Safety starts with "S" but begins with "You."



DECEMBER

SU	JNDAY		М	(AGNO)	•	Т	U E S D A \	\mathcal{C}	W	EDNESD.	ΑY		THURSDAY			FRIDAY		SA	AT U R D	ΑΥ
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30			31 N	ew Year's Ev	⁄e															
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CALENDAR 2019

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SEPTEMBER

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NOVEMBER

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DECEMBER

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2018 HOLIDAYS NOTES **IMPORTANT NUMBERS** POLICE NEW YEAR'S DAY IANUARY MARTIN LUTHER KING JR. DAY IANUARY 15 FIRE _____ GROUNDHOG DAY FEBRUARY POISON _____ MARDI GRAS/FAT TUFSDAY **FFBRUARY** 13 AMBULANCE _____ ASH WEDNESDAY **FEBRUARY** 14 VALENTINE'S DAY **FEBRUARY** 14 **LOCATION OF HOUSE** PRESIDENTS' DAY **FFBRUARY** 19 ST. PATRICK'S DAY MARCH 17 PALM SUNDAY MARCH 25 GOOD FRIDAY MARCH 30 PASSOVER* MARCH 31 DOCTORS _____ **APRIL** APRIL FOOLS' DAY **EASTER SUNDAY APRIL** EARTH DAY **APRIL** 22 ADMINISTRATIVE PROFESSIONALS' DAY APRIL 25 NATIONAL DAY OF PRAYER MAY 3 HOSPITALS MOTHER'S DAY MAY 13 ARMED FORCES DAY MAY 19 MEMORIAL DAY MAY 28 FLAG DAY JUNE 14 FREQUENTLY USED NUMBERS FATHER'S DAY JUNE 17 UTILITIES INDEPENDENCE DAY IULY PHONE _____ Number Name LABOR DAY **SEPTEMBER** 3 GAS **SEPTEMBER ROSH HASHANAH*** 10 ELECTRIC _____ PATRIOT DAY SEPTEMBER 11 YOM KIPPUR* **SEPTEMBER** 19 WATER COLUMBUS DAY **OCTOBER** NATIONAL BOSS DAY **OCTOBER** 16 **FAMILY WORK NUMBERS** HALLOWEEN **OCTOBER** 31 ALL SAINTS' DAY NOVEMBER **VETERANS DAY** NOVEMBER 11 THANKSGIVING DAY NOVEMBER 22 HANUKKAH* DECEMBER CHRISTMAS DAY DECEMBER 25 **OTHER NUMBERS** KWANZAA DECEMBER 26 NEW YEAR'S EVE DECEMBER 31 * All Jewish holidays start at sundown the day before they are listed here.

2018 SAFETY TOPICS:

Protect Your Hearing
Save Your Back
Drive Safely
Swimming Pool Safety
Exercise with Care
Your Safety Attitude
Prevent Eye Injuries
Sun Safety Tips
Power Tools Safety Tips
Home Fire Safety
Good Housekeeping
Reduce, Reuse, Recycle



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