

A long-exposure photograph of a multi-tiered waterfall in a dense tropical forest. The water flows over large, dark rocks that are heavily covered in vibrant green moss. The surrounding vegetation is thick and lush, with various shades of green. The water at the bottom of the falls is a clear, bright turquoise color. The overall scene is peaceful and serene.

2018

SAFETY IS A WAY OF LIFE!



*Safety is no accident.*



## **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 sounds, 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.*

# JANUARY

2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 *New Year's Day*



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

A healthy diet and exercise are keys to getting and staying fit.

10

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

15 *Martin Luther King Jr. Day*

16



17

18 Always use the right tool for the job.

19

20

D E N

D E N

D E N

D E N

D E N

D E N

D E N

21

22

23

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 Protect yourself from the cold. Dress warmly and stay dry!

31



DECEMBER 2017

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

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

D E N

D E N

D E N

D E N

NATIONAL EYE CARE MONTH



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



## 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

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Universal Work Shift Indicator System</b> 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		I	2 <i>Groundhog Day</i>	3 Test smoke alarms and inspect fire extinguishers monthly.
4	5	6 Use medicines only as directed.	7 	8	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	13 <i>Mardi Gras</i>	14 <i>Ash Wednesday</i> <i>Valentine's Day</i>	15 	16	17
D E N	D E N	D E N	D E N	D E N	D E N	D E N
18	19 <i>President's Day</i>	20	21 Have cholesterol checked at least once every 5 years.	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	28			
D E N	D E N	D E N	D E N			

NATIONAL HEART MONTH



*Safety is something we practice with others to protect ourselves.*

## **Drive Safely**





More than six million motor vehicle crashes occur in the United States each year. They are the leading cause of death for individuals ages 2-34, and the leading cause of acquired disability nationwide.

**Utilizing the following safe driving tips will help you to be a safer driver:**

- Always wear your seat belt.
- Expect the unexpected by always anticipating the actions of other drivers.
- Maintain a keen awareness of your surroundings in all directions (i.e. 360 degrees).
- Communicate with other drivers by signaling your intentions, especially for turns and lane changes.
- Obey all traffic signals, posted signs and speed limits.
- Maintain a safe following distance and allow for extra stopping distance when roads are wet or icy.
- Concentrate on driving and avoid distractions such as eating while you drive, and operating cell phones or music players.

# MARCH

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Universal Work Shift Indicator System</b> 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 	2	3 Test smoke alarms and inspect fire extinguishers monthly.
4	5	6	7	8 Never shortcut on safety. 	9	10
D E N	D E N	D E N	D E N	D E N	D E N	D E N
II Daylight Saving Time Begins	12	13	14	15	16	17 St. Patrick's Day 
D E N	D E N	D E N	D E N	D E N	D E N	D E N
18	19	20 Spring Begins	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 Palm Sunday	26 Protect your vision. Wear eye protection!	27	28	29	30 Good Friday	31 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

NATIONAL NUTRITION MONTH



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

## Swimming Pool Safety

Did you know that drowning is the leading cause of unintentional injury-related death among children ages 1-4? If you have a pool in your yard, protect your children (and those in your neighborhood) by observing the following suggestions:

- Learn how to swim!
- Never leave a child in or near a pool unattended, even for a minute. Don't be distracted by doorbells, phone calls, chores or conversations.
- If a child is missing, check the pool first.
- Post and enforce swimming pool rules such as: "No running," "No pushing," "No dunking" and "Never swim alone."
- Enclose your pool with a fence that has self-closing, self-locking gates.
- Keep toys away from the pool when not in use.
- Keep basic life-saving equipment near the pool.
- Install a phone or keep a cordless phone near the pool so that you can call 9-1-1 in an emergency.
- Learn how to perform CPR, and post CPR instructions in the pool area.



# APRIL

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Easter Sunday</i>	2	3	4	5	6	7 Test smoke alarms and inspect fire extinguishers monthly. <i>Passover Ends</i>
D E N	D E N	D E N	D E N	D E N	D E N	D E N
8 	9	10	11	12 Store poisonous chemicals and medicines away from children.	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	20	21
D E N	D E N	D E N	D E N	D E N	D E N	D E N
22 <i>Earth Day</i> 	23 Help save a life! Get certified in First Aid and CPR.	24	25 <i>Administrative Professionals Day</i>	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			<p>MARCH</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>MAY</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					

ALCOHOL AWARENESS MONTH

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

## **Exercise with Care**

Exercise is a major element in every fitness plan. However, it is important that you exercise safely if you want to reap the benefits of any active workout.

- Check with your doctor before starting any exercise program.
- Begin slowly and gradually increase your workout intensity and duration.
- Follow all safety guidelines for using workout equipment, including proper use of footwear and protective gear.
- Inspect workout equipment and protective gear routinely to ensure it is in safe operating condition.
- Warm up and stretch muscles before you exercise. Then cool down and stretch again when you're done. This will help you increase flexibility and reduce the chance of muscle strain.
- Incorporate several different physical activities into your exercise routine. By doing so, you will use more muscles and make your workouts more interesting.
- If you experience sharp or severe pain during your workout, **STOP IMMEDIATELY!** If the pain persists, check with your doctor.





## 2018

## NATIONAL SPORTS AND FITNESS MONTH



*Safety is a way of life.*

## **Your Safety Attitude**

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?**

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

**Time:** 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.

**Discipline:** 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?

**Risk:** 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.



# JUNE

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Universal Work Shift Indicator System</b> 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			<b>I</b> <i>First day of Atlantic Hurricane Season</i>	<b>2</b> Test smoke alarms and inspect fire extinguishers monthly.
3	4	5 Stay alive. Never text and drive!	6 	7	8	9
D E N	D E N	D E N	D E N	D E N	D E N	D E N
10	11	12	13 	14 <i>Flag Day</i>	15	16
D E N	D E N	D E N	D E N	D E N	D E N	D E N
17 <i>Father's Day</i>	18 Routine exercise will help you look better, feel stronger and live longer.	19	20 	21 <i>Summer Begins</i>	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	26	27 	28 Safety has no quitting time.	29	30
D E N	D E N	D E N	D E N	D E N	D E N	D E N

NATIONAL SAFETY MONTH

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

## **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

# 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Canada Day (Canada)</i>	2 Fireworks are dangerous. Celebrate safely!	3	4 <i>Independence Day</i>	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	9	10	11	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 	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 It's hot outside. Make sure your pet has plenty of water and shade.	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>JUNE</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>AUGUST</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 31</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				

EYE INJURY PREVENTION 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.



## 2018





*Safety is a habit you can live with.*

## **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.*



# SEPTEMBER

2018

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



*Safety is the first step on the ladder to success.*

## 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:**

- 1. Watch your cooking** - Stay in the kitchen when you are cooking. If you must leave, even for a short time, turn off the stove.
- 2. 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.
- 3. Smoking** - Avoid smoking in the home. Have sturdy, deep ashtrays for smokers. Never smoke in bed!
- 4. 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.
- 5. Inspect electrical cords** - Inspect and replace cords that are damaged, cracked, have broken plug ends, or loose connections.
- 6. Be careful when using candles** - Keep candles at least 1 foot from anything that can burn. Blow out candles when you leave the room or go to sleep.
- 7. Have a home fire escape plan** - Make a home fire escape plan and practice it at least twice a year.
- 8. Install smoke alarms** - Install smoke alarms in all areas, and on every level of your home.
- 9. 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.
- 10. Portable Fire Extinguisher** - UL Listed, multi-purpose, portable fire extinguishers should be strategically placed in rooms such as the kitchen, garage or workshop.



# OCTOBER

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	I  D        E        N	2  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 <i>Columbus Day</i> <i>Thanksgiving Day (Canada)</i>  D        E        N	9  D        E        N	10  D        E        N	11 Teach children to dial 911 for emergencies.  D        E        N	12  D        E        N	13  D        E        N
14  D        E        N	15  D        E        N	16 <i>National Boss' Day</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  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 Never leave burning candles unattended.  D        E        N	31 <i>Halloween</i>  D        E        N	SEPTEMBER <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</div> NOVEMBER <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</div>		Universal Work Shift Indicator System D = Days E = Evenings N = Nights

NATIONAL BREAST CANCER AWARENESS MONTH

NATIONAL FIRE PREVENTION MONTH

*When in doubt, always side with safety.*



## 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 materials
- 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.



# NOVEMBER

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Universal Work Shift Indicator System</b> <b>D = Days</b> <b>E = Evenings</b> <b>N = Nights</b>	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		I <i>All Saints' Day</i>    D E N	2    D E N	3 Test smoke alarms and inspect fire extinguishers monthly.    D E N
4 Change the batteries in smoke alarms when changing your clocks. <i>Daylight Saving Time Ends</i>  D E N	5    D E N	6 <i>Election Day</i>    D E N	7     D E N	8    D E N	9    D E N	10    D E N
II <i>Veterans Day</i>    D E N	12    D E N	13 Keep matches, lighters and candles away from children.    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 <i>Thanksgiving 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    D E N	29     D E N	30 Turn headlights on low-beam while driving in rain or fog.    D E N	

NATIONAL CHILD SAFETY & PROTECTION MONTH

Safety starts with “S” but begins with “You.”

## 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.





# DECEMBER

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Universal Work Shift Indicator System</b> D = Days E = Evenings N = Nights	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 2019 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				I Test smoke alarms and inspect fire extinguishers monthly.  D E N
2  D E N	3 <i>Hanukkah</i> <i>Starts at sundown the day before</i> D E N	4  D E N	5 Be patient while driving in holiday traffic. D E N	6  D E N	7  D E N	8  D E N
9  D E N	10  D E N	11 Water live Christmas trees often to reduce the fire hazard. D E N	12  D E N	13  D E N	14  D E N	15  D E N
16  D E N	17 When shopping at night, park in well-lighted areas. D E N	18  D E N	19  D E N	20 'Tis the season to be jolly. If you choose to drink, please don't drive. D E N	21 <i>Winter Begins</i> D E N	22  D E N
23  D E N	24  D E N	25 <i>Christmas Day</i> D E N	26 <i>Boxing Day (Canada)</i> <i>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					

NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH

# CALENDAR 2019

## JANUARY

S	M	T	W	T	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	T	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	T	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	T	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	T	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	T	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	T	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	T	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	T	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	T	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	T	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	T	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				



## 2018 HOLIDAYS

NEW YEAR'S DAY	JANUARY	1
MARTIN LUTHER KING JR. DAY	JANUARY	15
GROUNDHOG DAY	FEBRUARY	2
MARDI GRAS/FAT TUESDAY	FEBRUARY	13
ASH WEDNESDAY	FEBRUARY	14
VALENTINE'S DAY	FEBRUARY	14
PRESIDENTS' DAY	FEBRUARY	19
ST. PATRICK'S DAY	MARCH	17
PALM SUNDAY	MARCH	25
GOOD FRIDAY	MARCH	30
PASSOVER*	MARCH	31
APRIL FOOLS' DAY	APRIL	1
EASTER SUNDAY	APRIL	1
EARTH DAY	APRIL	22
ADMINISTRATIVE PROFESSIONALS' DAY	APRIL	25
NATIONAL DAY OF PRAYER	MAY	3
MOTHER'S DAY	MAY	13
ARMED FORCES DAY	MAY	19
MEMORIAL DAY	MAY	28
FLAG DAY	JUNE	14
FATHER'S DAY	JUNE	17
INDEPENDENCE DAY	JULY	4
LABOR DAY	SEPTEMBER	3
ROSH HASHANAH*	SEPTEMBER	10
PATRIOT DAY	SEPTEMBER	11
YOM KIPPUR*	SEPTEMBER	19
COLUMBUS DAY	OCTOBER	8
NATIONAL BOSS DAY	OCTOBER	16
HALLOWEEN	OCTOBER	31
ALL SAINTS' DAY	NOVEMBER	1
VETERANS DAY	NOVEMBER	11
THANKSGIVING DAY	NOVEMBER	22
HANUKKAH*	DECEMBER	3
CHRISTMAS DAY	DECEMBER	25
KWANZAA	DECEMBER	26
NEW YEAR'S EVE	DECEMBER	31

## 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

\_\_\_\_\_

\_\_\_\_\_

\* 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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