

2024 National Safety Observances Calendar



provided by



January 2024

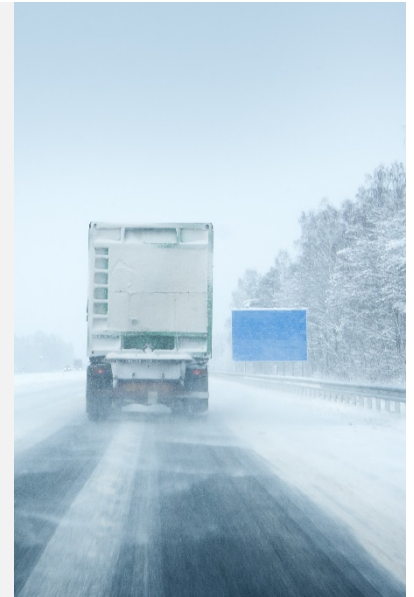
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Promoting Winter Wellness

The winter months are notorious for bringing sickness. Influenza (flu) season begins in October and peaks between December and February. Colds are also more common during the season. Further adding to the mix of potential wintertime illnesses, COVID-19 and respiratory syncytial virus (or RSV) are swiftly circulating in the United States. Viruses transmit more effectively in cold and dry weather, increasing employees' chances of coming into contact with sickness. As such, be sure to give your employees these tips to help them stay healthy this winter:

- Ensure proper hygiene (e.g., using a tissue when coughing or sneezing and washing your hands often) and cleaning measures (e.g., sanitizing frequently touched surfaces).
- Eat a balanced diet and stay hydrated.
- Get enough sleep and exercise.
- Consider taking daily vitamins and reducing alcohol consumption.

These best practices can lower the likelihood of employees getting sick during winter.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Radon Action Month National Blood Donor Month Winter Safety Campaign Resolve to Be Ready Campaign						
	1 New Year's Day	2	3	4	5	6
7 Transportation Research Board Annual Meeting (Jan. 7-11)	8	9	10	11	12	13
14 Home Office Safety and Security Week (Jan. 14-20)	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024

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Posting Annual OSHA Logs

OSHA requires that employers like you post the OSHA Log Summary ([OSHA Form 300A](#)) in a common area of the workplace—where notices are usually posted—so that all employees have access to the information.

The OSHA Log Summary must list the total number of work-related injuries and illnesses that affected employees during the 2023 calendar year. The information must be posted from Feb. 1 until April 30.

In addition, there is another deadline next month—as establishments in [certain industries](#) that are deemed to be high-risk and have between 20 and 249 employees are required to submit information from the 2023 OSHA Form 300A electronically by March 2.

Visit OSHA’s [website](#) for more information.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Vision Awareness Month American Heart Month Winter Safety Campaign Earthquake Awareness Month						
				1 Deadline for Posting the Annual OSHA Log Summary (OSHA Form 300A)	2 Groundhog Day	3 National Sheriffs' Association Winter Legislative & Technology Conference (Feb. 3-6)
4 World Cancer Day National Burn Awareness Week (Feb. 4-10)	5	6 Motorcycle Industry Council (MIC) AIMExpo (Feb. 6-8)	7	8	9	10
11	12	13 Mardi Gras	14 Valentine's Day Ash Wednesday	15	16	17
18	19 President's Day	20 The Future of EHS 2024 (Feb. 20-22)	21	22	23	24
25	26	27	28	29		

March 2024

Provided by: Murphy Insurance Agency

Preventing Eye Injuries

According to the latest research from Prevent Blindness America, almost 90% of occupational eye injuries could have been prevented by wearing the appropriate eye protection while on the job. Eye injuries can result from a variety of factors, including flying objects, tools, particles, chemical splashes and radiation. Especially during Workplace Eye Wellness Month, it's important that you take steps to prevent eye injuries among your staff. Share the following tips with your employees to ensure they protect their eyes at work:

- Select safety glasses or goggles that are appropriate for the job and your facial features.
- Wear glasses or goggles that are properly ventilated for the work you are performing.
- Be cautious of fog. If your glasses or goggles fog easily, try another model with more ventilation or coat them with an anti-fog liquid.
- Keep safety goggles and glasses clean. Scratches and dirt can reduce vision, cause glare and may contribute to accidents.

By taking these valuable safety precautions, your employees can effectively minimize occupational eye injuries.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"> Brain Injury Awareness Month Bleeding Disorders Awareness Month National Kidney Month National Nutrition Month </p> <p style="text-align: center;"> National Ladder Safety Month Flood Safety Campaign Workplace Eye Wellness Month Spring Safety Campaign </p>						
					1 Employee Appreciation Day	2 Deadline to Electronically Submit OSHA Injury and Illness Forms
3 World Hearing Day	4 Vehicle Safety Recalls Week (March 4-10)	5	6	7	8	9
10 Ramadan Begins Daylight Savings Begins Sleep Awareness Week (March 10-16)	11 Brain Awareness Week (March 11-17)	12	13	14	15	16
17 Saint Patrick's Day National Poison Prevention Week (March 17-23)	18 National Drug and Alcohol Facts Week (March 18-24)	19	20 First Day of Spring	21	22 World Water Day	23
24 World Tuberculosis Day	25	26 Diabetes Alert Day	27	28	29 Good Friday	30
31 Easter Sunday						

April 2024

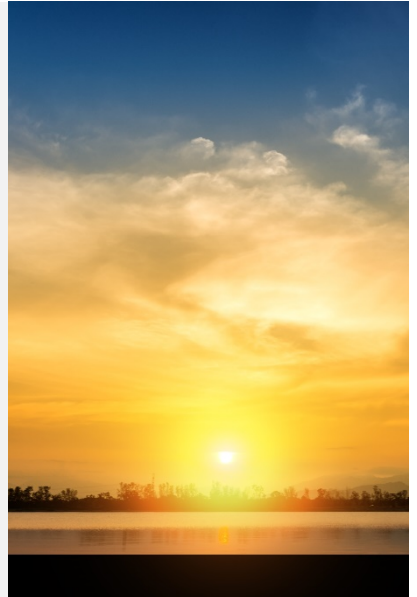
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Mitigating Workplace Violence

Violence in the workplace remains a serious safety and health issue. In fact, OSHA estimates that 2 million U.S. workers experience instances of workplace violence each year. Such violence may include threatening language, verbal or physical harassment and assault. In some cases, this violence may lead to serious injuries (and even fatalities) among your staff. Regardless, any form of workplace violence should be taken seriously. In light of Workplace Violence Awareness Month, it's vital to ensure you have measures in place to keep your employees safe amid violent incidents on-site. This month (and every month), provide your staff with the following workplace violence prevention tips:

- Stay alert and aware of your surroundings at all times.
- Learn how to recognize, avoid and diffuse potentially violent situations by attending workplace safety training.
- Inform supervisors of any concerns about on-site safety, and report incidents promptly.

If workplace violence occurs, employees should be instructed to remain calm and contact the local authorities as soon as it's safe to do so.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"> Alcohol Awareness Month National Autism Awareness Month National Child Abuse Prevention Month National Distracted Driving Awareness Month </p> <p style="text-align: center;"> Workplace Violence Awareness Month Occupational Therapy Month Sexual Assault Awareness and Prevention Month National Stress Awareness Month National Youth Sports Safety Month </p> <p style="text-align: center;"> National Facial Protection Month Women's Eye Health and Safety Month National Donate Life Month Spring Safety Campaign MIC Annual Fly-in </p>						
	1 April Fools' Day National Window Safety Week (April 1-7)	2 Sexual Assault Awareness Day of Action	3 National Walking Day National Highway Traffic Safety Administration (NHTSA) U Text. U Drive. U Pay. Campaign (April 3-10)	4 National Alcohol Screening Day	5	6
7 World Health Day National Lifesavers Conference on Highway Safety Priorities (April 7-9)	8	9 Ramadan Ends	10	11	12	13
14 National Public Safety Telecommunicators Week (April 14-20)	15 National Work Zone Awareness Week (April 15-19)	16	17	18	19	20
21	22 Earth Day National Youth Violence Prevention Week (April 22-26)	23	24 International Noise Awareness Day	25	26	27 National Prescription Drug Take Back Day
28 Workers' Memorial Day	29 National Hurricane Preparedness Week (April 29-May 5)	30				

May 2024

Provided by: Murphy Insurance Agency

Upholding Building Safety

May is recognized as Building Safety Month. This international campaign is intended to raise awareness about the importance of adhering to modern building codes. These codes are established by construction, design and safety professionals across communities and enforced by federal, state and local governments; they are in place to help both individuals and businesses maintain sustainable structures.

As construction practices advance and regional risks evolve, building codes generally follow suit. For instance, current construction operations often leverage building materials that are capable of withstanding much stronger forces than those utilized before the 2000s, therefore making newer and updated structures better equipped to handle various property exposures (e.g., extreme weather events, fires and vandalism).

Especially as natural disasters surge in frequency and severity, implementing the latest building codes can help your business ensure a safe and resilient workplace for both employees and visitors. With this in mind, it's imperative that your business monitors relevant building codes and works with qualified professionals to make property updates as needed.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Arthritis Awareness Month Better Hearing and Speech Month Building Safety Month Clean Air Month Food Allergy Action Month</p> <p>Global Employee Health and Fitness Month Global Youth Traffic Safety Month Healthy Vision Month Mental Health Month National Asthma and Allergy Awareness Month</p> <p>National Electrical Safety Month Motorcycle Safety Awareness Month National Physical Fitness and Sports Month National Stroke Awareness Month Spring Safety Campaign Ultraviolet Awareness Month</p>						
			1 National Get Fit Don't Sit Day	2	3	4
5 Cinco de Mayo World Hand Hygiene Day	6 Air Quality Awareness Week (May 6-12) National Safety Stand-Down to Prevent Workplace Falls in Construction (May 6-10)	7 World Asthma Day	8 National Bike & Roll to School Day	9	10	11
12 Mother's Day National Women's Health Week (May 12-18) National Police Week (May 12-18)	13	14 Commercial Vehicle Safety Alliance (CVSA) International Roadcheck (May 14-16)	15	16	17 National Bike to Work Day	18 National Safe Boating Week (May 18-24)
19 National Emergency Medical Services Week (May 19-25)	20 NHTSA Click it or Ticket Campaign (May 20-June 2)	21	22	23	24	25
26	27 Memorial Day	28	29	30	31 World No Tobacco Day National Heatstroke Prevention Day	

June 2024

Provided by: Murphy Insurance Agency

Observing National Safety Month

June is National Safety Month. The National Safety Council (NSC) promotes this annual campaign in an effort to raise awareness of the leading causes of preventable injuries and fatalities at work, on the road, and within homes and communities. According to the NSC, preventable incidents (also known as accidents) are the fourth-leading cause of death in the United States, thus highlighting the importance of mitigating these events.

This month (and every month), safety should be a top priority across your workforce. Here are some best practices for fostering a culture of safety on-site:

- Require all employees, regardless of job title or experience level, to engage in routine safety training. This training should outline top causes of workplace injuries and explain how to prevent them.
- Ensure that all employees have reviewed and signed off on your organization's employee safety manual.
- Encourage employees to report any safety concerns or hazards to their supervisors.

For more information on National Safety Month, [click here](#).



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alzheimer's & Brain Awareness Month Cataract Awareness Month Men's Health Month National Aphasia Awareness Month			Trench Safety Month National Congenital Cytomegalovirus Awareness Month National Safety Month Summer Safety Campaign			
						1 CPR and AED Awareness Week (June 1-7)
2 National Trailer Safety Week (June 2-8) National Cancer Survivors Day	3	4	5 World Environment Day	6	7	8
9	10 Ride to Work Day	11	12	13	14 Flag Day World Blood Donor Day	15
16 Father's Day National Lightning Safety Awareness Week (June 16-23)	17 Trench Safety Stand-Down (June 17-21)	18	19 Juneteenth World Sickle Cell Day	20 First Day of Summer	21	22
23	24	25	26	27 National HIV Testing Day	28	29
30						

July 2024

Provided by: Murphy Insurance Agency

Ensuring Summer Safety

Summer heat can be a threat to your employees' safety and health. Especially among outdoor workers, rising temperatures can lead to serious heat-related illnesses, including heat exhaustion and heatstroke. If left untreated, these conditions could become life-threatening emergencies. That's why it's critical to ensure your employees know how to protect themselves in the summer heat. As temperatures start to climb this season, provide your workers with these tips:

- Drink plenty of water. In hot weather, drink enough to quench your thirst. The average adult needs 11-16 cups of water a day, and even more during intense heat.
- Dress for the weather. When outside, wear lightweight clothing made of natural fabrics and a well-ventilated hat. Also, remember to put on sunscreen.
- Inform your supervisor if you or a co-worker start showing signs of heat exhaustion or heatstroke (e.g., excessive sweating, extreme thirst, nausea, dizziness and confusion).

By following these guidelines, your employees can stay safe throughout the summer.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fireworks Safety Month International Group B Strep Awareness Month Juvenile Arthritis Awareness Month Summer Safety Campaign UV Safety Month Vehicle Theft Prevention Month						
	1	2	3	4 Independence Day	5	6
7 CVSA Operation Safe Driver Week (July 7-13)	8	9 International Forum on Traffic Records and Highway Safety Information (July 9-12)	10 NHTSA Speed Campaign (July 10-31)	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 World Hepatitis Day	29	30	31			

August 2024

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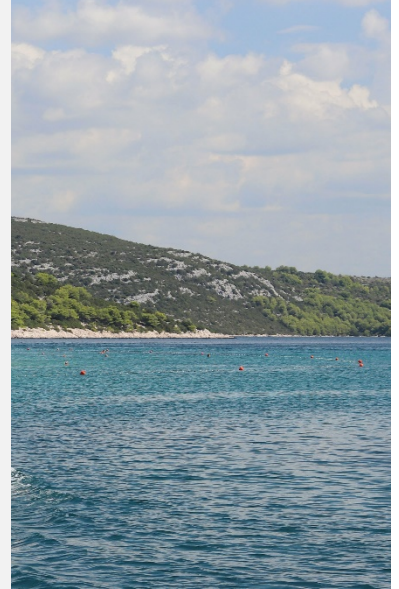
Making the Most of Safe + Sound Week

Safe + Sound Week is an annual campaign conducted by OSHA and other safety organizations. It will take place from Aug. 5-11 this year. Each year, this event aims to recognize the successes of workplace safety and health programs across the country and provide additional resources to help organizations kick-start or improve upon their occupational safety and health initiatives.

As Safe + Sound Week approaches, your organization can participate by taking these steps:

- Sign up. Let OSHA know you plan to participate by registering [here](#).
- Find activities and events. Once your organization has registered for the campaign, be sure to search for [activities and events](#) to promote in your workplace and community.
- Celebrate your participation. When the campaign ends, you can recognize your workplace's participation with a [certificate](#).

Click [here](#) for additional information on Safe + Sound Week.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gastroparesis Awareness Month National Immunization Awareness Month National Water Quality Month Psoriasis Awareness Month Summer Safety Campaign Back to School Month Children's Eye Health & Safety Month						
				1	2	3
4 National Stop on Red Week (Aug. 4-10) National Health Center Week (Aug. 4-10)	5 Safe + Sound Week (Aug. 5-11)	6 National Night Out	7	8	9	10
11	12	13	14	15	16 NHTSA Drive Sober or Get Pulled Over Summer Campaign (Aug. 16-Sept. 2)	17
18	19	20	21	22	23	24
25 CVSA Brake Safety Week (Aug. 25-31)	26	27	28	29	30	31 International Overdose Awareness Day

September 2024

Provided by: Murphy Insurance Agency

Boosting Hurricane Preparedness

The Atlantic hurricane season runs from June 1 through Nov. 30 each year; however, tropical storm activity generally peaks in September. Hurricanes and tropical storms can cause substantial property damage and pose severe safety risks to your business and employees. During last year's hurricane season, the National Oceanic and Atmospheric Administration (NOAA) reported that at least 18 named storms produced more than \$30 billion in losses and led to over a dozen fatalities. Considering these findings, your business can't afford to ignore hurricane preparedness. If you operate within a hurricane-prone area, implement these tips:

- Conduct a risk assessment to determine your particular hurricane exposures.
- Address hurricanes within your business continuity and emergency response plans.
- Ensure your property utilizes weather-resistant building materials and safeguards.
- Consider purchasing additional coverage (e.g., flood insurance) to limit financial losses.
- Store emergency supplies, essential contact information and coverage details in a safe area.

Review the NOAA's [website](#) for further hurricane preparedness resources.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Healthy Aging Month</p> <p>National Atrial Fibrillation Awareness Month</p> <p>National Cholesterol Education Month</p> <p>National Food Safety Education Month</p> <p>National ITP Awareness Month</p> <p>National Pediculosis Prevention Month</p> <p>National Preparedness Month</p> <p>National Recovery Month</p> <p>National Sickle Cell Month</p> <p>National Suicide Prevention Awareness Month</p> <p>Fall Weather Safety Campaign</p> <p>Pain Awareness Month</p> <p>Sepsis Awareness Month</p> <p>Whole Grains Month</p> <p>World Alzheimer's Month</p>						
1	2 Labor Day	3	4	5	6	7 Governors Highway Safety Association Annual Meeting (Sept. 7-11)
8 National Suicide Prevention Week (Sept. 8-14)	9	10 World Suicide Prevention Day	11 9/11 Anniversary	12	13 NSC Safety Congress and Expo (Sept. 13-19)	14
15 Truck Driver Appreciation Week (Sept. 15-21) Child Passenger Safety Week (Sept. 15-21) National Farm Safety & Health Week (Sept. 15-21)	16 Malnutrition Awareness Week (Sept. 16-20)	17 Get Ready Day	18	19	20 Concussion Awareness Day	21
22 First Day of Autumn Fall Prevention Awareness Day	23	24 American Association of Motor Vehicle Administrators Annual Conference (Sept. 24-26)	25 National Women's Health & Fitness Day	26 World Environmental Health Day	27	28
29 World Heart Day	30					

October 2024

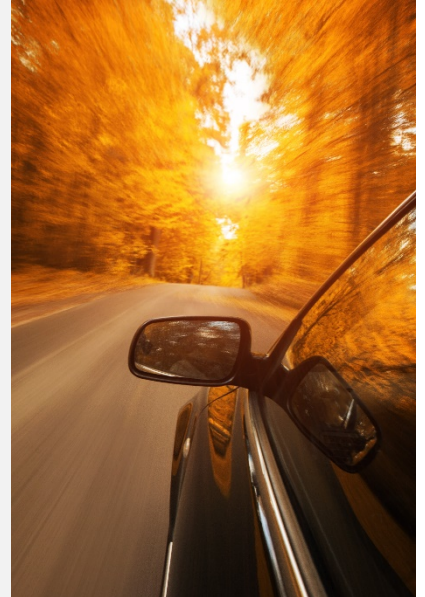
Provided by: Murphy Insurance Agency

Recognizing World Mental Health Day

Each year, the World Health Organization (WHO) recognizes Oct. 10 as World Mental Health Day. This annual campaign is intended to raise awareness regarding mental health concerns and encourage individuals, businesses and communities to implement initiatives that support mental well-being. According to the WHO's latest data, 15% of working-age adults worldwide have a mental health condition. These conditions contribute to an estimated 12 billion missed workdays and \$1 trillion in productivity losses across the globe every year. As this annual campaign approaches, now is the time for your business to improve its mental health efforts. Consider these tips to ensure your staff feels supported in the workplace:

- Foster an open dialogue surrounding mental health issues and make sure employees know they can reach out if they are struggling.
- Train managers to recognize signs of mental health distress.
- Provide benefits that promote work-life balance (e.g., remote or hybrid arrangements and flexible scheduling).

Click [here](#) for further resources on promoting mental health at work.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Domestic Violence Awareness Month Eye Injury Prevention Month Fall Safety Campaign Health Literacy Month Home Eye Safety Month		National Substance Abuse Prevention Month National Protect Your Hearing Month National Crime Prevention Month National Down Syndrome Awareness Month National Bullying Prevention Month		National Medical Librarians Month National Physical Therapy Month National Healthy Lung Month National Ergonomics Month National Cybersecurity Awareness Month		
		1	2 Rosh Hashanah Begins at Sundown	3	4 Rosh Hashanah Ends at Sundown Manufacturing Day Walk and Roll to School Day	5
6 Mental Illness Awareness Week (Oct. 6-12) National Fire Prevention Week (Oct. 6-12)	7	8	9	10 World Mental Health Day	11 Yom Kippur Begins at Sundown	12 Yom Kippur Ends at Sundown
13 National Teen Driver Safety Week (Oct. 13-19)	14 Indigenous Peoples' Day	15	16 World Food Day	17 International ShakeOut Day	18	19 International Association of Chiefs of Police Annual Conference & Expo (Oct. 19-22)
20 National Health Care Quality Week (Oct. 20-26)	21 National Check Your Meds Day National Health Education Week (Oct. 21-25) National School Bus Safety Week (Oct. 21-25)	22	23	24	25	26
27	28	29	30	31 Halloween		

November 2024

Provided by: Murphy Insurance Agency

Focusing on Diabetes as a Comorbidity

A comorbidity is the simultaneous presence of two or more medical diagnoses for an individual. Comorbid conditions are typically long-term health complications that have the potential to increase the severity of other ailments that the affected individual may experience, making it more difficult to fully recover. According to the National Council on Compensation Insurance, occupational injuries and associated workers' compensation claims involving comorbidities have nearly tripled since 2000. Further, the average cost of workers' compensation claims connected to a comorbid condition is almost twice as much as that of comparable claims that don't involve comorbidities.

One of the most common comorbid conditions is diabetes. Especially amid American Diabetes Month, it's essential to take steps to reduce the risk of diabetes among your staff, thus limiting the likelihood of comorbidities exacerbating occupational injuries and related workers' compensation claims. These steps may include providing healthy snacks and meal options at work, encouraging employees to stay hydrated by drinking plenty of water and offering benefits that promote regular exercise (e.g., discounted gym memberships and on-site workout classes). Click [here](#) for additional information on diabetes prevention at work.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	American Diabetes Month Bladder Health Month COPD Awareness Month Diabetic Eye Disease Month Fall Safety Campaign Lung Cancer Awareness Month				National Alzheimer's Disease Awareness Month National Family Caregivers Month National Healthy Skin Month National Hospice and Palliative Care Month Stomach Cancer Awareness Month	
					1	2
3 Daylight Savings Ends Drowsy Driving Prevention Week (Nov. 3-9)	4	5 World Tsunami Awareness Day	6	7	8	9
10 Winter Weather Preparedness Week (Nov. 10-16)	11 Veterans Day	12	13	14	15	16
17	18	19	20	21 Great American Smokeout	22	23 International Survivors of Suicide Loss Day
24	25	26	27	28 Thanksgiving National Family Health History Day	29 Black Friday	30 Small Business Saturday

December 2024

Provided by: Murphy Insurance Agency

Reducing the Risk of Frostbite

As cold weather conditions arise, your employees may become more vulnerable to frostbite while working outdoors. Frostbite refers to a form of skin damage in which the underlying tissue freezes, sometimes leading to permanent numbness and, in severe cases, amputations of impacted extremities. It's caused by prolonged exposure to low temperatures or by brief exposure to excessively frigid or wet conditions.

Symptoms of frostbite may include partial or complete numbness, discoloration of the skin (e.g., paleness or redness) and burning or tingling sensations. If left untreated, frostbitten skin gradually darkens after a few hours. Skin destroyed by frostbite is completely black and looks loose and flayed, as if burnt.

To reduce the risk of your employees experiencing frostbite while working outdoors, it's vital to instruct them to protect their hands, feet, nose and ears. In particular, they should wear a hat and gloves and bundle in layered and warm clothing when heading out into frigid weather. At the first signs of redness or pain on the skin, which may indicate that frostbite is developing, employees should inform their supervisors and get out of the cold. By taking these steps, your employees can stay safe this winter.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Safe Toys and Gifts Month Winter Safety Campaign National Drunk & Drug-impaired Driving Prevention Month						
1 World AIDS Day	2 Cyber Monday Older Driver Safety Awareness Week (Dec. 2-6)	3	4	5	6	7
8 National Influenza Vaccination Week (Dec. 8-14)	9	10	11	12	13 NHTSA Drive High Get a DUI Winter Holiday Campaign (Dec. 13-Jan. 1)	14
15	16	17	18	19	20	21 First Day of Winter
22	23	24 Christmas Eve	25 Christmas Day Hanukkah (Dec. 25-Jan. 2)	26	27	28
29	30	31 New Year's Eve				