2022 National Safety Observances Calendar

Provided by: Venbrook Insurance Services

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January 2022

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Promoting Winter Driving Safety

A variety of winter weather conditions—including snow, slush, ice and sleet—can create hazards on the road. In fact, the U.S. Department of Transportation estimates that crashes stemming from these conditions result in 116,800 injuries and 1,300 fatalities each year.

As such, employees who must get behind the wheel during winter—whether it's to make a delivery, transport materials or travel to the job site—should take additional precautions to stay safe. If your employees must drive in adverse conditions on the job this winter, provide them with these best practices:

- Allow yourself extra time to get to your destination.
- Slow down ahead of turns and curves, as this can help you prepare for icy spots.
- Drive at reduced speeds and increase your following distance behind the vehicle in front of you. This will allow for a buffer in case you start to lose control.
- Avoid overpowering your vehicle in deep snow.

These tips can make all the difference in helping employees reach their destinations safely.

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	8
9 Home Office Safety and Security Week (9-15)	10	11	12	13	14	15
16	17 Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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February 2022

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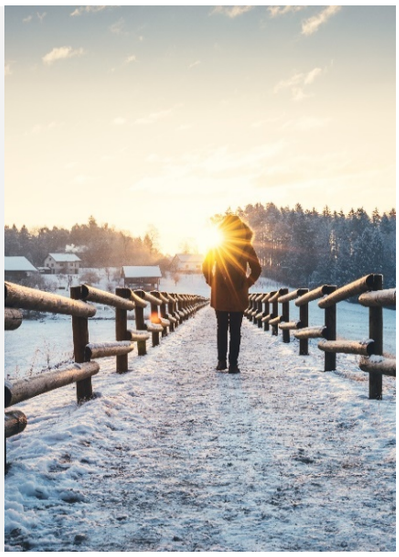
Posting Annual OSHA Logs

The Occupational Safety and Health Administration (OSHA) requires employers to 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 2021 calendar year. The information must be posted from Feb. 1 until April 30.

In addition, there is another deadline next month: 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 2021 OSHA Form 300A electronically by March 2.



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	4 World Cancer Day	5
6 Burn Awareness Week (6-12)	7	8	9	10	11	12
13	14	15 2022 Virtual Campbell Institute Symposium (15-18)	16	17	18	19
20	21 President's Day	22	23	24	25	26
27	28					

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March 2022

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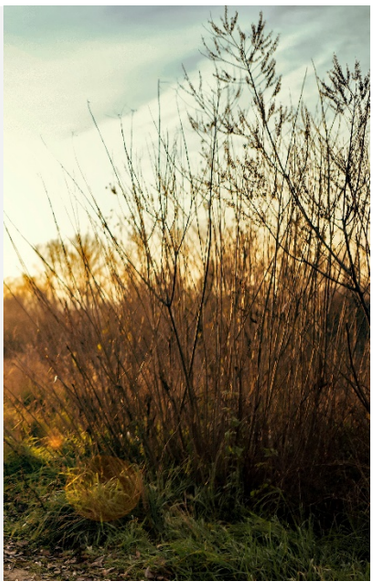

Making Ladder Safety a Priority

March is National Ladder Safety Month, an annual initiative that encourages individuals to educate themselves on how to use ladders safely. If your employees utilize ladders to work from heights, it's crucial they understand proper safety protocols. Otherwise, such ladder use could result in serious injuries. In fact, 20% of annual fall-related workplace injuries stem from poor ladder usage, whereas more than 40% of fatal falls over the last decade have involved ladders. Don't let your employees become a statistic. Share the following ladder safety measures with your workforce:

- Make sure the weight that your ladder is supporting (i.e., you plus your materials) does not exceed its maximum load rating.
- Keep your body centered between the rails of the ladder at all times. Never overreach; instead, descend from the ladder while maintaining three points of contact and move it to a better position.
- Face the ladder when climbing up or down.

By taking these steps, your workers can stay safe on ladders and avoid potential injuries.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Brain Injury Awareness Month Bleeding Disorders Awareness Month National Kidney Month National Nutrition Month			National Ladder Safety Month Flood Safety Campaign Workplace Eye Wellness Month Spring Safety Campaign		
		1 **Mardi Gras**	2 **Ash Wednesday** Deadline to electronically submit OSHA injury and illness forms	3 World Hearing Day	4 **Employee Appreciation Day**	5
6	7	8	9	10	11	12
13 **Daylight Savings Begins** National Lifesavers Conference on Highway Safety Priorities (13-15) Sleep Awareness Week (13-19)	14 Brain Awareness Week (14-20)	15	16	17 **Saint Patrick's Day**	18	19
20 **First Day of Spring** National Poison Prevention Week (20-26)	21 National Drug and Alcohol Facts Week (21-27)	22 World Water Day Diabetes Alert Day	23	24 World Tuberculosis Day	25	26
27	28	29	30	31		

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April 2022

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Helping Employees Combat Stress

April is National Stress Awareness Month. This event is intended to raise awareness of the consequences of excess stress and encourage individuals to seek appropriate strategies for mitigating and coping with stress.

A wide range of ramifications could result from your employees feeling overly stressed at work. Not only can such stress negatively impact employees' overall health and well-being, but it can also lead to additional workplace issues—such as lowered productivity levels, higher absenteeism and turnover rates, and a greater likelihood of on-the-job accidents. To help employees keep their stress levels under control, consider these best practices:

- Schedule routine check-ins with employees to discuss their stress levels.
- Encourage supervisors to monitor employees for signs of excess stress.
- Provide employees with stress relief opportunities—including regular breaks, wellness programs (e.g., mindfulness or meditation classes) and social activities.

For additional workplace stress management resources, click here.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alcohol Awareness Month National Autism Awareness Month National Child Abuse Prevention Month National Distracted Driving Awareness Month National Donate Life Month			Workplace Violence Awareness Month Occupational Therapy Month Sexual Assault Awareness and Prevention Month National Stress Awareness Month National Youth Sports Safety Month		National Facial Protection Month https://www.nsvrc.org/saamSexually Transmitted Infections Awareness Month Women's Eye Health and Safety Month Spring Safety Campaign	
					1 April Fools' Day	2 Ramadan Begins
3 National Window Safety Week (3-9)	4	5 Sexual Assault Awareness Day of Action	6 National Walking Day	7 World Health Day National Alcohol Screening Day	8	9
10	11	12	13	14	15 Good Friday	16
17 Easter Sunday	18	19	20	21	22 Earth Day	23 National Prescription Drug Take Back Day
24	25 National Youth Violence Prevention Week (25-29) National Work Zone Awareness Week (25-29)	26	27 International Noise Awareness Day	28 Workers' Memorial Day	29	30

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May 2022

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Ensuring Workplace Electrical Safety

The Electrical Safety Foundation International designates every May as National Electrical Safety Month. This campaign was created to educate employers and individuals about the various steps to reduce the risks of electrical-related fires, injuries, fatalities and property damage.

Work-related electrical incidents contribute to over 3,500 injuries every year, costing employers an annual total of more than $1 million. These injuries may include burns, lacerations and electrical shocks—the latter of which can be fatal. Electrical incidents are especially prevalent among employees who frequently use electrical tools and equipment. To reduce hazards and keep your employees safe amid electrical tasks, give them these tips:

- Keep electrical tools and equipment on a regular inspection and maintenance schedule. Never use broken or damaged items.
- Wear the proper personal protective equipment for all electrical tasks.
- Ensure portable electrical tools are equipped with three-prong plugs to deter shocks.

Click here for additional electrical safety resources.

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

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June 2022

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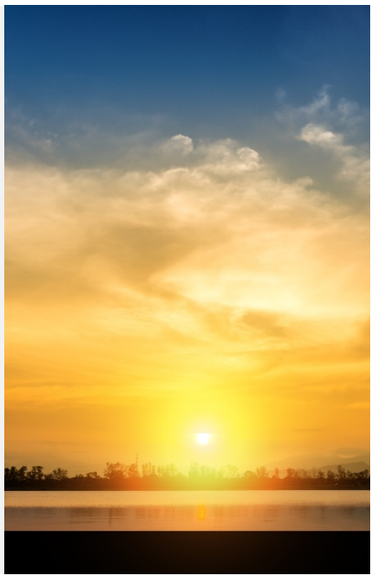
Keeping Workers Hydrated in the Summer Rays

As summer temperatures rise, employees' water and electrolyte balances can get thrown off by dehydration throughout the workday. This condition—which is particularly common among outdoor workers—occurs when the body uses or loses more fluids than it takes in.

Dehydration is a serious complication that can cause fatigue, dizziness and confusion, all of which can compromise workplace safety. As such, keeping employees hydrated at work is essential. In addition to providing clean water on-site and scheduling routine refreshment breaks, instruct employees to follow these measures to stay properly hydrated on the job:

- **Track your consumption.** Use a notecard or mobile app to record how much water you drink each day.
- **Sip regularly.** Drink water throughout the day—even if you're not necessarily thirsty.
- **Be careful in the heat.** If warm conditions increase your need for water, make sure you have an ample supply, take breaks and get out of the heat if you feel weak, confused or have a dry mouth. These symptoms could indicate a heat-related illness.

For more information on keeping workers hydrated, click here.



Alzheimer's & Brain Awareness Month
Cataract Awareness Month
Men's Health Month
Myasthenia Gravis Awareness Month

National Aphasia Awareness Month
Trench Safety Month
National Congenital Cytomegalovirus Awareness Month
National Safety Month
Summer Safety Campaign

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

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July 2022

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Protecting Employees From Sunburn

When working outdoors—especially in the summertime—employees may unknowingly expose themselves to harmful ultraviolet (UV) rays. Even on a cloudy day, outdoor workers can capture up to 80% of UV rays. On a hot, sunny day, UV rays can be even more intense—potentially causing exposed workers to experience a red, painful skin reaction known as sunburn.

While sunburn symptoms are usually temporary, such a burn can cause long-lasting damage to the skin's DNA and increase the risk of skin cancer. Nevertheless, there are steps that your employees can take to prevent sunburns while working outside, including:

- Keeping away from direct sunlight as much as possible
- Applying sunblock that's at least SPF 30 before sun exposure and reapplying it liberally every two hours throughout the day
- Wearing appropriate clothing (e.g., long sleeves, hats or sunglasses) to safeguard the skin and eyes from UV rays

Click here for more information on sun safety.

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	8	9
10 CVSA Operation Safe Driver Week (10-16)	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 World Hepatitis Day	29	30
31 National Heatstroke Prevention Day						

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August 2022

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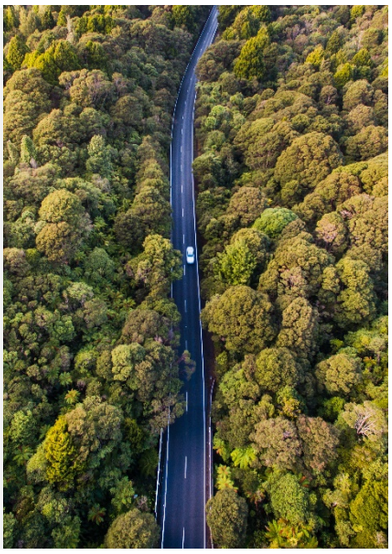

Celebrating Safe + Sound Week Within Your Workplace

Safe + Sound Week is an annual campaign conducted by OSHA and other safety organizations. It will take place from Aug. 8-14 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 in the annual campaign by taking the following three steps:

1. **Sign up.** Let OSHA know you plan to participate by registering here.
2. **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.
3. **Celebrate your participation.** When the campaign ends and your organization has completed all activities and events, you can recognize your workplace's participation with a certificate.

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						
	1	2 National Night Out	3	4	5	6
7 National Stop on Red Week (7-13) National Health Center Week (7-13)	8 Safe + Sound Week (8-14)	9	10	11	12	13
14	15	16	17	18	19 Drive Sober or Get Pulled Over Campaign (Aug. 19-Sept. 5)	20
21 CVSA Brake Safety Week (21-27)	22	23	24	25	26	27
28	29	30	31 International Overdose Awareness Day			

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September 2022

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Recognizing National Suicide Prevention Awareness Month

The National Alliance on Mental Illness (NAMI) commemorates September as National Suicide Prevention Month. This annual campaign's goals are to destigmatize the topic of suicide, share valuable prevention resources and give hope to those who have been affected by suicide. According to NAMI, suicide is one of the top causes of death across all age groups in the United States. Further, the country's overall suicide rate has increased by 35% in the past two decades. This month (and every month), consider implementing these practices to foster a supportive workplace culture that promotes suicide prevention:

- Encourage an open dialogue surrounding work-related stressors and mental health. This way, employees are more likely to feel comfortable voicing their struggles.
- Provide employees with plenty of suicide prevention information (e.g., presentations, pamphlets and online guidance) and support services within the workplace.
- Inform employees of crisis resources, such as the suicide prevention lifeline (1-800-273 TALK [8255]) and the NAMI text line (text NAMI to 741-741).

For more information on suicide prevention in the workplace, click here.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fruits & Veggies—More Matters Month Healthy Aging Month National Atrial Fibrillation Awareness Month National Cholesterol Education Month National Food Safety Education Month			National ITP Awareness Month National Pediculosis Prevention Month National Preparedness Month National Recovery Month National Sickle Cell Month Sports Eye Safety Month		Fall Safety Campaign Pain Awareness Month Sepsis Awareness Month Whole Grains Month World Alzheimer's Month National Suicide Prevention Awareness Month	
				1	2	3
4 National Suicide Prevention Week (4-10)	5 **Labor Day**	6	7	8	9	10 World Suicide Prevention Day
11 **9/11 Anniversary** Truck Driver Appreciation Week (11-17)	12	13	14	15 Get Ready Day	16 Concussion Awareness Day	17
18 National Farm Safety & Health Week (18-24)	19 Fall Prevention Awareness Week (19-23) NSC Safety Conference and Expo (19-21) Malnutrition Awareness Week (19-23)	20	21	22 **First Day of Fall**	23	24
25 **Rosh Hashanah Begins at Sundown**	26 World Environmental Health Day	27 **Rosh Hashanah Ends at Sundown**	28 National Women's Health & Fitness Day	29 World Heart Day	30	

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October 2022

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Safeguarding Employees From Eye Injuries

October is Eye Injury Prevention Month. During this annual event, individuals are encouraged to educate themselves on the ramifications of eye injuries and learn ways to prevent such injuries. According to the American Academy of Ophthalmology, an estimated 2.5 million people experience eye injuries every year—injuries that have the potential to result in partial or total vision loss.

Eye injuries can impact employees across industry lines. While every workplace is different, common causes of occupational eye injuries include flying objects, chemical splashes, harmful radiation and airborne debris or other particles (e.g., dust). To protect your employees from eye injuries, make sure they follow these safety measures:

- Select safety glasses or goggles that are appropriate for the job and your facial features.
- Utilize glasses or goggles that are properly ventilated for the work you are performing.
- Keep safety glasses and goggles clean. Scratches and dirt can reduce vision, cause glare and contribute to accidents.

Click here for further resources on occupational eye safety.

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 Mental Illness Awareness Week (2-8) National Primary Care Week (2-8)	3	4 **Yom Kippur Begins at Sundown**	5 **Yom Kippur Ends at Sundown**	6	7 Manufacturing Day	8
9 National Fire Prevention Week (9-15)	10 **Indigenous Peoples' Day** World Mental Health Day	11	12 Bone and Joint Health Action Week (12-20)	13	14	15 Home Fire Drill Day
16 World Food Day National Health Care Quality Week (16-22)	17 National Health Education Week (17-21) National School Bus Safety Week (17-21)	18	19	20 ShakeOut Day	21 National Check Your Meds Day	22
23 Respiratory Care Week (23-29) National Lead Poisoning Prevention Week (23-29)	24	25	26	27	28	29
30	31 **Halloween**					

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November 2022

Provided by: Venbrook Insurance Services

Mitigating Lung Cancer Risks Within the Workplace

November is Lung Cancer Awareness Month. This annual event is intended to educate the public on lung cancer risk factors, treatment and prevention. According to the Centers for Disease Control and Prevention, more people die from lung cancer than any other cancer.

While personal factors—such as smoking—can increase lung cancer risks, certain work-related exposures can also make employees more vulnerable to lung conditions (including cancer). Specifically, long-term exposure to respiratory irritants (e.g., dust, gases, dirt, asbestos and hazardous chemicals) can cause workers to develop lung conditions over time. If your employees are exposed to irritants on the job, take these steps to protect their lungs:

- Educate workers on the risks and severity of occupational lung conditions.
- Provide employees with all necessary personal protective equipment (PPE) when working near respiratory irritants and train them on the proper use of this PPE.
- Consider having a health and safety expert routinely assess your workplace for any exposures that may contribute to occupational lung conditions.

For more information on occupational lung conditions, click here.

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	4	5
6 **Daylight Savings Ends** Drowsy Driving Prevention Week (6-12)	7	8	9	10	11 **Veterans Day**	12
13 Winter Weather Preparedness Week (13-19)	14	15	16	17 Great American Smokeout	18	19 International Survivors of Suicide Loss Day
20	21	22	23	24 **Thanksgiving** National Family Health History Day	25 **Black Friday**	26
27	28 **Cyber Monday**	29	30			

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December 2022

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Preventing Frostbite Concerns During Winter

Working outdoors in the cold winter weather can heighten employees' risk of experiencing various complications, such as frostbite. This condition is caused by freezing the skin and its underlying tissue. Frostbite can lead to stinging, numbness, stiffness and blistering in the affected areas (usually the fingers, toes or face). In severe cases, this condition can result in permanent tissue damage. With this in mind, it's vital to educate your employees on the following safety measures if they must work in frigid temperatures during the winter:

- Wear several breathable yet protective layers of clothing while you work. In addition to these layers, bundle up with a warm hat, scarf, mittens, socks and waterproof boots.
- Eat healthy foods rich in carbohydrates and protein prior to working in the cold to help fuel your body and keep warm. Stay hydrated by drinking plenty of water.
- Keep your body warm and your blood flowing while working in the cold by staying as active as possible. However, be sure to avoid overexerting yourself.

If employees show signs of frostbite (e.g., pale skin, prickling and numbness), they should be moved indoors. If their condition doesn't improve, they should receive medical attention.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Holiday Season Drunk Driving Campaign Safe Toys and Gifts Month Winter Safety Campaign National Impaired Driving Prevention Month						
				1 World AIDS Day	2	3
4 National Influenza Vaccination Week (4-10)	5	6	7	8	9	10
11	12	13	14	15	16 Drive Sober or Get Pulled Over Holiday Season Campaign (Dec. 16-Jan. 1)	17
18 Chanukah (Hanukkah) Begins	19	20	21 First Day of Winter	22	23	24 Christmas Eve
25 Christmas Day	26 Chanukah (Hanukkah) Ends	27	28	29	30	31 New Year's Eve

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