“With the best ideas, the right tools and everyone showing up to redefine what’s possible, no safety challenge will be too big for us to overcome, from the workplace to anyplace.”

– Lorraine Martin

Safety observances

NSC Member Appreciation Month

National Law Enforcement Appreciation Day: Jan. 9

Develop a year-long safety awards program to let your team know they are appreciated.
Safety observances

- American Heart Month
- National Cancer Prevention Month
- Burn Awareness Week: Feb. 7-13
- Campbell Institute Virtual Symposium: Feb. 23-24
- Work to Zero Virtual Summit: Feb. 24-25

Try starting your day with a few minutes of meditation to enhance your mood and mindfulness.
Daylight saving time starts on the 14th, and that means an hour less sleep. Try going to bed 10 minutes earlier each night the previous week to help your body get used to a new bedtime.
There’s no better policy in a society then pursuing the health and safety of its people.

– Ralph Nader

### Safety observances

- Distracted Driving Awareness Month
- National Stress Awareness Month
- Workplace Violence Awareness Month
- National Work Zone Awareness Week: April 26-30
- Workers’ Memorial Day: April 28

Practice self-care by making time to do things that make you happy:
Spend time with friends, work on a hobby, get a massage.
Safety observances

- Mental Health Awareness Month
- Motorcycle Safety Month
- National Electrical Safety Month
- Trauma Awareness Month
- North American Occupational Safety & Health Week: May 2-8
- Construction Safety Week: May 3-7
- National Safety Stand-Down: TBD

At the end of each day, jot down three things you are grateful for. This helps you focus on the day's positive outcomes.

“For the safety of the people shall be the highest law.”

– Marcus Tullius Cicero
You don’t need to know the whole alphabet of safety. The a, b, c, of it will save you if you follow it: Always Be Careful.

– Colorado School of Mines Magazine

Safety observances

- National Safety Month
- National CPR & AED Awareness Week: June 1-7
- National Forklift Safety Day: June 8
- Trench Safety Stand-Down: TBD

Plan some time off for the summer months. Using your vacation or PTO days will refresh and renew your mental health.

For more information, visit nsc.org/membercalendar
“Knowledge is power ... knowledge is safety ... knowledge is happiness.”
– Thomas Jefferson

Safety observances

**Vehicle Theft Prevention Month**

**National Heatstroke Awareness Day: July 31**

Take a lunch break away from your workspace every day. You’ll get a boost of positive mental energy to carry you through the rest of your day.

For more information, visit [nsc.org/membercalendar](http://nsc.org/membercalendar)
“Safety work is today recognized as an economic necessity. It is the study of the right way to do things.”
– Robert W. Campbell

Safety observances

OSHA Safe & Sound Week: Aug. 9-13
International Overdose Awareness Day: Aug. 31

Have you taken stock of your work/life balance lately?
Put your mental and physical health on par with workplace performance.

For more information, visit nsc.org/membercalendar
Safety observances

Emergency Preparedness Month
National Recovery Month
Child Passenger Safety Week: Sept. 19-25

“For safety is not a gadget but a state of mind.”
– Eleanor Everet

Substitute a healthy snack for junk food whenever you can. It makes you feel better physically and mentally when you do something good for yourself.
"An ounce of prevention is worth a pound of cure."
– Benjamin Franklin

Safety observances

- NSC Congress & Expo: Oct. 8-13
- World Mental Health Day: Oct. 10
- Teen Safe Driving Week: Oct. 17-23

If you notice that a team member seems anxious or depressed, reach out and ask what’s wrong. You may build a relationship or even save a life.
“We must never forget that the highest appreciation is not to utter words, but to live by them.”

– John F. Kennedy

Drowsy Driving Week: Nov. 7-13

Daylight saving time ends on the 7th and that extra hour of sleep will feel great. Do you get your necessary 7-9 hours of sleep every night?

For more information, visit nsc.org/membercalendar
“Nothing is of greater importance than the conservation of human life.”
– Calvin Coolidge

Safety observances

National Impaired Driving Prevention Month

members get more®
For more information, visit nsc.org/membercalendar