

JANUARY

"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

2021

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

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FEBRUARY

"It takes leadership to improve safety."

– Jackie Stewart

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

2021

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Try starting your day with a few minutes of meditation to enhance your mood and mindfulness.

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MARCH

"The superior man, when resting in safety, does not forget that danger may come."

– Confucius

Safety observances

Ladder Safety Month

Workplace Eye Wellness Month

NSC Virtual Safety Congress & Expo: March 1-5

Women in Construction Week: March 7-13

Lifesavers Conference: March 13-15

Sleep Awareness Week: March 14-20

Poison Prevention Week: March 21-27

Stand Up for Grain Safety Week: March 29-April 2

2021

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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.

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APRIL

"There's no better policy in a society than 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

2021

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

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MAY

"The safety of the people shall be the highest law."

– Marcus Tullius Cicero

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

2021

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

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Member

JUNE

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

2021

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

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JULY

"Knowledge is power ... knowledge is safety ... knowledge is happiness."

– Thomas Jefferson

Safety observances

Vehicle Theft Prevention Month

National Heatstroke Awareness Day: July 31

2021

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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.

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AUGUST

"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

2021

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

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SEPTEMBER

"For safety is not a gadget but a state of mind."

– Eleanor Everet

Safety observances

Emergency Preparedness Month

National Recovery Month

Child Passenger Safety Week: Sept. 19-25

2021

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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.

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OCTOBER

"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

2021

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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.

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NOVEMBER

"We must never forget that the highest appreciation is not to utter words, but to live by them."

– John F. Kennedy

Safety observances

Drowsy Driving Week: Nov. 7-13

2021

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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?

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DECEMBER

"Nothing is of greater importance than the conservation of human life."

– Calvin Coolidge

Safety observances

National Impaired Driving Prevention Month

2021

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Give yourself permission to be imperfect.
No one can do everything perfectly all the time.

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