

30 Safety Tips for National Safety Month

Make safety part of the conversation

Support your National Safety Month efforts with 30 simple, ready-to-share tips to use in employee emails, intranet posts, newsletters, team meetings and flyers.

Build engagement by sharing one tip each day, discussing a weekly tip as a team, using them as meeting openers or inviting employees to share how they put safety into practice.



Week 1: Moving Safety Forward

1. Know the location of first aid kits, AEDs and fire alarms should an emergency occur.
2. Be a good participant in all emergency drills by following instructions and paying attention to lessons learned.
3. Report injuries and illnesses, near misses and hazards immediately – don't assume someone else will do it.
4. Volunteer for your organization's safety committee or offer safety suggestions and feedback.
5. Follow all company safety rules, procedures and protocols.
6. Ask for assistance if unsure about how to do a job safely.
7. Feel empowered to speak up if something about your job feels unsafe.
8. Stop co-workers if they are putting themselves or others in danger.

Week 2: Staying Safe on the Roads

9. Check the recall status of your vehicle and have open recalls fixed immediately. Visit checktoprotect.org.
10. Avoid distractions while driving – remember distractions can be visual, manual or cognitive.
11. When driving, remember to wear your seat belt, obey speed limits, maintain a safe following distance and keep your eyes on the road.
12. [Set up your drive before you head out](#) – make sure your mirrors are clean and positioned properly.
13. Pull over to a safe location and park to look up directions, text or to make or receive a call when on the road.
14. Never drink alcohol and drive – impairment begins with the first drink.
15. If you are tired while driving, pull over. On long trips, take regular breaks to avoid fatigue.

Week 3: Promoting Holistic Worker Health

16. Grief, stress or fatigue can affect our ability to work safely. If you are struggling, reach out for help.
17. Talk openly about how job stress is affecting your wellbeing.
18. Come to work rested and free of impairment from drugs, medications or alcohol – or seek accommodation when needed.
19. Ask about how to access mental health resources in your workplace.
20. Take frequent breaks – get up and stretch, walk around or change your scenery.
21. Vary the workday – if possible, try to space out different types of tasks.
22. When using a computer, follow the 20-20-20 rule – every 20 minutes, look at something about 20 feet away for at least 20 seconds.
23. Report pain or discomfort immediately – don't wait until it becomes serious, always inform your supervisor.

Week 4: Preventing Slips, Trips and Falls

24. Remove obstacles and clutter from walkways and stairways.
25. Clean up spills immediately, keep drawers closed when not in use, and keep cords taped down and out of walkways.
26. Don't carry a load that is so large it impairs your vision.
27. Be trained on how to use fall protection and fall arrest systems required for your work.
28. Always maintain three points of contact when climbing a ladder (two hands and one foot or two feet and one hand) and only place a ladder on a solid surface.
29. Avoid distractions like cell phones or reading while walking.
30. Make sure your work area and paths are well lit.