

# 2025 National Safety Observances Calendar



**Provided by: Trutela  
Insurance LLC**

# January 2025

Provided by: Trutela Insurance LLC

## Preventing Hypothermia

Working outdoors in the winter can expose employees to dangerously low temperatures and heighten their risk of hypothermia. Key symptoms of hypothermia include shivering, drowsiness, confusion, shallow breathing, slurred speech, loss of coordination and unconsciousness. If left untreated, hypothermia can be fatal. Equip your outdoor workers with the following safety tips:

- Check the weather before working outdoors to prepare for frigid conditions.
- Wear several breathable yet protective layers of clothing. Additionally, don't forget to bundle up with a hat, scarf, mittens, thick socks and waterproof boots.
- Eat a healthy meal rich in protein and carbohydrates before work. Drink plenty of water to stay hydrated throughout each shift.
- Tell your supervisor if you experience signs of hypothermia and go indoors to warm up. If your condition doesn't improve, seek medical attention.

These tips can lower the likelihood of your employees experiencing hypothermia at work.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">National Radon Action Month</a> <a href="#">National Blood Donor Month</a> <a href="#">Winter Safety Campaign</a> <a href="#">Resolve to Be Ready Campaign</a> <a href="#">National Human Trafficking Prevention Month</a> <a href="#">World Health Esteem Month</a> <a href="#">National Bath Safety Month</a>						
			1 New Year's Day	2	3	4
5 <a href="#">Transportation Research Board Annual Meeting (Jan. 5-9)</a>	6	7	8 <a href="#">National Winter Skin Relief Day</a>	9 <a href="#">National Law Enforcement Appreciation Day</a>	10	11 <a href="#">National Human Trafficking Awareness Day</a>
12 <a href="#">Home Office Safety and Security Week (Jan. 12-18)</a>	13 <a href="#">National Clean Off Your Desk Day</a>	14	15	16	17	18 <a href="#">International Snowmobile Safety Week (Jan. 18-25)</a>
19	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27 <a href="#">Tax Identity Theft Awareness Week (Jan. 27-31)</a>	28 <a href="#">Data Privacy Day</a>	29	30	31	

# February 2025

Provided by: Trutela Insurance LLC

## 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 2024 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 electronically submit information from the 2024 OSHA Form 300A by March 2.

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Low Vision Awareness Month</a> <a href="#">American Heart Month</a> <a href="#">Winter Safety Campaign</a> <a href="#">Earthquake Awareness Month</a> <a href="#">National Cancer Prevention Month</a> <a href="#">National Self-Check Month</a>						
						1 <a href="#">Deadline for Posting the Annual OSHA Log Summary (OSHA Form 300A)</a>  <a href="#">National Sheriffs' Association Winter Legislative &amp; Technology Conference (Feb. 1-4)</a>
2 <b>Groundhog Day</b>  <a href="#">National Burn Awareness Week (Feb. 2-8)</a>	3 <a href="#">Women's Heart Week (Feb. 3-9)</a>	4 <a href="#">World Cancer Day</a>	5 <a href="#">Motorcycle Industry Council (MIC) AIMExpo (Feb. 5-7)</a>	6	7 <a href="#">Congenital Heart Defect Awareness Week (Feb. 7-14)</a>	8
9	10 <a href="#">National Clean Out Your Computer Day</a>	11 <a href="#">Safer Internet Day</a>	12	13	14 <b>Valentine's Day</b>  <a href="#">National Organ Donor Day</a>	15
16	17 <b>Presidents Day</b>	18 <a href="#">The Future of EHS 2025 (Feb. 18-20)</a>	19	20	21	22
23	24 <a href="#">Eating Disorders Awareness Week (Feb. 24-March 2)</a>	25	26	27	28 <b>Ramadan Begins</b>  <a href="#">Rare Disease Day</a>	

# March 2025

Provided by: Trutela Insurance LLC

## Recognizing the Safety Benefits of Spring Cleaning

Many people use spring cleaning as a time to declutter their homes, but these practices can also apply to the workplace. After all, a clean workstation can promote greater efficiency and morale on the job. A tidy workspace also carries a number of safety benefits, such as:

- **Fewer fire risks**—Excess clutter can create additional ignition sources and potentially block escape routes in the event of a fire. Fortunately, a clean workstation can help reduce these risks and bolster overall fire safety.
- **Decreased dust and bacteria**—A dirty workspace often contains dust and bacteria buildup. This may exacerbate allergy symptoms and increase the risk of certain illnesses. Keeping a tidy workstation can limit these concerns and foster a healthy environment.
- **Reduced slip and trip hazards**—A disorganized workspace may pose various slip and trip hazards, such as unattended equipment, stray electrical cords and cluttered pathways. As such, maintaining a clean workstation can help mitigate slip and trip injuries.

Make sure to share these safety benefits with your staff and encourage them to include their workstations in this year’s spring cleaning regimen.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Brain Injury Awareness Month</a> <a href="#">Bleeding Disorders Awareness Month</a> <a href="#">National Kidney Month</a> <a href="#">National Nutrition Month</a>						
<a href="#">National Ladder Safety Month</a> <a href="#">Flood Safety Campaign</a> <a href="#">Workplace Eye Wellness Month</a> <a href="#">Spring Safety Campaign</a>						
						1
2 <a href="#">Deadline to Electronically Submit OSHA Injury and Illness Forms</a>	3 <a href="#">World Hearing Day</a>  <a href="#">Vehicle Safety Recalls Week (March 3-9)</a>	4 Mardi Gras	5 Ash Wednesday	6	7 Employee Appreciation Day	8
9 Daylight Saving Time Begins  <a href="#">Sleep Awareness Week (March 9-15)</a>  <a href="#">National Lifesavers Conference on Highway Safety Priorities (March 9-11)</a>	10 <a href="#">Brain Awareness Week (March 10-16)</a>	11	12	13	14	15
16 <a href="#">National Poison Prevention Week (March 16-22)</a>	17 Saint Patrick's Day  <a href="#">National Drug and Alcohol Facts Week (March 17-23)</a>	18	19	20 First Day of Spring	21	22 <a href="#">World Water Day</a>
23	24 <a href="#">World Tuberculosis Day</a>	25 <a href="#">Diabetes Alert Day</a>	26	27	28	29
30 Ramadan Ends	31					

# April 2025

Provided by: Trutela Insurance LLC

## Navigating Spring Weather Hazards

While spring often brings warmer temperatures and fresh blooms, it also carries a range of weather hazards. These conditions vary between locations, but some of the most common include severe convective storms (e.g., tornadoes, thunderstorms and hailstorms), heavy rain, flooding and mudslides. Such events can cause significant injuries, fatalities and property damage. Therefore, it's vital to be prepared for spring weather in your area and take the following steps to protect your employees amid adverse conditions:

- Conduct a risk assessment to review your particular spring weather exposures. For instance, coastal environments may be more prone to flooding and mudslides, whereas inland communities are typically more susceptible to tornadoes and hailstorms.
- Train employees on spring weather hazards and related safety precautions.
- Address spring weather hazards in your business continuity and emergency response plans. Store emergency supplies, contact information and coverage details in a safe area.

Review the National Weather Service's [website](#) for more spring safety resources.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Alcohol Awareness Month</a> <a href="#">National Autism Awareness Month</a> <a href="#">National Child Abuse Prevention Month</a> <a href="#">National Distracted Driving Awareness Month</a>		<a href="#">Workplace Violence Awareness Month</a> <a href="#">Occupational Therapy Month</a> <a href="#">Sexual Assault Awareness and Prevention Month</a> <a href="#">National Stress Awareness Month</a> <a href="#">National Youth Sports Safety Month</a>		<a href="#">National Facial Protection Month</a> <a href="#">Women's Eye Health and Safety Month</a> <a href="#">National Donate Life Month</a> <a href="#">Spring Safety Campaign</a> <a href="#">MIC Annual Fly-in</a>		
		1 April Fools' Day  <a href="#">Sexual Assault Awareness Day of Action</a>	2 <a href="#">National Walking Day</a>  <a href="#">National Highway Traffic Safety Administration (NHTSA) Put the Phone Away or Pay Campaign (April 2-9)</a>	3	4	5
6	7 <a href="#">World Health Day</a>  <a href="#">National Window Safety Week (April 7-13)</a>	8	9	10 <a href="#">National Alcohol Screening Day</a>	11	12
13 <a href="#">National Public Safety Telecommunicators Week (April 13-19)</a>	14 <a href="#">National Work Zone Awareness Week (April 14-18)</a>	15	16	17	18 Good Friday	19
20 Easter Sunday	21 <a href="#">National Youth Violence Prevention Week (April 21-27)</a>	22 Earth Day	23	24	25	26 <a href="#">National Prescription Drug Take Back Day</a>
27	28 Workers' Memorial Day	29	30 <a href="#">International Noise Awareness Day</a>			

# May 2025

Provided by: Trutela Insurance LLC

## Managing Hay Fever

Hay fever is an allergic reaction that occurs upon coming in contact with certain pollens, dust mites, mold or animal dander. Common symptoms of hay fever include a runny or itchy nose, sneezing and watery eyes. These symptoms can range from mild to so severe that they hinder individuals from sleeping, concentrating and sticking to their usual routines. While hay fever can arise at any time, it's most prevalent in spring, when airborne pollens peak. If your employees are dealing with hay fever this season, there are steps they can take to prevent this condition from affecting their well-being at work. Here are some tips to share with your staff:

- **Monitor pollen and mold counts.** Watching these counts can help you know when to avoid spending excessive time outside, which can help lessen symptom severity.
- **Keep windows and doors closed.** This will help prevent allergens from entering your workspace and sticking to items such as furniture and carpet.
- **Visit a doctor.** Your doctor or allergist can help determine the substances that trigger your hay fever symptoms and prescribe medications to better control your symptoms.

Give your employees [this resource](#) for more information on managing hay fever.



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

# June 2025

Provided by: Trutela Insurance LLC

## 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, 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 the top causes of workplace injuries and explain how to prevent them.
- Ensure all employees have reviewed and signed off on your organization’s employee safety manual.
- Encourage employees to report any safety concerns and hazards to their supervisors.

[Click here](#) for more information on National Safety Month.



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

# July 2025

Provided by: Trutela Insurance LLC

## Mitigating Heat-related Illnesses

During the hot summer months, outdoor employees are increasingly vulnerable to heat-related illnesses. The body naturally has ways of keeping itself cool by allowing heat to escape through the skin and evaporating sweat. However, if the body does not cool down properly or enough, a person may suffer a heat-related illness (i.e., heat cramps, heat exhaustion or heatstroke). In severe cases, heat-related illnesses can be life-threatening. That's why it's crucial to educate outdoor workers on how to protect themselves in the summer heat. As temperatures start to climb, provide your workers with these tips:

- Wear loose, light-colored clothing and some type of hat.
- Take breaks in the shade when possible.
- Avoid overexertion during peak temperature hours, especially midday.
- Drink plenty of water, even if you don't feel thirsty.
- Stay away from drinks that contain caffeine, as they can dehydrate you.

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Fireworks Safety Month</a> <a href="#">International Group B Strep Awareness Month</a> <a href="#">Juvenile Arthritis Awareness Month</a> <a href="#">Summer Safety Campaign</a> <a href="#">UV Safety Month</a> <a href="#">Vehicle Theft Prevention Month</a>						
		1 <a href="#">NHTSA Buzzed Driving Is Drunk Driving Campaign (July 1-7)</a>	2	3	4 Independence Day	5
6 <a href="#">CVSA Operation Safe Driver Week (July 6-12)</a>	7	8 <a href="#">International Forum on Traffic Records and Highway Safety Information (July 8-10)</a>	9 <a href="#">NHTSA Speeding Catches Up with You Campaign (July 9-31)</a>	10 <a href="#">Chronic Disease Awareness Day</a>	11	12
13	14	15 <a href="#">National Pet Fire Safety Day</a>	16	17	18	19
20	21	22 <a href="#">World Fragile X Day</a>	23	24 <a href="#">International Self-Care Day</a>	25	26 <a href="#">National Disability Independence Day</a>
27	28 <a href="#">World Hepatitis Day</a>	29	30 <a href="#">National Whistleblower Day</a>	31		



# August 2025

Provided by: Trutela Insurance LLC

## Participating in Safe and Sound Week

Safe and Sound Week is an annual campaign conducted by OSHA and other safety organizations. It takes place from Aug. 11-17 this year. This event recognizes the successes of workplace safety and health programs across the country and provides additional resources to help organizations and their employees kick-start or improve upon occupational safety and health initiatives.

Nearly 4,000 organizations of all sizes and sectors register for this event each year. More than 5,000 workers are killed and 3.6 million employees are seriously injured on the job every year, according to OSHA. Considering these findings, it's essential for employers like you to participate in Safe and Sound Week. Dedicating this time to bolstering your workforce's overall safety awareness can aid in reducing potential job hazards and minimizing the likelihood of future occupational injuries and fatalities.

Click [here](#) for more information on Safe and Sound Week.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Gastroparesis Awareness Month</a> <a href="#">National Immunization Awareness Month</a> <a href="#">National Water Quality Month</a> <a href="#">National Minority Donor Awareness Month</a> <a href="#">Psoriasis Awareness Month</a> <a href="#">Summer Safety Campaign</a> <a href="#">Back to School Month</a> <a href="#">Children's Eye Health &amp; Safety Month</a>						
					1	2 <a href="#">National Veterans and First Responders Day</a>
3 <a href="#">National Stop on Red Week (Aug. 3-9)</a>  <a href="#">National Health Center Week (Aug. 3-9)</a>	4 <a href="#">National Coast Guard Day</a>	5 <a href="#">National Night Out</a>	6 <a href="#">National Social Engineering Day</a>	7	8	9
10	11 <a href="#">OSHA Safe and Sound Week (Aug. 11-17)</a>	12	13	14	15 <a href="#">NHTSA Drive Sober or Get Pulled Over Summer Campaign (Aug. 15-Sept. 1)</a>	16
17	18	19 <a href="#">National Aviation Day</a>	20 <a href="#">National Accessible Air Travel Day</a>	21	22	23 <a href="#">Governors Highway Safety Association Annual Meeting (Aug. 23-27)</a>
24 <a href="#">CVSA Brake Safety Week (Aug. 24-30)</a>	25	26 <a href="#">National Got Checked Day</a>	27	28	29	30 <a href="#">National Grief Awareness Day</a>
31 <a href="#">International Overdose Awareness Day</a>						

# September 2025

Provided by: Trutela Insurance LLC

## Promoting National Concussion Awareness Day

Every year, the Brain Injury Association of America recognizes National Concussion Awareness Day on the third Friday in September. This campaign is intended to raise awareness of the prevalence of concussions, offer support to those who have experienced these injuries, and highlight best practices for symptom recognition and treatment. According to the Brain Injury Research Institute, millions of individuals deal with concussions each year. While most of these injuries stem from sports, they can also occur in the workplace. Your employees could face concussions on the job as a result of falls from heights, slips and trips due to cluttered surfaces, struck-by incidents from falling objects, and motor vehicle- or equipment-related accidents.

With this in mind, it's imperative to take steps to help minimize concussions among your staff. This may include enforcing personal protective equipment requirements, encouraging employees to keep their workstations clean and organized, providing proper training for tasks involving work from heights and the use of motor vehicles or other equipment, and ensuring workers know the signs of a concussion (e.g., headache, confusion, blurry vision, ringing in the ears, nausea and drowsiness). Click [here](#) for more information on managing concussions at work.



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

# October 2025

Provided by: Trutela Insurance LLC

## Avoiding Insect Stings

Stinging insects, such as bees, wasps and hornets, are common in the United States. While an insect sting might only cause minor side effects for some individuals, the same sting could result in life-threatening allergic reactions for others. Stinging insects are known to be more active and aggressive between August and October, putting individuals who spend time outside during these months at risk. If your employees work outdoors during this time, even for brief periods, it's important to provide them with these insect sting prevention tips:

- Wear light-colored, tight-fitting clothes that cover most of your body to limit exposure.
- Wash your skin daily. However, don't use scented toiletries, as these can attract insects.
- Remain calm if a single insect approaches you; swatting at it may increase your chance of getting stung. If multiple insects approach you, leave the area and go indoors.
- Tell your supervisor if you have a history of allergic reactions to insect stings. Carry an epinephrine auto-injector and wear a medical bracelet to alert others of your allergies.

Click [here](#) for additional guidance on preventing insect stings.



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

# November 2025

Provided by: Trutela Insurance LLC

## Focusing on Drowsy Driving Prevention

Every year, the National Sleep Foundation recognizes the first full week of November as Drowsy Driving Prevention Week. This campaign raises awareness of the risks of drowsy driving and highlight related prevention measures. Drowsy driving refers to the act of operating a motor vehicle while sleepy or fatigued. Such an act can limit an individual's ability to drive safely and increase their likelihood of being involved in an accident on the road. In fact, several studies have shown that drowsy driving is similar to driving while under the influence.

During this week (and every week), you can help minimize drowsy driving-related accidents among your employees by promoting safe practices behind the wheel. These practices include the following:

- Stick to a consistent sleep routine and aim for seven to nine hours of sleep each night.
- Drink water and eat a healthy snack before each driving shift to stay energized.
- Allot for ample breaks throughout driving shifts to limit the risk of fatigue.

Click [here](#) for more information on drowsy driving.



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

# December 2025

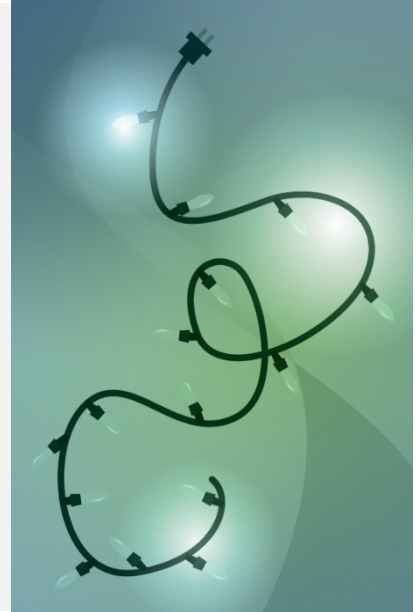
Provided by: Trutela Insurance LLC

## Minimizing Winter Slips and Trips

Winter months present additional hazards that employees typically don't encounter during warmer weather. Specifically, workers are more likely to experience slips and trips in snowy and icy conditions, which could lead to serious injuries. As a result, it's critical to educate your employees on winter slip and trip risks and outline best practices to help them reduce these risks. Here are some safety guidelines to share with your staff:

- Wear shoes that provide traction on snow and ice. Footwear should be made of slip-resistant materials (e.g., rubber or steel).
- Exercise caution when entering and exiting vehicles. Use them for balance and support.
- Walk only in designated areas that are safe for foot traffic. Avoid inclines that are difficult to walk up or down, as they could be more treacherous in winter conditions.
- Test potentially slippery areas before stepping on them by tapping your foot on these surfaces first. Steer clear of roof edges, floor openings and other drop-offs.
- Dry your shoes on floor mats when entering a building to remove excess moisture.

Be sure to encourage employees to report any unaddressed slip and trip hazards right away.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Safe Toys and Gifts Month</a> <a href="#">Winter Safety Campaign</a> <a href="#">International Sharps Injury Prevention Awareness Month</a> <a href="#">Worldwide Food Service Safety Month</a> <a href="#">Universal Human Rights Month</a> <a href="#">National Car Donation Month</a> <a href="#">National Impaired Driving Prevention Month</a>						
	<b>1</b> <b>Cyber Monday</b>  <a href="#">World AIDS Day</a>  <a href="#">Older Driver Safety Awareness Week (Dec. 1-5)</a>  <a href="#">National Handwashing Awareness Week (Dec. 1-7)</a>	<b>2</b> <a href="#">National Day of Giving</a>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> <a href="#">National Miner's Day</a>
<b>7</b> <a href="#">National Influenza Vaccination Week (Dec. 7-13)</a>	<b>8</b>	<b>9</b>	<b>10</b> <a href="#">Human Rights Day</a>	<b>11</b> <a href="#">National Stretching Day</a>	<b>12</b> <a href="#">NHTSA Drive High Get a DUI Winter Holiday Campaign (Dec. 12-Jan. 1)</a>	<b>13</b>
<b>14</b> <b>Hanukkah Begins at Sundown</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> <b>First Day of Winter</b>	<b>22</b> <b>Hanukkah Ends at Sundown</b>	<b>23</b>	<b>24</b> <b>Christmas Eve</b>	<b>25</b> <b>Christmas Day</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>New Year's Eve</b>			