

# Markel<sup>®</sup> Risk Solution Services 2021 safety calendar



# January

## **National Radon Action Month**

Radon is the leading cause of lung cancer deaths among nonsmokers in the US. Exposure is preventable and testing radon levels in homes, schools, and buildings is imperative. Here are some preventative steps you can take:

- Mitigate exposure. Obtain an easy-to-use kit to test your home.
- Increase awareness. Tell your family and friends about the health risks of radon.
- Build a radon-resistant home with new construction methods.

## **Slip, trip, and fall awareness**

Slips and falls may seem like a minor inconvenience, but serious injuries can result from a same level fall. Implement these tips in your home and workplace to prevent this common occurrence:

- Maintain clear floors and surfaces.
- Remove cords from walkways.
- Ensure handrails are available in stairwells.
- Wear sensible footwear.
- Never stand on chairs or furniture.
- Maintain good housekeeping.
- Ensure adequate lighting.
- Utilize secure floor mats at doorways during inclement weather.
- Clear and salt or sand walkways during inclement winter weather.



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)



# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> New Year's Day	<b>2</b> Avoid looking at your cell phone while walking
<b>3</b> Minimize the number of items you carry when walking on ice or snow	<b>4</b> Hold on to railings when using stairs or ramps	<b>5</b> Dress appropriately for the weather	<b>6</b> Be on the lookout for black ice	<b>7</b> Secure area rugs to prevent tripping hazards	<b>8</b> Keep all walkways free from tripping hazards	<b>9</b> Clean up spills immediately
<b>10</b> Select footwear that is appropriate for the job	<b>11</b> Maintain proper housekeeping to avoid trip hazards	<b>12</b> Conduct regular on-site inspections	<b>13</b> Report unsafe work practices	<b>14</b> Lift with your legs to prevent back strains	<b>15</b> Wash your hands frequently to prevent illness	<b>16</b> Use the right tool for the job
<b>17</b> Conduct a safety meeting on a pertinent topic	<b>18</b> Martin Luther King Day	<b>19</b> Conduct refresher training on your hazard communication program	<b>20</b> Make sure all passengers are wearing their seat belt before travel	<b>21</b> Take regular breaks to stretch and walk	<b>22</b> Know the evacuation plan of your workplace	<b>23</b> Know how to use a fire extinguisher
<b>24</b> Ensure personal protective equipment is in good working order	<b>25</b> Ensure all forklift operators are trained and certified	<b>26</b> Don't store heavy items on the top of a shelf	<b>27</b> Clearly mark curbs to prevent a fall	<b>28</b> Never remove safety guards on equipment	<b>29</b> Maintain adequate gas in your vehicle during cold temperatures	<b>30</b> Test your smoke detectors
<b>31</b> Maintain adequate lighting to reduce trip and fall hazards						

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# February

## American Heart Month

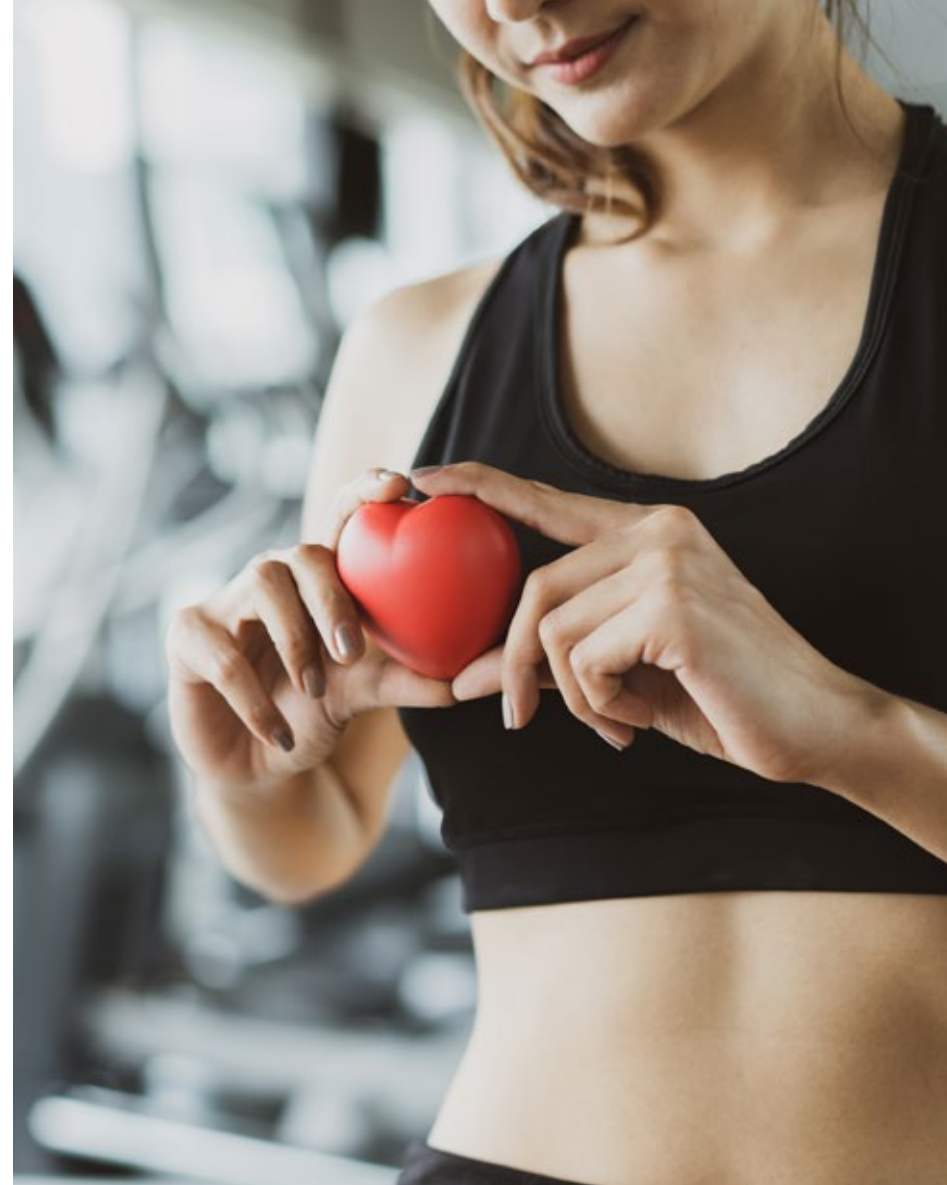
Heart disease is the number one killer of Americans. The American Heart Association® recommends these steps to reduce your risk:

- **Know your risk.** There are factors that can increase your risk, such as smoking or family history. Many risk factors can be mitigated through lifestyle changes.
- **Eat a healthy diet.** Limit sugar, refined carbohydrates, processed foods, and saturated fats, and avoid trans fat.
- **Be physically active.** Aim for at least 150 minutes of moderate exercise each week.
- **Watch your weight.** Talk to your health care provider about ways to achieve and maintain a healthy weight.
- **Live tobacco-free.**
- **Manage conditions.** Work with your health care provider if you have certain health risks, such as hypertension, high cholesterol, diabetes, or other risk factors.
- **Take your medicine.** Take all medications as directed and prescribed by your doctor.
- **Be a team player.** Work with your health care team to build a prevention plan that works with your health and lifestyle.

## Fleet safety management

Motor vehicle accidents are the leading cause of workplace fatalities. To protect workers, consider implementing these controls:

- **Fatigue awareness training.** Restrict driving at night and conduct medical screenings for fatigue.
- **Strict mobile phone policies.** Prohibit the use of all electronic devices while driving, including the use of hands-free phones.
- **Management commitment to safety.**
- **Collision reviews.** Conduct detailed accident investigations to prevent incident recurrence.
- **Use of in-vehicle monitoring system (IVMS).**
- **Driver training program.** Implement a program that includes both behind the wheel and classroom training.



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](https://markelinsurance.com) | [markel.com](https://markel.com)



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Test your smoke detectors	<b>2</b> Groundhog Day	<b>3</b> Read all safety signs posted in your workplace	<b>4</b> Dress warm when shoveling snow and take frequent breaks	<b>5</b> Examine tools before using and remove damaged tools from use	<b>6</b> Wear a safety harness when working above four feet
<b>7</b> Create an atmosphere where safety issues can be openly raised	<b>8</b> Don't cut toward yourself when using a blade or scissors	<b>9</b> Never leave machinery running unattended	<b>10</b> Keep outdoor walkways clear of ice and snow	<b>11</b> Inspect all vehicle lighting and replace as needed	<b>12</b> Don't string electrical cords across walking paths	<b>13</b> Use a wrist rest to reduce the strain when using a computer
<b>14</b> Valentine's Day	<b>15</b> President's Day	<b>16</b> Have clear paths to emergency exits	<b>17</b> Don't modify machinery. Only use machinery as intended and directed by instructions.	<b>18</b> Read all safety signs posted at your workplace	<b>19</b> Test the weight of the load before lifting something heavy	<b>20</b> Conduct and document periodic safety meetings with all employees
<b>21</b> Maintain safety data sheets (SDS) when working with chemicals	<b>22</b> Review your workplace safety program, and make any necessary updates	<b>23</b> Know what to do in a fire emergency	<b>24</b> Wear hearing protection; it is essential when working in areas with decibel levels over 82	<b>25</b> Store flammable and combustible liquids properly	<b>26</b> Ensure exits are clearly marked with proper lighting	<b>27</b> Don't remove safety labels. Replace damaged labels if torn or illegible
<b>28</b> Wear a respirator or mask if you are working near hazardous fumes or chemicals						

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.



# March

## National Ladder Safety Month

Whether you are on the job or at your home, we may need to utilize a ladder to get a task done. It's important to follow basic safety guidelines to ensure an accident does not occur from heights.

- Choose the right ladder for the job. Do you need an A-frame ladder or an extension ladder?
- Don't take shortcuts.
- The base of the ladder must be secured to prevent movement.
- Maintain three points of contact when climbing.
- Always face the ladder when climbing.
- Don't skip steps.
- Maximum reach height of a person is no more than four feet above ladder.
- Keep your center of gravity and body between side rails.
- If you can't reach the desired work area, descend the ladder carefully and move the ladder.

## Workplace Eye Wellness Month

Try these steps to help prevent eyestrain and fatigue:

- Use the 20-20-20 rule. Every 20 minutes, take a 20-second break and look at something 20 feet away.
- Visit an eye doctor for a dilated eye exam to detect any potential vision issues.
- Place your screen 20 to 26 inches away from your eyes and a little below eye level.
- Adjust the text size on the screen to a comfortable level.
- Change your lighting to lower glare and harsh reflections. Glare filters over your computer screen can also help.
- Dust and wipe digital screens to help reduce glare.



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)



# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Test your smoke detectors	<b>2</b> Replace the batteries in your smoke detectors	<b>3</b> Have proper ventilation in areas where there are hazardous fumes or toxic chemicals	<b>4</b> Encourage communication between employees to maintain job safety	<b>5</b> Read and understand warning labels	<b>6</b> Do your part to keep your workplace tidy
<b>7</b> Use both hands when lifting heavy objects	<b>8</b> Don't cut toward yourself when using a blade or scissors	<b>9</b> De-energize electric equipment before inspecting or repairing	<b>10</b> Use knee pads or ergonomic mats for kneeling	<b>11</b> Use padding to reduce direct contact with hard, sharp, or vibrating surfaces	<b>12</b> Always wear a hard hat on a construction site	<b>13</b> Directly supervise children by sight and hearing at all times
<b>14</b> Daylight savings starts	<b>15</b> Place safety markers to identify hazards that cannot be removed	<b>16</b> Create a safety checklist for each job duty to review during job training	<b>17</b> St. Patrick's Day	<b>18</b> Wear non-slips shoes to avoid a slip and fall	<b>19</b> Report unsafe actions to management	<b>20</b> Wear sun protection even when the weather is cool
<b>21</b> Conduct pre-trip and post-trip inspections on your work vehicle	<b>22</b> Ensure elevated storage areas have a guardrail, mid-rail, and toe board as required by the Occupational Health and Safety Association (OSHA)	<b>23</b> Remain indoors during a thunderstorm	<b>24</b> Wear a back brace for heavy lifting	<b>25</b> Never leave running machinery unattended	<b>26</b> Don't ignore established safety rules	<b>27</b> Never work under the influence of alcohol or drugs
<b>28</b> Maintain good posture while working	<b>29</b> Take short breaks during long periods of repetitive motion	<b>30</b> Accidents are preventable if you follow instructions	<b>31</b> Wear high-visibility clothing when you are near roadways			

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedure or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# April

## **Distracted Driving Awareness Month**

Commit to driving responsibly by following these safety guidelines:

- Pull over and park your car in a safe location before sending or reading a text.
- Allow a passenger access to your phone to respond to calls or messages.
- Put your cell phone in the trunk, glove box, or back seat until you arrive at your destination.
- Remind your friends and family about safe driving.
- Don't take or make phone calls or texts. When you are driving, it's the only thing you should be doing.
- Refrain from eating food, adjusting the radio, or doing anything that distracts you from focusing on the road.

## **Workplace Violence Awareness Month**

Workplace violence is a serious occupational hazard, ranking among the top causes of death in workplaces. Preventing violence at work is about awareness.

Consider the following:

- Workplace violence can happen anywhere, but certain industries are more prone to violence, including healthcare, taxi drivers, and education.
- Workplace violence falls into four categories: criminal intent, customer/client, worker-on-worker, and personal relationships.
- See something, say something– tell Human Resources if there is a perceived threat.
- In active shooter situations, follow these guidelines:
  - Your best option is to run if there is an accessible escape route, leave your belongings, and get out.
  - Hide if you cannot safely escape, hide in a place where you won't be trapped, lock and block the door, and silence your phone.

### **Develop a workplace violence policy that includes:**

- Employee training and an emergency action plan.
- Mock training exercises with law enforcement
- A zero-tolerance policy



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)





# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> April Fools Day	<b>2</b> Good Friday	<b>3</b> Conduct formal workplace safety inspections and correct all identified hazards immediately
<b>4</b> Easter	<b>5</b> Wear cut-resistant gloves when utilizing knives or other sharp-cutting devices	<b>6</b> Maintain good housekeeping practices at all times	<b>7</b> Keep all tools in good condition with regular maintenance	<b>8</b> Safe work practices should be taught during job training	<b>9</b> Don't take shortcuts	<b>10</b> You're responsible for your own safety in the workplace
<b>11</b> Don't remove or tamper with safety devices	<b>12</b> Every crew should be well informed of safety procedures before the job begins	<b>13</b> Don't come to work ill	<b>14</b> Maintain a safe following distance when driving, especially during inclement weather	<b>15</b> Don't carry tools in your pocket	<b>16</b> Loose clothing or jewelry should not be worn when operating machinery	<b>17</b> Keep hydrated and get adequate rest
<b>18</b> It's better to be safe than sorry	<b>19</b> Damaged electrical cords are a fire hazard. Replace cords; do not patch.	<b>20</b> Forklift operators should be on the lookout for pedestrians, overhangs, and obstacles	<b>21</b> Always be aware of the hazards associated with the task you are performing	<b>22</b> Earth Day	<b>23</b> Wear a dust mask to prevent breathing in particles floating through the air in a dirty environment	<b>24</b> Utilize a back brace for heavy lifting
<b>25</b> Maintain three-point contact when using a ladder	<b>26</b> Be extra careful when backing up a vehicle	<b>27</b> Test your smoke detectors	<b>28</b> Provide and mandate the use of appropriate personal protective equipment	<b>29</b> Train all authorized and affected employees in lockout/tag out procedures	<b>30</b> Don't twist your body when carrying heavy objects. Instead, turn with your feet	

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# May

## **National Wildfire Awareness Month**

Wildfires are unplanned, dangerous fires that spread quickly and can devastate natural areas and communities. Here are steps that you can take to mitigate losses and exposure:

- Recognize warnings and alerts. Download the FEMA app; sign up for community alerts and air quality alerts.
- Make an emergency plan. Make sure everyone in your household knows what to do if you need to evacuate quickly.
- Review important documents. Make sure your insurance policies and personal documents are in a secure digital space.
- Strengthen your home. Use fire-resistant materials. Make sure your outdoor water source has a hose that can reach your entire property. Create a fire-resistant zone that is free of leaves, debris, or flammable materials at least 30 feet from your home.

## **National Electrical Safety Month**

It's important to be aware of critical electrical safety issues to prevent serious injuries. Here are some steps that can be taken to reduce fires, injuries, and property damage:

- Know the warning signs of an overloaded electrical system
- Tripping of circuit breakers or blowing of fuses
- Dimming of lights when devices are turned on
- Buzzing sound from switches or outlets
- Discolored outlets
- Appliances that appear underpowered
- Avoid overloaded circuits
- Label circuit breakers
- Have property inspected, especially those over 40 years old
- Have new circuits installed for high energy use devices
- Use energy efficient appliances and lighting
- Not overloading extension cords or allowing them to run through water or snow on the ground
- Not substituting extension cords for permanent wiring
- Not running extension cords through walls, doorways, ceilings, or floors; if cord is covered, it may result in a fire hazard
- Not using an extension cord for more than one appliance and installing additional outlets where you need them
- Making sure the extension cord or temporary power strip you use is rated for the products
- Not cutting off the ground pin to force a fit
- Buy only cords approved by an independent testing laboratory, such as Underwriters Laboratories (UL), Intertek (ETL), or Canadian Standards Association (CSA)



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)



# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Test your smoke detectors
<b>2</b> Develop an emergency action plan that trains employees on what to do in the event of an emergency	<b>3</b> Wear proper gloves for the job being performed; not all gloves are the same	<b>4</b> Dress appropriately for the weather you work in	<b>5</b> Cinco de Mayo	<b>6</b> Conduct ladder safety training to reduce the potential for falls	<b>7</b> Examine each tool for damage before use, and don't use damaged tools	<b>8</b> Wear cut-resistant gloves when utilizing knives or other sharp-cutting devices
<b>9</b> Mother's Day	<b>10</b> Take frequent rest breaks with manual lifting tasks	<b>11</b> Operate tools according to the manufacturers' instructions	<b>12</b> Use a box cutter carefully, cutting away from the body; never store with blade exposed	<b>13</b> Maintain a fully stocked First Aid kit	<b>14</b> Always stay alert, and be aware of your surroundings	<b>15</b> Armed Forces Day
<b>16</b> Maintain a clear path to exits	<b>17</b> Wear respiratory protection deemed appropriate for the environment	<b>18</b> Keep food and beverages in designated break areas	<b>19</b> Conduct and document periodic safety meetings with all employees	<b>20</b> Ensure all forklift operators are trained and certified	<b>21</b> Keep your workstation clean and orderly	<b>22</b> Communicate your safety ideas to your manager
<b>23</b> Wear mesh gloves when cutting, and store knives properly	<b>24</b> Have emergency equipment shutoffs	<b>25</b> Remove damaged equipment from operations and mark as "DAMAGED"	<b>26</b> Stay hydrated and well rested	<b>27</b> Learn how to adjust your office chair, including arms, headrest, height, tilt, and lumbar support	<b>28</b> Make sure you have a safety data sheet (SDS) for any chemical or solvent you work with	<b>29</b> Develop a light duty or return-to-work program to manage injury claim costs
<b>30</b> Do your part to keep your workplace safe	<b>31</b> Memorial Day					

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# June

## National Safety Month

Safety is important every day. In June, we focus on saving lives and preventing injuries through education. Pertinent safety topics to discuss may include:

- Fleet safety
- Hazard communication
- Safety inspections
- Housekeeping
- Ladders and scaffolding
- Material handling and back safety
- Ergonomics
- Blood-borne pathogens
- Safety program development
- Drug-free workplace
- First Aid
- Lockout tag out
- Fire extinguishers
- Electrical safety
- Driving defensively
- Fall protection
- Respiratory protection
- Weather safety
- Tool safety
- Workplace violence

## Heat illness prevention

It's critical to educate employers and employees about the dangers of working in the heat. Heat illness can affect anyone at any age or ability. Follow these guidelines to stay well while outdoors during extreme heat:

- If employees are required to work outdoors, establish a formal heat illness prevention program.
- Provide workers with water, rest, and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks as they adjust to or build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)



# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Test your smoke detectors	<b>2</b> Employers must report any worker fatality within 8 hours and any amputation, loss of an eye, or hospitalization of a worker within 24 hours to the Occupational Safety and Health Association (OSHA)	<b>3</b> Lift objects slowly with a fluid motion	<b>4</b> Mark slippery floors with a sign until surface is clean and dry	<b>5</b> Only use machinery you are trained and authorized to use
<b>6</b> Take short breaks during long periods of repetitive motion	<b>7</b> Keep hydrated when working in hot weather	<b>8</b> It's better to be safe than sorry	<b>9</b> Wear ear plugs to protect your ears from loud noises	<b>10</b> Stop working if you feel faint, dizzy, or short of breath	<b>11</b> Don't remove safety labels, and replace damaged labels if torn or illegible	<b>12</b> Safe work practices should be taught during job training
<b>13</b> The team with the safest players wins	<b>14</b> Flag Day	<b>15</b> Avoid looking at your cell phone and keep focused on walking safely	<b>16</b> Use a device to lift and reposition heavy objects to limit force exertion	<b>17</b> Safety inspections should be done uniformly, documented properly, and result in prompt mitigation of critical issues	<b>18</b> Drowsy driving is as dangerous as drunk driving	<b>19</b> Juneteenth
<b>20</b> Father's Day	<b>21</b> Develop a heat illness prevention program that includes water, rest, and shade	<b>22</b> Stay focused when working in high places	<b>23</b> Footwear must provide adequate traction and ankle support	<b>24</b> Before changing lanes check the side-view mirrors	<b>25</b> Make your driving speed appropriate for the road, environmental, and traffic conditions	<b>26</b> Never leave anyone alone in a vehicle; check the vehicle before you leave
<b>27</b> Reflective vests allow equipment operators to see you more clearly	<b>28</b> Hazards posed by hand tools are often the result of misuse and improper maintenance	<b>29</b> Always wear a safety harness when working above four feet	<b>30</b> Double check job site electrical supplies for proper ground-fault circuit interrupters (GFCI) protection			

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# July

## **National Fireworks Safety Month**

The National Safety Council advises to leave fireworks to professionals. Each year, many serious injuries and fires are reported as a result from fireworks ignited at home. If fireworks are legal where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow children to handle fireworks, even sparklers.
- Never use fireworks while impaired by drugs or alcohol.
- Anyone using fireworks or standing nearby should wear protective eyewear.
- Never hold lighted fireworks in your hands.
- Never light fireworks indoors.
- Only use fireworks away from people, houses, and flammable material.
- Never point or throw fireworks at another person.
- Only light one device at a time, and maintain a safe distance after lighting.
- Never ignite devices in a container.
- Do not try to relight or handle malfunctioning fireworks.
- Soak both spent and unused fireworks in water for a few hours before discarding.
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire.
- Never use illegal fireworks.

## **National Theft prevention**

Vehicle theft is an expensive crime that costs billions each year. In the US, a vehicle is stolen every 43.8 seconds, and nearly 44% of vehicles are never recovered according to the National Highway Traffic Safety Administration (NHTSA). Think about what you might do if your vehicle was stolen. Follow these steps to prevent vehicle theft:

- Park in well-lit areas
- Put away valuables
- Lock cars and windows
- Don't leave keys in car
- Never leave your vehicle while it's running
- Don't leave money out where it can be seen



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)



# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Test your smoke detectors	<b>2</b> Avoid looking at your cell phone while walking	<b>3</b> Minimize the number of items you carry at one time
<b>4</b> Independence Day	<b>5</b> Dress appropriately for the weather	<b>6</b> Secure area rugs to prevent tripping hazards	<b>7</b> Keep all walkways free from tripping hazards	<b>8</b> Clean up spills immediately	<b>9</b> Select footwear that is appropriate for the job	<b>10</b> Maintain proper housekeeping to avoid trip hazards
<b>11</b> Conduct regular on-site inspections	<b>12</b> Report unsafe work practices	<b>13</b> Lift with your legs to prevent back strains	<b>14</b> Wash your hands frequently to prevent illness	<b>15</b> Use the right tool for the job	<b>16</b> Conduct a safety meeting on a pertinent topic	<b>17</b> Maintain adequate lighting to reduce trip and fall hazards
<b>18</b> Conduct refresher training on your hazard communication program	<b>19</b> Review your safety plan	<b>20</b> Take regular breaks to stretch and walk	<b>21</b> Know the evacuation plan of your workplace	<b>22</b> Assess your workstation for ergonomic standards	<b>23</b> Ensure personal protective equipment is in good working order	<b>24</b> Ensure all forklift operators are trained and certified
<b>25</b> Don't store heavy items on the top of a shelf	<b>26</b> Clearly mark curbs to prevent falls	<b>27</b> Never remove safety guards on equipment	<b>28</b> Never leave a child alone in a vehicle; check the vehicle before you leave	<b>29</b> Document all reportable injuries. Report workers compensation claims within 24 hours	<b>30</b> Hold on to railings when using stairs or ramps	<b>31</b> Plan communication strategy when verbal communication is not practical

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# August

## **National Immunization Awareness Month**

National Immunization Awareness Month (NIAM) is an annual observance to showcase the importance of vaccinations. The Center for Disease Control (CDC) provides these considerations about vaccines:

- You have the power to protect against vaccine-preventable diseases.
- Vaccines are safe and effective at preventing serious diseases.
- Work with your doctor or nurse to stay up to date on recommended vaccines.
- Vaccine-preventable diseases are still a threat; vaccination is the best protection.
- You may need vaccines based on your age, health conditions, job, or other factors. Check with your health care provider.

## **National Water Quality Month**

If our waterways become polluted, it can affect our wildlife, drinking water, and food supply. The United States Environmental Protection Agency (EPA) provides research that supports the Clean Water Act and Safe Drinking Water Act. Do your part to keep our rivers, lakes, and oceans clean.



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](https://www.markelinsurance.com) | [markel.com](https://www.markel.com)





# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Test your smoke detectors	<b>2</b> Ensure exits are clearly marked with proper lighting	<b>3</b> Read all safety signs posted in your workplace	<b>4</b> Examine tools before using and remove damaged tools from use	<b>5</b> Wear a safety harness when working above four feet	<b>6</b> Create an atmosphere where safety issues can be openly raised	<b>7</b> Don't cut toward yourself when using a blade or scissors
<b>8</b> Never leave machinery running unattended	<b>9</b> Always be aware of the hazards associated with the task you're performing	<b>10</b> Don't string electrical cords across walking paths	<b>11</b> Use a wrist rest to reduce the strain when using a computer	<b>12</b> Don't remove safety labels and replace damaged labels if torn or illegible	<b>13</b> Wear a respirator or mask if you are working near hazardous fumes, vapors, or chemicals	<b>14</b> Have clear paths to emergency exits
<b>15</b> Don't modify machinery; only use machinery as intended and directed by instructions	<b>16</b> Read all safety signs posted at your workplace	<b>17</b> Test the weight of the load before lifting something heavy	<b>18</b> Conduct and document periodic safety meetings with all employees	<b>19</b> Maintain safety datasheets (SDS) when working with chemicals	<b>20</b> Review your workplace safety program and make any necessary updates	<b>21</b> Know what to do in a fire emergency
<b>22</b> Wear hearing protection; it's essential when working in areas with decibel levels over 82	<b>23</b> Ask for help when lifting heavy items and follow proper techniques	<b>24</b> Take short breaks during long periods of repetitive motion	<b>25</b> Accidents are preventable if you follow instructions	<b>26</b> Hazards posed by hand tools are often the result of misuse and improper maintenance	<b>27</b> Workplace safety is everyone's job	<b>28</b> Read and understand warning labels
<b>29</b> Don't walk in front of a forklift carrying a load; the operator may not see you passing	<b>30</b> Never operate a motor vehicle under the influence of alcohol or drugs	<b>31</b> Conduct accident investigations after an injury or incident				

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# September

## National Preparedness Month

National Preparedness Month (NPM) is observed each September to encourage family and community disaster planning. Follow these steps to prepare now before disaster strikes:

- **Make a plan.** Talk to your loved ones about communicating before, during, and after a disaster.
- **Build a kit.** Collect supplies that could last for several days for your household. Consider the unique needs each person or pet may have.
- **Prepare for disasters.** Limit the impacts that disasters have and know your area's risk of disasters. Check your insurance coverage. Make your home stronger for inclement weather and other common hazards. Be prepared to act fast if an emergency is imminent.
- **Talk to your kids about preparing for emergencies and what to do in the event you are separated.** Reassure them by providing information about how they can get involved. Determine a safe meeting location.

## National Food Safety Education Month

The spotlight this month is foodborne illness. Take an active role in preventing food poisoning through education. The federal government estimates that there are about 48 million cases of foodborne illness annually which result in an estimated 128,000 hospitalizations and 3,000 deaths. Follow common food safety tips to help lower your risk of illness:

- Wash hands and surfaces often.
- Separate raw meats from other foods.
- Cook food to the right temperature.
- Refrigerate foods promptly.
- Keep produce separate from meat, poultry, and seafood.
- Refrigerate foods within two hours of grocery shopping.
- Set refrigerator and freezer temperatures to recommended settings per your appliance's operator's manual. Your refrigerator should be no more than 41 degrees.
- Defrost food in the refrigerator, in cold water, or in the microwave, and cook immediately.
- Rinse fruits and vegetables under running water and dry with clean cloth.
- Wash utensils that have touched uncooked meat, poultry, and seafood before using them with other foods.



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)



# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Test your smoke detectors	<b>2</b> Always stop for school buses when lights are flashing	<b>3</b> Have proper ventilation in areas where there are hazardous fumes or toxic chemicals	<b>4</b> Encourage communication between employees to maintain job safety
<b>5</b> Read and understand warning labels	<b>6</b> Labor Day	<b>7</b> Use both hands when lifting heavy objects	<b>8</b> Don't cut toward yourself when using a blade or scissors	<b>9</b> De-energize electric equipment before inspecting or repairing	<b>10</b> Observe speed limits particularly in school zones	<b>11</b> Patriot Day
<b>12</b> Use padding to reduce direct contact with hard, sharp, or vibrating surfaces	<b>13</b> Always wear a hard hat at a construction site	<b>14</b> Directly supervise children by sight and hearing at all times	<b>15</b> Wear high-visibility clothing when you are near roadways	<b>16</b> Place safety markers to identify hazards that cannot be removed	<b>17</b> Create a safety checklist for each job duty to review during job training	<b>18</b> Conduct accident investigations after an injury or incident
<b>19</b> Wear non-slips shoes to avoid a slip and fall	<b>20</b> Report unsafe actions to management	<b>21</b> Wear sun protection even when the weather is cool	<b>22</b> Conduct pre-trip and post-trip inspections on your work vehicle	<b>23</b> Ensure elevated storage areas have a guardrail, mid-rail, and toe board as required by the Occupational Safety and Health Association (OSHA)	<b>24</b> Native American Day	<b>25</b> Wear a back brace for heavy lifting
<b>26</b> Never leave running machinery unattended	<b>27</b> Don't ignore established safety rules	<b>28</b> Never work under the influence	<b>29</b> Maintain good posture while working	<b>30</b> Use knee pads or ergonomic mats for kneeling		

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# October

## Fire Prevention Week

Recognize the risks of fire hazards and educate your friends and family on the dangers and prevention methods. Consider the following:

**Cooking** is the leading cause of home fires and home fire injuries. Stay in the kitchen, especially when you are frying, boiling, grilling, or broiling food. If you are simmering, baking, or roasting food, check it regularly. Keep anything that can catch fire away from your stove top.

**Smoke alarms** detect and alert people to a fire in the early stages. Smoke alarms can mean the difference between life and death in a fire. Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement. Test smoke alarms at least once a month.

**Heating equipment** is one of the leading causes of home fires during the winter months. Space heaters are the type of equipment most often involved in home heating equipment fires. Keep anything that can burn at least three feet away from heating equipment. Use only portable space heaters listed by a qualified testing laboratory. Have a qualified professional install heating equipment. Maintain heating equipment and chimneys by having them cleaned and inspected by a qualified professional at least once a year.

## National Crime Prevention Month

The National Crime Prevention Council (NCPC) works with local law enforcement, government agencies, civic groups, schools, and businesses to help spread the word about crime prevention and personal safety. Pertinent safety topics to pursue include:

- Bullying and cyberbullying
- Gun safety
- Intellectual property theft
- Home security
- Neighborhood watch programs
- Counterfeit and fraud
- Violent crimes
- Public health and safety



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)



# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Test your smoke detectors	<b>2</b> Provide and mandate the use of appropriate personal protective equipment
<b>3</b> Conduct formal workplace safety inspections and correct all identified hazards immediately	<b>4</b> Train all authorized and affected employees in lockout/tag out procedures	<b>5</b> Wear cut-resistant gloves when utilizing knives or other sharp cutting devices	<b>6</b> Maintain good housekeeping practices at all times	<b>7</b> Keep all tools in good condition with regular maintenance	<b>8</b> Safe work practices should be taught during job training	<b>9</b> Don't take shortcuts
<b>10</b> You're responsible for your own safety in the workplace	<b>11</b> Columbus Day	<b>12</b> Every crew should be well informed of safety procedures before the job begins	<b>13</b> Don't come to work ill	<b>14</b> Maintain a safety following distance when driving, especially during inclement weather	<b>15</b> Don't carry tools in your pocket	<b>16</b> Loose clothing or jewelry should not be worn when operating machinery
<b>17</b> Keep hydrated and get adequate rest	<b>18</b> It's better to be safe than sorry	<b>19</b> Damaged electrical cords are a fire hazard. Replace cords; do not patch.	<b>20</b> Forklift operators should be on the lookout for pedestrians, overhangs, and obstacles	<b>21</b> Always be aware of the hazards associated with the task you're performing	<b>22</b> Don't twist your body when carrying heavy objects; turn with your feet	<b>23</b> Wear a dust mask to prevent breathing in particles floating through the air in a dirty environment
<b>24</b> Utilize a back brace for heavy lifting	<b>25</b> Maintain three-point contact when using a ladder	<b>26</b> Be extra careful when backing a vehicle. Use a guide to direct backing when necessary.	<b>27</b> Ensure your computer workstation meets ergonomic recommendations	<b>28</b> Maintain your tools and equipment	<b>29</b> Be alert to what is happening around you	<b>30</b> Don't remove or tamper with safety devices
<b>31</b> Halloween						

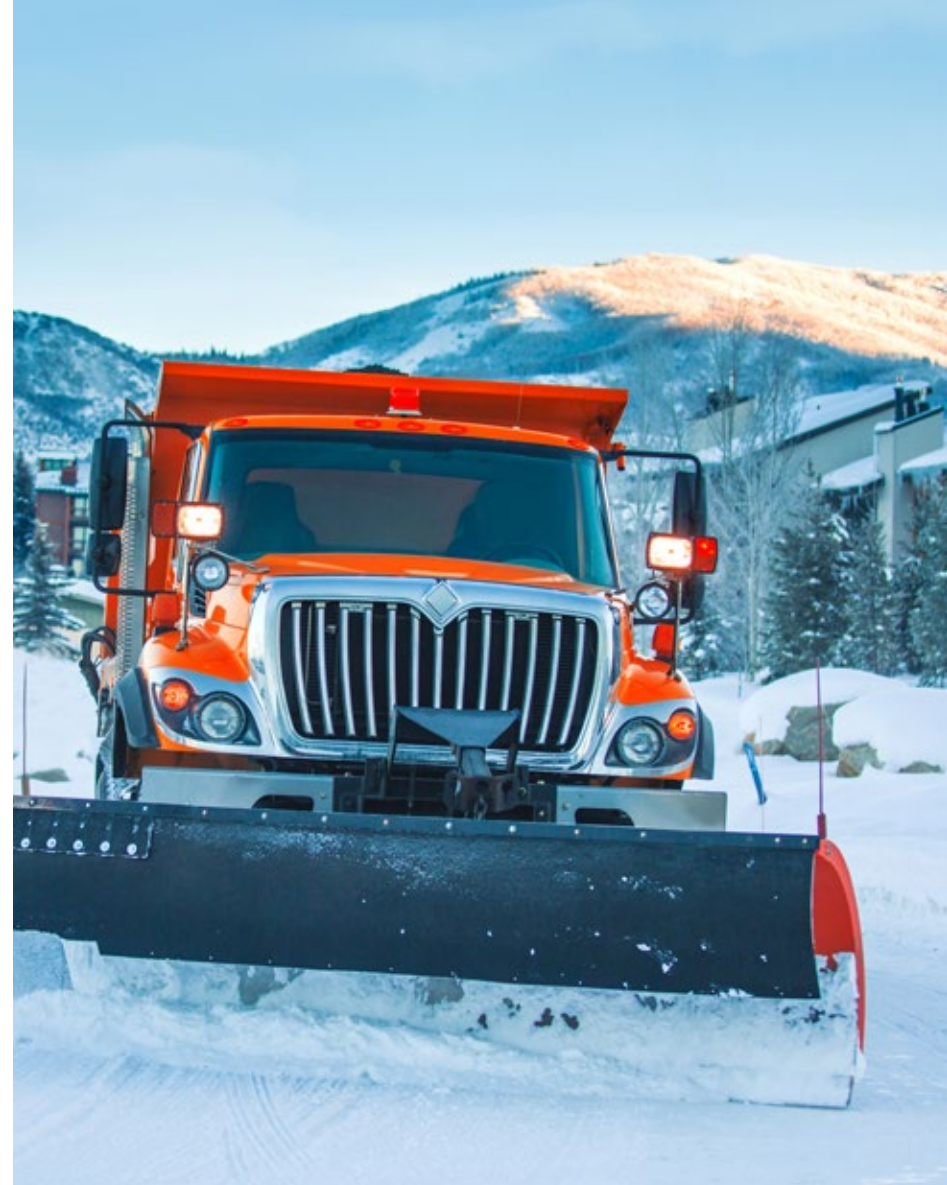
This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# November

## Winterization

Preparing your home for winter is essential for safety and preventing property damage. Here are some items to consider when winterizing your property:

- Remove all debris from gutters and position downspouts away from the foundation.
- Cut away tree branches that hang over your house.
- Make sure weather stripping is secure around doors and windows.
- Wrap waterlines, valves, and bibs in areas.
- Use humidifiers to reach a humidity level between 35% and 45% or 20% when temperatures outside are in single digits.
- Let a small trickle of cold water to run from your faucet to keep water moving in your pipes, preventing freezing.
- Caulk any cracks around the outside of your windows and doors.
- Close any outdoor vents that may be open.
- Disconnect your garden hoses and any sprinklers
- If you have a sprinkler system, turn it off for the season.
- Put pliable stakes around the edge of your driveway and other important fixtures in your yard that may get buried in snow and become a tripping hazard.
- Check your garage and attic for any leaks.
- Check the temperature on your hot water tank, and make sure it's not exceeding its maximum temperature.
- Check your dryer vent to make sure it's not clogged up; if it is, get it professionally cleaned.
- Replace the filter in your furnace.
- Open the vents for your heating system.
- Change the batteries on your smoke and carbon monoxide detectors.
- Open under-sink cabinet doors to keep warm room air circulating around the pipes.



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)



# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Test your smoke detectors	<b>2</b> Replace your smoke detector batteries	<b>3</b> Develop an emergency action plan that trains employees on what to do in the event of an emergency	<b>4</b> Wear proper gloves for the job being performed. Not all gloves are the same.	<b>5</b> Dress appropriately for the weather you work in	<b>6</b> Make sure you have a safety data sheet (SDS) for any chemical or solvent you work with
<b>7</b> Daylight saving time ends	<b>8</b> Examine each tool for damage before use; don't use damaged tools	<b>9</b> Wear cut-resistant gloves when utilizing knives or other sharp-cutting devices	<b>10</b> Develop a light duty or return-to-work program to manage injury claim costs	<b>11</b> Veterans Day	<b>12</b> Operate tools according to the manufacturers' instructions	<b>13</b> Use a box cutter carefully, cutting away from the body; never store with blade exposed
<b>14</b> Maintain a fully stocked First Aid kit	<b>15</b> Always be alert to what is happening around you	<b>16</b> Do your part to keep your workplace safe	<b>17</b> Maintain clear paths to exits	<b>18</b> Wear respiratory protection deemed appropriate for the environment	<b>19</b> Keep food and beverages in designated break areas	<b>20</b> Conduct and document periodic safety meetings with all employees that discusses injury prevention techniques
<b>21</b> Never deep fry frozen turkeys. This can result in fires and burns. Thaw your turkey and follow safety guidelines.	<b>22</b> Ensure all forklift operators are trained and certified	<b>23</b> Keep your workstation clean and orderly	<b>24</b> Stay alert when driving; holiday season brings increased distractions and impaired drivers	<b>25</b> Thanksgiving Day	<b>26</b> Wear mesh gloves when cutting and store knives properly	<b>27</b> Have emergency equipment shutoffs
<b>28</b> Remove damaged equipment from operations and mark as "DAMAGED"	<b>29</b> Cyber Monday	<b>30</b> Communicate your safety ideas to your manager				

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

# December

## Winter weather safety

It is important to follow guidelines developed by the National Weather Service to help you stay safe before, during and after a winter storm:

- Make sure your home, office, and vehicles are stocked with the supplies you might need.
- If you lose heat, close off rooms, close blinds and curtains, and place towels under doors. Stay hydrated and wear layers of lightweight, warm clothing.
- Don't leave the house without a fully charged phone, car charger, and emergency supplies.
- If you are having trouble seeing, pull over safely. Turn off your lights and use your parking break so that another vehicle won't mistakenly follow your tail lights and hit you.
- If your vehicle gets stuck during a storm stay in the vehicle. Run the motor about 10 minutes each hour for heat. While running the motor, open the window a little to avoid carbon monoxide poisoning. Clear snow from the exhaust pipe to avoid gas poisoning.
- Be visible by turning on the dome light when running the engine. Tie a bright colored cloth to your antenna or door.
- Carbon monoxide poisoning is one of the leading causes of death after storms when areas are dealing with power outages. Make sure to replace your carbon monoxide detector batteries.
- Never use a portable generator inside your home or garage.

## Safe Toys and Gifts Month

During the upcoming holidays, be sure to follow safety guidelines to ensure children are protected from harm when receiving toys and gifts. Some items to consider include:

- Consider age and abilities of child receiving gift, especially infants and toddlers. Only give age appropriate gifts.
- Inspect all toys before purchasing and those being received by your child.
- Look for labels that toys have passed safety inspection.
- "ATSM" means the toy has met the American Society for Testing and Materials standard.
- When gifting sporting goods, be sure to include protective equipment, such as a helmet with a bike.
- Don't give toys with small parts to young children as this can pose a choking hazard.
- Be sure to comply with Consumer Product Safety Guidelines.



This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

[markelinsurance.com](http://markelinsurance.com) | [markel.com](http://markel.com)





# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Test your smoke detectors	<b>2</b> Employers must report any worker fatality within 8 hours and any amputation, loss of an eye, or hospitalization of a worker within 24 hours to the Occupational Safety and Health Association (OSHA)	<b>3</b> Lift objects slowly with a fluid motion	<b>4</b> Mark slippery floors with a sign until surface is clean and dry
<b>5</b> Only use machinery you're trained and authorized to use	<b>6</b> Take short breaks during long periods of repetitive motion	<b>7</b> Pearl Harbor Remembrance Day	<b>8</b> It's better to be safe than sorry	<b>9</b> Wear ear plugs to protect your ears from loud noises	<b>10</b> Stop working if you feel faint, dizzy, or short of breath	<b>11</b> Don't remove safety labels and replace damaged labels if torn or illegible
<b>12</b> Safe work practices should be taught during job training	<b>13</b> The team with the safest players wins	<b>14</b> Always wear a safety harness when working above four feet	<b>15</b> Avoid looking at your cell phone and keep focused on walking safely	<b>16</b> Use a device to lift and reposition heavy objects to limit force exertion	<b>17</b> Safety inspections should be done uniformly, documented properly, and result in prompt mitigation of critical issues	<b>18</b> Drowsy driving is as dangerous as drunk driving
<b>19</b> Double check job site electrical supplies for proper ground fault circuit interrupter (GFCI) protection	<b>20</b> Plan a communication strategy when verbal communication is not practical	<b>21</b> Stay focused when working in high places	<b>22</b> Footwear must provide adequate traction and ankle support	<b>23</b> Before changing lanes, check the side-view mirrors	<b>24</b> Christmas Eve	<b>25</b> Christmas Day
<b>26</b> If your property is damaged by fire, weather, or another cause, report it to your insurance company as soon as possible	<b>27</b> Reflective vests allow equipment operators to see you more clearly	<b>29</b> Keep hydrated when working in hot weather	<b>29</b> Make your driving speed appropriate for the road, environmental, and traffic conditions	<b>30</b> Never leave a child alone in a vehicle; check the vehicle before you leave	<b>31</b> New Year's Eve	

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

## Sources:

[epa.gov/radon/national-radon-action-month-information](https://www.epa.gov/radon/national-radon-action-month-information)  
[nsc.org/workplace/safety-topics/slips-trips-and-falls/slips-trips-and-falls-home](https://www.nsc.org/workplace/safety-topics/slips-trips-and-falls/slips-trips-and-falls-home)  
[heart.org](https://www.heart.org)  
[cdc.gov/niosh/newsroom/feature/fleetsafety.html](https://www.cdc.gov/niosh/newsroom/feature/fleetsafety.html)  
[laddersafetymonth.com](https://www.laddersafetymonth.com)  
[preventblindness.org](https://www.preventblindness.org)  
[nhtsa.gov/distracted-driving/april-distracted-driving-awareness-month](https://www.nhtsa.gov/distracted-driving/april-distracted-driving-awareness-month)  
[workplaceviolenceawareness.org](https://www.workplaceviolenceawareness.org)  
[nsc.org](https://www.nsc.org)  
[cdc.gov](https://www.cdc.gov)  
[dhs.gov](https://www.dhs.gov)  
[ready.gov/wildfires](https://www.ready.gov/wildfires)  
[esfi.org](https://www.esfi.org)  
[nsc.org/work-safety/get-involved/national-safety-month](https://www.nsc.org/work-safety/get-involved/national-safety-month)  
[osha.gov/heat](https://www.osha.gov/heat)  
[nsc.org/home-safety/tools-resources/seasonal-safety/summer/fireworks](https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/fireworks)  
[trafficsafetymarketing.gov/get-materials/vehicle-safety/vehicle-theft-prevention](https://www.trafficsafetymarketing.gov/get-materials/vehicle-safety/vehicle-theft-prevention)  
[cdc.gov/vaccines/events/niam/](https://www.cdc.gov/vaccines/events/niam/)  
[epa.gov/environmental-topics/water-topics](https://www.epa.gov/environmental-topics/water-topics)  
[ready.gov/september](https://www.ready.gov/september)  
[fda.gov/food/consumers/food-safety-education-month](https://www.fda.gov/food/consumers/food-safety-education-month)  
[nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week](https://www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week)  
[ncpc.org/programs/crime-prevention-month](https://www.ncpc.org/programs/crime-prevention-month)  
[weather.gov/safety/winter](https://www.weather.gov/safety/winter)  
[apha.org](https://www.apha.org)

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.

@2021 Markel Service, Incorporated. All rights reserved

\*Markel Specialty is a business division of Markel Service, Incorporated, the underwriting manager for the Markel affiliated insurance companies.

