



February 2024

SAFETY NEWSLETTER

Greetings for a safe February to our clients, future clients, trade partners, fellow organization members, family and friends.

OUR MISSION:

Exceed Safety is dedicated to saving lives and reducing injuries with our custom-tailored approach to safety. We are committed to supporting our clients and, by extension, the next generation of safety professionals by delivering superior results, while positively impacting their lives, our communities, and the lives of our employees.



"Accidents hurt, safety doesn't."

Safety Moments!



Our lockout tagout series continues with even more information on tags! How durable should they be? What properties should a tag have? Check out our YouTube page for more!

**Visit our YouTube
Page**

Safety Unlocked Podcast

Join us for our podcast, where our safety experts discuss trends, issues, and events related to staying safe and compliant.



SAFETY UNLOCKED

Safety Unlocked

Click the link above to access episodes.

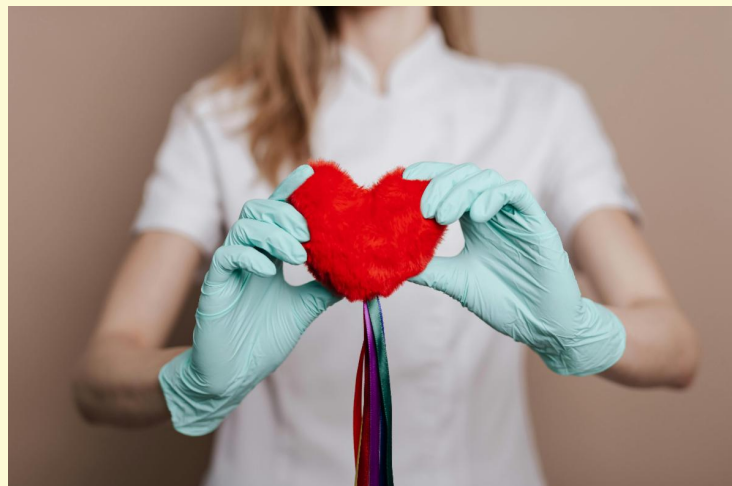
National Cancer Prevention Month



According to the World Health Organization, there are more than 100 types of cancer with the top six being lung, breast, rectum and colon, skin, stomach, and prostate. According to the American Cancer Society, 2023 saw nearly 2 million new cancer cases and over 600-thousand cancer deaths in the United States.

February is marked as National Cancer Prevention Month to encourage people to take action to live better, healthier lives. Early detection gives patients the best outcome. Get screened regularly before symptoms appear. Visit [preventcancer.org](https://www.preventcancer.org) for a complete list of what screenings are recommended for your age. Talk with your doctor about your family history of cancer to determine if you need earlier or more frequent screenings.

American Heart Month



February is American Heart Month. While most think of red and pink candy hearts associated with Valentine's Day, the jewel in the middle of our chest is where our focus should be to ensure we stay healthy all year long. Taking a few simple steps can put you on the journey to a longer, healthier life. The heart is a muscle and muscles need nourishment and exercise to prevent disease. Cardiovascular diseases, including heart disease and stroke, remain leading causes of death globally, making American Heart Month a crucial campaign for promoting heart health.

Keeping the heart healthy can prevent hypertension, heart attack, cardiac arrest, and stroke.

American Heart Month is aimed at encouraging individuals to adopt heart-healthy lifestyles and to recognize the signs of a heart attack or stroke. If you see these signs (heart.org) in yourself or someone else, seek prompt medical attention:

- **Heart Attack Symptoms**

- Chest discomfort (pressure, squeezing, fullness, or pain)
- Upper body discomfort (one or both arms, back, neck, jaw, or stomach)
- Shortness of breath (with or without chest discomfort)
- Breaking out in a cold sweat
- Nausea
- Lightheadedness

- **Stroke Symptoms**

- Face drooping (Ask the person to smile.)
- Arm weakness (Raise both arms. Does one drift downward?)
- Speech difficulty (slurred speech or unable to speak; Can the person repeat a simple sentence correctly?)

- **Cardiac Arrest Symptoms**

- Sudden loss of responsiveness
- No normal breathing (The person does not take a normal breath when you tilt the head up and check for at least five seconds.)

Change Your Password Day/Safer Internet Day

February 1st and February 6th

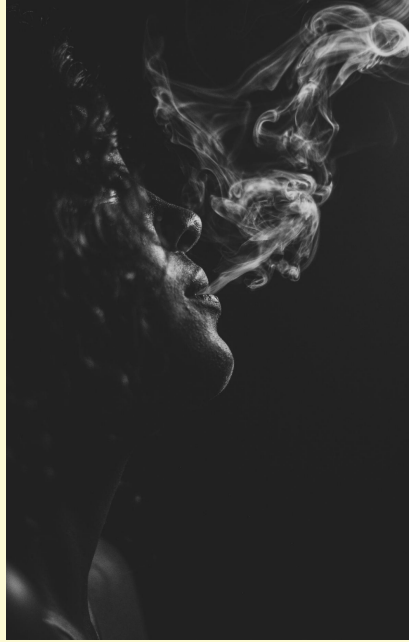


Many of us fear being hacked as we conduct business via the internet and interact with others on social media. Protect your information by following these safety tips (snbsd.com).

1. Protect your personal information with strong passwords and change them often. Don't use easily guessable passwords and store them securely.
2. Keep personal information private. Never enter financial information on a site that isn't secure. Look for the padlock or "https://" prefix in the browser address bar.)
3. Make sure your devices are secure. Use security options such as fingerprint readers and face scanning technology.
4. Pay attention to software updates and install them promptly, especially when they include security updates.
5. Be careful about Wifi. Avoid connecting to unsecured public wifi networks and be sure your own wifi networks have strong passwords that are changed frequently.
6. Set up two-factor authentication to prevent hackers from accessing your personal accounts and information.
7. Back up your personal data regularly on external hard drives.

Burn Awareness Week

February 4-10



The American Burn Association reports that approximately 450,000 patients are treated at hospitals and emergency departments each year. The theme for this year's campaign is "Flammable Liquids Burn." Protect yourself and others by following these safety tips (ameriburn.org):

- Gasoline is an extremely flammable liquid and vapor with fumes is capable of ignition up to 12 feet from a pooled source.
- When purchasing a gas can, be sure it has a fuel arrestor on the can to prevent flashback.
- Never use an accelerant such as gasoline, kerosene, or aerosol sprays to start a campfire.
- Fuel lawnmowers, leaf blowers, weed eaters, and snow blowers when the engines are cool and in an open area outdoors.
- All flammable liquid containers should be kept in cool, dry locations and stored away from the home.
- Grills and gas ranges produce a lot of heat; keep your cooking area clear when around an open flame.
- Cooking oil is a highly flammable liquid. Keep your eyes on what you fry.

International Repetitive Strain Injury Awareness Day

February 28th

Repetitive motions, often overuse or misuse, are Repetitive Strain Injuries (RSIs), painful ailments of tendons, muscles, nerves, and joints. and can become chronic when not given proper treatment and time to heal. Though sore muscles are common when



taking on a new activity, repetitive strain injuries are more serious. “Work shouldn’t hurt,” yet “RSI injuries account for more than all other occupationally-incurred injuries combined” (unifor.org).

To protect yourself and your employees from workplace RSIs, avoid continual repetition of any movement or fixed/static body positions. Monitor your work pace and take appropriate breaks to give soft tissues time to recover. Listen to your body and avoid further injury.

National Random Acts of Kindness Week February 13-19th



Some days bad news is all there seems to be. You can brighten someone’s day with a spontaneous random act of kindness. The week is a celebration of the ways we can be a positive influence. In the process, you will most likely lift your own mood when you see the effect you have on others.

Find ways to offer kindness. A few ideas are: hold the door open for someone with their hands full, buy a coffee for a co-worker or the next person in line, offer to pick up groceries for an elderly neighbor or a new mom, leave a positive review for someone who

National Leadership Day February 20th



Some people seem to be natural leaders while others put in the effort to develop leadership skills. Whatever the case, this day is set aside to recognize and encourage the leaders among us.

True leadership is about continual growth and improvement both for yourself and helping develop the quality in others.

“Leadership is not about titles, positions, or flow charts. It is about one life influencing another.”

-John C. Maxwell

works hard, babysit for a friend, donate blood, pick up litter. The possibilities are endless; be open to ways to show kindness.

Keep up with Exceed Safety!

Click the button below to visit our website, where you can join our mailing list and be notified when the monthly newsletter is released.

Visit our Website

Safety Calendar

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 National Freedom Day Change Your Password Day	2 National Missing Persons Day	3
4 World Cancer Day Burn Awareness Week Feb 4-10	5 National Leo Day	6 Safer Internet Day	7	8	9 National Pizza Day	10 National Home Warranty Day
11 National Inventor's Day National Emergency Number Day	12 National Clean Out Your Computer Day	13 Mardi Gras National Random Acts of Kindness Week Feb 13-19	14 Valentine's Day	15	16 National Innovation Day	17
18	19 President's Day	20 National Leadership Day	21	22 World Thinking Day	23 Diesel Engine Day National School Bus Driver Appreciation Day	24
25 National Cathy Day	26 National Set a Good Example Day	27 The Big Breakfast Day	28 International Repetitive Strain Injury Awareness Day	29 Leap Day Rare Disease Day (USA)		

EVENTS

Low Vision Awareness Month
American Heart Month
Winter Safety Campaign
Earthquake Awareness Month
Dog Training Education Month

National Self-Check Month
Plant the Seeds of Greatness Month
Black History Month
National Cancer Prevention Month
National Time Management Month

Contact Us
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As a reminder, please follow us on social media at the links below, and if you have questions, comments, or wish to speak to us about our services, please call or email me directly!

Have a safe month!
Tim Neubauer, MS, CSP,

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