



April 2024

## SAFETY NEWSLETTER

Welcoming our valued clients and friends to a safe and productive April!

### OUR MISSION:



**"At the end of the day, the goals are simple: Safety and security. "**

### Exceed Safety's YouTube Channel!



Why do we need OSHA? To answer that question, Exceed Safety founder Tim Neubauer takes a look back at events throughout construction history, leading up to the formation of OSHA!

**Visit our YouTube**

## National Distracted Driving Month



Can you safely drive the length of a football field with your eyes closed? That is similar to taking your eyes off the road for 4 seconds at 55 mph to send or read a text message (enddd.org). Distracted driving was the cause of 3,522 deaths on US highways in 2021 (nhtsa.gov). That's 3,522 deaths in one year that were completely preventable.

Distracted driving is one of the leading causes of auto accidents. In fact, texting while driving is 6 times as deadly as drunk driving (grothlawfirm.com).

Though cell phone usage is the leading cause of distracted driving and accounts for 25% of automobile accidents (grothlawfirm.com), distracted driving includes anything that takes your attention off the road: eating and drinking, changing radio stations, sorting through the navigation system, talking to passengers in the vehicle, or simply letting your mind wander. "80% of drivers confess all manners of distracted driving, like changing clothes, steering with a knee, painting nails, and shaving" (grothlawfirm.com).

Safety tips for preventing distracted driving:

- Put the cell phone away in a purse or glove box.
- If you must send or read a text, pull over to a safe place before picking up the cell phone.
- Program navigation systems and music playlists before driving.
- Adjust seats and mirrors before driving.
- Plan for frequent rest breaks while driving long distances.

For more information, click the link below to read our article on National Distracted Driving Month:

**Read Our  
Article**

# National Window Safety Week

## April 1-7



National Window Safety Week, observed annually during the first full week of April, shines a spotlight on the importance of window safety in homes, especially those with young children. As spring arrives and windows are opened to welcome fresh air, it's crucial to be mindful of potential hazards and take steps to prevent accidents.

The primary focus of National Window Safety Week, established in 1997, is to educate families about the risks associated with open windows, particularly for young children. According to the National Safety Council, falls from windows are more common than many people realize and can result in serious injuries or even fatalities. Children are naturally curious and may lean against screens or climb on furniture near windows, increasing the likelihood of accidents.



To promote window safety, the week-long observance encourages caregivers to implement various safety measures. This includes installing window guards or stops, which can prevent children from falling out of windows while still allowing for ventilation.

Additionally, ensuring that windows are not accessible to young children by moving furniture away from them and keeping windows locked when not in use is crucial.

Educating children about window safety is equally important. Teaching them about the dangers of leaning or playing near windows and emphasizing the importance of seeking adult supervision can help prevent accidents. Supervision is key, especially in homes with young children or in multi-story residences where falls from higher windows can be particularly dangerous.

Window Safety Week also serves as a reminder to inspect existing window safety devices to ensure they are properly installed and functional. Regular maintenance, such as checking for loose screens or damaged locks, can further reduce the risk of accidents.

Inspecting windows regularly is also important to ensure they work as needed as emergency escapes in case of fire or other emergency or if rescue workers need to enter in case of emergency.

By raising awareness and implementing simple safety measures, families can enjoy the benefits of fresh air through open windows while keeping their loved ones safe during National Window Safety Week and throughout the year.

### National Safe Digging Month



National Safe Digging Month, observed every April, serves as a crucial reminder of the importance of safe excavation practices.

The initiative aims to educate the public about the necessity of contacting 811, the national "Call Before You Dig" hotline, before starting any excavation project. This simple step helps prevent accidental damage to underground infrastructure, including gas, electric, water, and telecommunication lines. Such damage not only poses safety hazards but can also lead to service disruptions, costly repairs, and environmental harm.

### National Welding Month



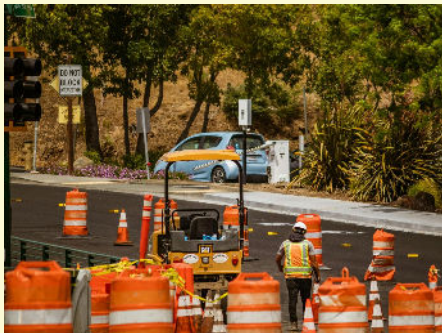
"Increase Your Impact" is the theme for this year's National Welding Month. Each April since 1996, The American Welding Society (AWS) has brought awareness to available career opportunities in the welding industry. Welders keep industry moving and are an integral part of manufacturing and building.

AWS plans to highlight stories of welders and how their skill and career have shaped their lives. Do you have a story to tell? Visit their website [www.aws.org](http://www.aws.org) to tell your story and read about how welding has enriched the lives of others.

National Safe Digging Month encourages individuals, contractors, and communities to prioritize safety by raising awareness about the 811 service and promoting responsible digging practices. This includes respecting the tolerance zones around marked utilities, using appropriate digging tools, and taking precautions to avoid accidents. By fostering a culture of safety and cooperation, we can protect our communities, infrastructure, and natural resources.

Celebrate the welders you know this month.

### Work Zone Awareness Week April 15 – 19



National Work Zone Awareness Week serves as a crucial reminder of the importance of safety in roadway work zones. These zones are essential for maintaining and improving our transportation infrastructure but can also pose significant risks to both workers and drivers if proper precautions are not taken.

The week-long observance aims to raise awareness about work zone safety and promote responsible driving behaviors to prevent accidents and save lives. Each year, thousands of crashes occur in work zones, resulting in injuries and fatalities for both workers and

### International Noise Awareness Day April 25



Noise pollution is a growing problem. International Noise Awareness Day, observed on the last Wednesday of April each year, draws attention to the pervasive issue of noise pollution and its impact on health and well-being. Excessive noise, whether from traffic, construction, industrial activities, or recreational sources, can have detrimental effects on physical and mental health, including hearing loss, sleep disturbances, stress, and cognitive impairment.

International Noise Awareness Day encourages individuals, businesses, and policymakers to take action to

motorists. National Work Zone Awareness Week seeks to reduce these incidents through education and advocacy.

Additionally, the week provides an opportunity to recognize the contributions of roadway workers who dedicate themselves to improving our infrastructure often in hazardous conditions. Their safety is paramount, and drivers play a crucial role in ensuring it by exercising caution and adhering to traffic laws.

Keep everyone in the work zones safe by practicing these key actions:

- Slowing down - observe posted speeds and be prepared to stop if/when needed,
- Pay attention to signage in work zones as well as workers and work vehicles,
- Minimize distractions such as texting or talking on the phone.
- Remain vigilant while passing through work zones.

mitigate noise pollution. This may involve implementing sound-reducing measures such as using quieter equipment, establishing noise ordinances, improving urban planning to minimize noise exposure, and promoting public awareness of noise-related issues.

By recognizing the significance of International Noise Awareness Day and taking steps to address noise pollution, we can work towards creating healthier, more peaceful environments for all. From urban areas to rural communities, reducing noise pollution benefits not only human health but also the environment and wildlife.

Protect yourself and others from noise pollution. Have your hearing screened for possible hearing loss. Consider wearing earplugs in loud places such as concerts. Choose restaurants and other venues that don't have loud noises or music playing. Find a place to relax and enjoy the peace and quiet.

## National Playground Safety Week

April 22 – 25



As outdoor temperatures rise, children and adults are ready to spend more leisure time outside.

The National Safety Council offers several safety tips for playground safety:

- Check for playground hazards
  - Almost 80% of playground injuries are due to falls. Be aware of

- any unsecured areas from which a child could fall.
  - Surfaces around playground equipment should have at least 12 inches of wood chips, mulch, sand or pea gravel, or mats made of safety-tested rubber. There should not be concrete footings, rocks, or tree stumps.
  - Equipment should not be too close together. There should be at least 6 feet in all directions for most equipment. Areas around swings should be twice the height of the suspending bar both in front of and behind the swings.
  - Platforms higher than 30 inches should have guardrails.
  - To prevent head entrapment, openings between rails, bars, rungs, and ropes of cargo nets should be less than 3 ½ inches or more than 9 inches.
  - There should be no protruding sharp points such as bolt ends or “S” hooks.
- Avoid strangulation hazards
    - Never attach or allow children to attach ropes, jump ropes, or pet leashes to play equipment.
    - Leave sweatshirts with drawstrings and necklaces at home.
    - Remove bike helmets when playing on the playground.
  - Be cautious of too much sun exposure
    - Limit playtime outdoors at peak sun exposure time, 10 am - 2 pm, and familiarize yourself with signs of heat illnesses.
    - Avoid burns. If equipment feels hot to the touch, it is too hot for children’s bare skin.
  - Allow only age-appropriate activities
    - Playground equipment is designed for various age groups. Be aware of what is appropriate for your child and always supervise children on playground equipment.
  - Concussion and youth sports
    - Up to 1.9 million children are treated each year for play or sports-related concussions. Supervise all activities and familiarize yourself with concussion symptoms.

**[Check the American Academy of Pediatrics for more information.](#)**

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## 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**

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# Safety Calendar

## April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Take Down Tobacco National Day of Action National Fun Day National Window Safety Week Apr 1-7	World Autism Awareness Day International Fact Checking Day SEAA Convention and Trade Show Glendale AZ Apr 2-5	Day of Hope Don't Go to Work Unless It's Fun Day National Walking Day	National Vitamin C Day National Alcohol Screening Day	International Day of Conscience	National Love Our Children Day
World Health Day			National Safety Pin Day National Hug Your Dog Day	National Pet Day National Marketing Operations Appreciation Day	National for Twelves Day National Day of Silence	Make Lunch Count Day
Good Deeds Day	National Work Zone Awareness Week Apr 15-19 National Take a Wild Guess Day National Tax Day		Work Zone Safety Training Day	National Lineman Appreciation Day National High Five Day	Refresh Your Goals Day Go Orange Day	
Moment of Silence Day	Earth Day Allergy Awareness Week Apr 22*26 National Playground Safety Week Apr 22-25	National Take a Chance Day	Administrative Professional's Day National Bucket List Day	International Noise Awareness Day	Get Organized Day	National Tell a Story Day
World Day for Safety and Health at Work	World Wish Day					

### EVENTS

National Distracted Driving Month  
National Workplace Violence Month  
National Safe Digging Month  
Stress Awareness Month  
Defeat Diabetes Month  
National Alcohol Awareness Month

SunSmart Skin Cancer Prevention  
Workplace Conflict Awareness Month  
Physical Wellness Month  
National Welding Month  
National Facial Protection 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,**  
**Owner/President, Exceed Safety**

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