



November 2024

SAFETY NEWSLETTER

Hello valued clients and friends of Exceed Safety!

Welcome to November!

OUR MISSION:



"Empowering safety teams - today, tomorrow, and always."

Dear Clients and Safety Supporters,

Welcome to November! As we enter this season of gratitude and reflection, we want to express our appreciation for your commitment to creating safer workplaces. This month is a great time to reinforce safety practices and prepare for the unique

challenges that come with colder temperatures and holiday season activities.

This month in safety brings tips for keeping your body safe from cold weather and managing stress. This can be a busy and sometimes hectic time of year, so our focus is on sharing practical tips that you can easily implement to reduce risk and maintain a safe and productive environment for everyone.

As always, we're here to support you with personalized solutions and resources tailored to your unique needs. If you have any questions or need assistance with specific safety programs, please don't hesitate to reach out. Thank you for your dedication to safety, and let's make this a safe, successful November filled with gratitude and growth.

Training for a New Generation!



How does Exceed Safety approach safety training? In this video interview with founder Tim Neubauer, we discuss the cutting-edge methods Exceed Safety uses to provide the highest quality safety training possible!

[Watch Now](#)

National Healthy Skin Month



National Healthy Skin Month is recognized annually each November by the American Academy of Dermatology. While it is essential to take care of our skin all year round, National Healthy Skin Month is a reminder to focus on our skin health.

This month, we also emphasize the need to take the necessary steps to protect it from the harmful effects of the sun, cold weather, and other environmental stresses.

Following a few simple tips can prevent dryness, irritation, and inflammation.

Treat your skin gently: When it feels dry and irritated, it's important to treat it gently. That means using gentle cleansers, avoiding harsh scrubs, and being careful not to over-exfoliate.

It's also important to avoid hot showers and baths, which can strip away moisture from your skin. When you shower, make sure to use a moisturizing body wash.

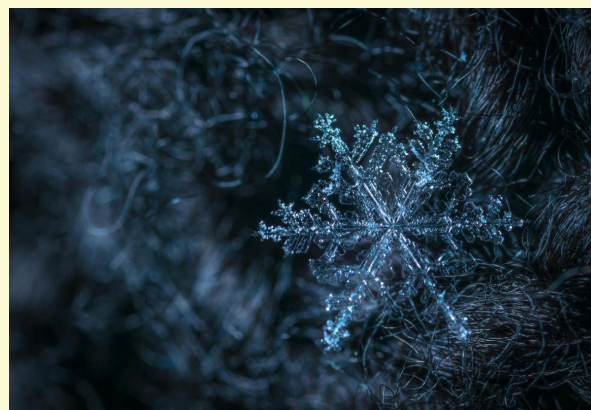
Don't forget your lips: Your lips are especially vulnerable to the dryness of winter. Keep them hydrated with a lip balm or ChapStick. If your lips become cracked or sore, use a lip balm with SPF to protect them from the sun.

Drink plenty of water: Staying hydrated is vital for your overall health and can help keep your skin looking its best.

Use SPF: Skin cancer is the most common form of cancer in the United States and it is also the most preventable. SPF should be a part of your skincare routine all year long, especially if you work outdoors!

Taking good care of your skin all year long is essential, but winter brings extra challenges. Following the tips above should keep your skin healthy and happy, not just during the colder months, but all year long!

Winter Weather Safety



Winter is quickly approaching and when it comes to safety, winter weather can pose many different work-related hazards. Winter weather can expose you to frostbite, hypothermia, and cold stress, all of which can be fatal.

When the weather is colder, we must use more energy to stay warm and this is further amplified when it is windy, raining or snowing as your body loses heat faster. At an air temperature of 50°F, if the wind speed is 20mph, the effective temperature is 32°C. Being cold over a long period of time can cause a drop in body temperature. If your body drops

below 95 degrees, you can be at risk for hypothermia – a condition in which the body uses up its stored energy and can no longer produce heat.

The best way to limit your risk is to be prepared.

Dress in layers

- Wear protective clothing to help to insulate your body from cold. Several layers of loose clothing is a better insulator than one thick coat, ideally with a wind resistant outer layer.
- Pay special attention to protecting hands, feet, face, and head. Up to 40% of body heat can be lost when the head is exposed.

Ensure your layers don't interfere with your issued PPE.

Bring extra socks

- Thick socks and boots mean your feet will sweat, more than you realize. Change your socks when they get wet or halfway through the day. Wet socks = Trench Foot

Take extra breaks when needed in a warming shelter.

Avoid becoming dehydrated. Drink plenty of warm, sweet beverages (such as sports drinks) but avoid caffeine and alcohol.

Work in pairs so that you and your co-worker can spot danger signs in each other.

Check out our blog on [cold weather gear](#) to help you choose the right protection this winter.

Daylight Savings (Nov 3)

Our phones may automatically adjust to the time change, but don't forget the one in your car, on the oven or microwave, or the analog clocks around your home or office! Turn them back one hour on November 2!

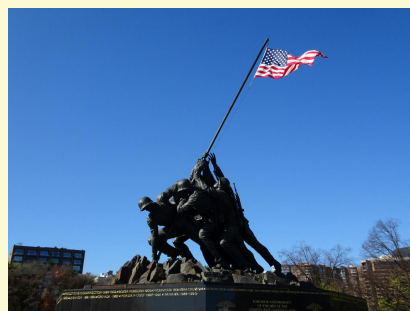


National Stress Awareness Day (Nov 6)



Stress is the feeling of intense mental or emotional pressure. Although it can

U.S. Marine Corps Birthday (Nov 10)



Happy Birthday to the United States Marines!

temporarily improve mental focus and productivity, prolonged extreme stress can lead to serious health problems. Recognizing your stressors and creating a stress management routine to ease overwhelming stress is crucial to maintaining good mental and physical health.

Practices to consider include:

- Practicing yoga, meditation, or deep breathing.
- Exercising regularly
- Maintaining a regular sleep schedule
- Improving your diet – increase your intake of fruits, vegetables, and other whole foods
- Finding new hobbies or activities that interest you can give you an outlet for your stress
- Work with a therapist or nurse practitioner to learn to better cope with stress before it becomes overwhelming

Don't let it build up—ease stress as you feel it so that it's manageable and doesn't cause other problems down the line.

Prior to 1921, there are no records of parties, ceremonies, or pageants celebrating the USMC birthday. In October 1921, Major Edwin McClellan, officer-in-charge, Historical Section, Headquarters Marine Corps, sent a memo to Major General Commandant John A. Lejeune recommending the birthday be shifted to November and celebrated with a Washington DC “Birthday Ball” dinner including prominent men from the Marine Corps, Army, and Navy and descendants of the Revolution.

A Birthday Ball Pageant entered the scene at the Marine Corps headquarters in 1951. On October 28, 1952, the Commandant of the Marine Corps, General Lemuel C. Shepherd, Jr., directed all future Marine Corps Birthday celebrations to be formalized with a cake ceremony and other standardized events. In January 1956, these orders were approved in the Marine Corps Drill Manual. There are additional traditions that the parties follow.

The cake is cut with the Mameluke sword, named for its similarity to Ottoman warrior swords and carried by Marines since 1805. It reminds all present that the Marines “are a band of warriors, committed to carrying the sword, so that our nation may live in peace.”

The first piece of cake goes to the guest of honor, whether it be newlyweds, the Secretary of the Navy, governors, or others. The next is given to the oldest Marine present, and the third to the youngest Marine present.

We send hearty happy birthday wishes to all our U.S. Marine Corp veterans, as well as those currently serving!

Keep up with Exceed Safety!



[Visit our Website](#)

Safety Calendar

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Go the Extra Mile Day	2
3 Daylight Saving Time Ends	4 Job Action Day Use Your Common Sense Day	5 Election Day	6 National Stress Awareness Day	7 National Cancer Awareness Day Notary Public Day	8	9 World Freedom Day
10 US Marines Birthday	11 Veteran's Day World Kindness Week Nov 11-17 National Metal Day	12	13 World Kindness Day	14 World Diabetes Day National Seat Belt Day	15 America Recycles Day National Dylan Day	16 Check Your Wipers Day Great American Smokeout Road Safety Week Nov 16-21
17 World Day of Remembrance for Road Traffic Victims	18	19 World Toilet Day International Men's Day	20	21 World Hello Day	22	23
24 Better Conversations Week Nov 24-30	25 Cyber Monday	26	27 National Package Protection Day	28 Thanksgiving	29 Black Friday National Day of Listening	30 Computer Security Day National Personal Space Day

EVENTS

National Fall Campaign
 National Diabetes Month
 Holiday Safety
 Lung Cancer Awareness Month
 National Healthy Skin Month
 COPD Awareness Month
 NOSHAVEMBER
 Family Stories Month
 National Gratitude Month
 Winter Weather Safety
 Thanksgiving Cooking Safety

Contact Us
Exceed Safety
 919-728-SAFE (7233)
www.exceedsafety.com
info@exceedsafety.com



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 us directly!

Have a safe month!
Tim Neubauer, MS, CSP,
Owner/President, Exceed Safety

Exceed Safety
(919) 728-7233
info@exceedsafety.com
exceedsafety.com

Connect with us!



Exceed Safety LLC | 7610 Falls Of Neuse Rd. Suite 200 | Raleigh, NC 27615 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!