

**EXCEED
SAFETY**



December 2024

SAFETY NEWSLETTER

Hello valued clients and friends of Exceed Safety!

Welcome to December!

OUR MISSION:



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

Dear Clients and Safety Champions,

Happy December! As the year winds down, we find ourselves in a season of celebration, reflection, and planning for the future. Amidst the holiday bustle, it's important to remain focused on safety, both in the workplace and at home. At Exceed Safety, we are honored to have partnered with you throughout the year and look forward to helping you create an even safer and more successful year ahead.

This month, our newsletter will highlight key end-of-year safety topics, including managing seasonal hazards like icy conditions, ensuring holiday decorations are fire-safe, and promoting employee wellness during what can often be a stressful time. We'll also touch on strategies for wrapping up annual safety audits and planning improvements for the coming year. Small, proactive measures now can make a big difference in maintaining safety and productivity during this busy season.

Thank you for making safety a priority throughout 2024. We're here to support you as you close out the year on a strong, safe note and prepare for new opportunities in 2025. If you need help with last-minute safety assessments, training, or year-end planning, don't hesitate to reach out.

Wishing you a joyous and safe holiday season and a bright start to the new year!



Time to Stretch and Flex!

In many areas of the U.S., mornings are starting to get COLD!

If you work outdoors, warming up is crucial for keeping your body safe. Cold muscles can lead to injury, which may take you off the job for an extended period of time.

Check out this Safety Moment from our very own Dave Bittner, CHST, C-MESH to learn more.

[Watch Now](#)

National Impaired Driver Month



Two of the most celebrated days of the year, Christmas Eve and New Year's Eve, also are among the deadliest. As such, December has been recognized as National Impaired Driving Prevention Month. Taking personal responsibility for a safe ride saves lives.

Alcohol is only one culprit of impaired driving. Drugs — including opioids, marijuana and some over-the-counter medicines — can impair driving by causing drowsiness, altering visual functions and affecting mental judgment and motor skills. Other factors, such as fatigue and stress, also can impair your ability to drive. Drivers should avoid driving while impaired by any of these factors, just as they would if they consumed alcohol.

During this festive time, please be aware of your consumption, as well as others around you, to help everyone get home safely to their family and friends.

Recall & Product Safety Awareness



With gifting season upon us, it's important to be aware of recalls and product safety on any potential gift. Any product that could cause a safety risk must be recalled. Examples include incorrectly labelled food which may cause an allergy, a toy which is a choking hazard or a car that has a risk of catching fire. The responsibility for the recall lies with the producer, manufacturer, and importer.

If you become aware that a product you own has been recalled or has a safety notice issued against it, make sure you follow the instructions given to you by the

manufacturer. If you do not receive instructions, check the manufacturer's website or, if you are concerned, stop using the product immediately. The manufacturer should communicate with you about the recall and state how it will work. For example, it might arrange for the product to be collected or could send out engineers to make repairs. The manufacturer should also give you an idea of how long the process will take.

Alternatively, you can visit the Consumer Product Safety Commission's website for a list of products that have recently put out safety notices or been recalled.

Older Driver Awareness Week (Dec 2-6)



Older drivers face unique safety concerns including vision, reflexes, and physical fitness. Fatal traffic crashes involving older drivers 65+ years old increased by 4.7 percent from 7,515 in 2021 to 7,870 in 2022. This is the highest number of traffic crashes involving older drives since NHTSA began tracking in 1975.

Decisions about someone's ability to drive should never be based on age alone. However, changes in vision, physical fitness, and reflexes may cause safety concerns. By accurately assessing age-related changes, drivers can adjust their driving habits to remain safe on the road or choose other kinds of transportation. Begin talking about safe driving in general long before difficulties are noticed. Ultimately, it is a person's driving performance, not age, that should determine fitness to drive.

Other tips for staying safe include:

- Planning trips at times of day when traffic is light and choosing routes to reduce conflict with other traffic.
- Older drivers can plan their schedule early to be home before the sun goes down as night driving may become a challenge with age.
- When out in the dark, be sure headlights are on, slow down and keep an eye out for all road users.
- Older drivers should be proactive about being safe drivers, understanding how

medical changes and changes in fitness and vision can affect their ability to drive.

Families of older drivers should work with their loved ones to plan for safe mobility even beyond the driver's seat. Aging affects everyone differently and when it comes to driving, it's important to understand the impact age related changes may have on one's driving ability.

Christmas Safety



Christmas is a time of joy, celebration, and togetherness, but it's also a time to prioritize safety. Whether you're decking the halls, cooking a holiday feast, or enjoying the glow of Christmas lights, keeping safety in mind ensures your celebrations remain merry and bright. Here are key tips to keep your holiday season safe.

1. **Fire Safety:** Water real trees daily, keep them away from heat sources, and inspect lights for damage. Turn lights off before bed.
2. **Kitchen Safety:** Supervise cooking, keep flammable items away from heat, and cook food to safe temperatures.
3. **Home Security:** Lock doors, secure packages, and keep gifts out of sight.
4. **Child & Pet Safety:** Keep breakable ornaments and toxic plants out of reach.
5. **Outdoor Safety:** Use ladders carefully and clear ice from walkways.

U.S. National Guard Birthday



On this day in 1636, the Massachusetts colonial legislature directed that the colony's existing militia companies be organized into three regiments. The Department of Defense marks the founding of military branches by the dates of the laws that first authorized them, thus we celebrate the U.S. National Guard's birthday on Dec 13th each year.

Today, the descendants of those first regiments - the 181st Infantry, the 182nd Infantry, the 101st Field Artillery, and the 101st Engineer Battalion of the Massachusetts Army National Guard – share the distinction of being the oldest units in the U.S. military.

The National Guard is an integral component of the U.S. armed forces, comprised of civilian soldiers who can respond to both domestic crises and overseas conflicts. The National Guard is unique among the U.S. armed forces in that it can perform state and federal functions. The guard is generally called up to respond to state-level

By taking these precautions, you can focus on the true spirit of Christmas—creating cherished memories with loved ones. Have a safe and joyful holiday season!

emergencies, such as natural disasters. Additionally, the president can deploy the guard to serve missions overseas.

As of FY2022, there were 434,689 guard members in total, serving in fifty-four separate organizations across the fifty states; Washington, DC; and three U.S. territories: Guam, Puerto Rico, and the Virgin Islands.

Happy Birthday to our veterans and those currently serving!

Keep up with Exceed Safety!



[Visit our Website](#)

Safety Calendar

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December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Older Driver Safety Awareness Week Dec 1-7 National Influenza Vaccination Week Dec 1-7	2	3	4 Extraordinary Work Team Recognition Day	5	6 Put On Your Own Shoes Day	7 Pearl Harbor Day National Joy (happy) Day
8 National Blue-Collar Day	9	10 National Salesperson Day	11	12	13 US National Guard Birthday	14
15	16	17 National Device Appreciation Day	18	19 National Holly Plant Day	20 National Dot Your I's Day	21 First Day of Winter National Flashlight Day
22 Mathematics Day	23 National Metric Conversion Day	24 Christmas Eve	25 Christmas Day	26 National Thank-You Note Day	27 National Abigail Day	28 National Tim Day Pledge of Allegiance Day National Download Day
29 Still Need to Do Day	30	31 New Years Eve National Make Up Your Mind Day No Interruptions Day				

EVENTS

Holiday Season Drunk Driving Campaign
Safe Toys and Gifts Month
National Impaired Driving Prevention Month
Winter Safety Campaign
National Write-a-Business Plan Month
Give the Gift of Sight Month

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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 us directly!

Have a safe month!
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