



February 2025

SAFETY NEWSLETTER

Hello valued clients and friends of Exceed Safety!

Welcome to February!

OUR MISSION:



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

Dear Clients and Safety Partners,

Happy February! While the shortest month of the year may fly by, it's packed with opportunities to focus on improving safety practices. With winter still in full swing, this is a critical time to stay vigilant about seasonal hazards and maintain

momentum toward achieving your annual safety goals. At Exceed Safety, we're here to provide you with the tools and guidance needed to navigate these challenges and make safety a priority every day.

Speaking of annual safety goals, did you post your OSHA 300a log yet? Form 300A, a summary of work-related injuries and illnesses, must be displayed "in a conspicuous place or places where notices to employees are customarily posted" by Feb. 1 – and must stay posted until April 30.

Warm regards,

Tim, Dave, and the Exceed Safety Team



Home Office Safety

If you work from home, there's specific steps you should take to keep your digital files - and your physical workspace - safe in case of emergencies. Here's just a few of those steps!

[Watch Now](#)

National Burn Awareness Week (February 2-8)



National Burn Awareness Week (#NBAW), February 2 – 8, 2025, presented by the American Burn Association, is a chance to unite and promote burn prevention and awareness in communities.

This year's theme focuses on reducing burn risks in homes, apartments, and all living spaces. Burn risks exist in every living space—a house, apartment, or temporary shelter. Taking simple, proactive actions can help prevent burns and keep everyone safe.

Quick tips include:

- Keep cords out of reach.
- Do not leave candles unattended.
- Check smoke alarms monthly.
- Charge devices and store chemicals according to the manufacturer's instructions.

To learn more about burns and how to prevent them visit the American Burn Association.

Safer Internet Day (February 11)



Safer Internet Day aims to not only create a safer internet but also a better internet, where everyone is empowered to use technology responsibility, respectfully, critically, and creatively.

ConnectSafely is the official U.S. coordinator of this international event, celebrated in more than 100 countries. The global theme of Safer Internet Day 2025 is Together for a Better Internet. In the U.S., this year's focus is on the following themes:

- **Generative AI**
- **Media literacy and critical thinking**
- **Civility**
- **Picking on peers**
- **Wellness, identity and self-respect**
- **Scams, predators and creeps**

We all share the responsibility to make the internet a safer place to be and we encourage you to check out ConnectSafely's many resources for individuals, families, schools, and businesses.

International Repetitive Strain Injury (RSI) Awareness Day (February 28th)



Also known as musculoskeletal disorders (MSDs), RSI's are an umbrella term used to describe a family of painful disorders affecting tendons, muscles, nerves and joints in the neck, upper and lower back, chest, shoulders, arms and hands.

RSIs can happen to a variety of workers from all types of industries. Gripping, holding, bending, twisting, lifting, pushing, pulling, and reaching are ordinary movements in daily life. What makes them hazardous in work situations is continual repetition. Other contributing work factors may include awkward postures and fixed body positions, excessive force concentrated on small parts of the body such as the hand or wrist, a fast pace of work with insufficient breaks or recovery time, and psychosocial factors such as stress.

RSIs are the most frequent type of lost-time injury. Preventing them from occurring not only protects your workers but also makes good business sense.

Eliminate hazards at the source.

Prevention of RSIs should focus on eliminating repetitive work through job design, which may involve mechanizing certain tasks. Jobs should be structured so that workers can rotate between different tasks, using different muscle groups.

Create a well-designed workstation.

When it is not practical to eliminate the repetitive aspect of a job, a well-designed workstation that is adjusted to fit the worker and allows standing, sitting, or sitting-standing positions, can help.

Educate and train.

Because RSIs develop slowly, workers should be trained to understand what causes these injuries, how best to prevent them, and how to recognize the early signs and symptoms of RSI. Workers need to know how to adjust workstations to fit their tasks and individual needs. In addition, employers should encourage workers to take short, frequent rest breaks.

Keep up with Exceed Safety!



[Visit our Website](#)

Safety Calendar

FEBRUARY 2025
SAFETY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT	MONTHLY EVENTS
						1 OSHA 300A Posting Deadline	<ul style="list-style-type: none">• Low Vision Awareness Month• American Heart Month• Earthquake Awareness Month• National Cancer Prevention Month• Black History Month
2	3 National Burn Awareness Week	4 National Burn Awareness Week	5 National Burn Awareness Week	6 National Burn Awareness Week	7 Safer Internet Day	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28 Int'l Repetitive Injury Strain Awareness Day		



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

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