



March 2025

SAFETY NEWSLETTER

Hello valued clients and friends of Exceed Safety!

March is here!

OUR MISSION:



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

Dear Clients and Safety Champions,

As we welcome March, the changing seasons bring new opportunities to reassess and refresh our safety practices. At Exceed Safety, we're here to help you navigate these seasonal transitions while keeping safety at the forefront of your operations.

The month, we celebrate Women in Construction Week. We're fortunate to have two of the best safety professionals, Sara Garfi and Joann Dankert, on our team. Those of you that have worked with Sara and Joann know their expertise is invaluable! We'll be featuring Sara on our social media answering your safety questions and debunking safety myths, so please follow us on our social channels below to stay up to date!



With longer days and the arrival of spring, March is also the perfect time to refresh your team on safety procedures necessary for the coming season – think emergency preparedness for things like severe storms, appropriate gear for outdoor work during temperature shifts, and hazard prevention on new projects. Taking proactive steps now can make a big impact on overall workplace safety and efficiency.

As always, we appreciate your commitment to creating safer work environments. If you have any questions or need support with your safety programs, don't hesitate to reach out. Let's work together to make this a productive and safe start to the spring season!

Tim, Dave, and the Exceed Safety team

Safety Unlocked!



On the most recent episode of Safety Unlocked, we highlight Women in Construction Week, discuss a preventable construction fatality in Oregon, and explore new truck safety technology for work zones. Plus, we dive into National Ladder Safety Month with key tips on training, inspection, and safe climbing.

Stretch and Flex!



Dave's back with more essential warm-ups! This time, we're focusing on exercises to get your knees and legs ready for action. Whether you're preparing for a workout, a run, or just want to keep your joints and muscles flexible, these warm-ups will help improve mobility, reduce stiffness, and lower the risk of injury.

Follow along as we demonstrate simple yet effective movements to loosen up your knees and legs, ensuring you're fully prepped for any activity ahead!

Women in Construction Week (March 3-7th)



Women in Construction Week™, celebrates and promotes the role of women in the construction industry. The National Association of Women in Construction held the first WIC Week in 1998 and it has grown and expanded each year since.

This year's theme, 'Together we Rise', celebrates the strength and knowledge of women and the vital role they play in shaping the future of the construction industry.

Local NAWIC chapters will be holding events throughout the week, and we encourage you to seek out your nearest chapter and join in! You can also join the celebration online by visiting their website to register for one of the many digital sessions happening throughout the week. We recommend:

- **OSHA Updates with Marjorie Del Toro**
- **Creating Safer, More Productive Jobsites: An Introduction to Green Dot for the Construction Trades**

(Mar 10-14)



The Center for Patient Safety (CPS) and the Institute for Healthcare Improvement sponsor Patient Safety Week. Although progress has been made in patient safety over the past two decades, current estimates cite medical harm as a leading cause of death worldwide.

The World Health Organization (WHO) estimates that 134 million adverse events occur each year due to unsafe care in hospitals in low- and middle-income countries, resulting in some 2.6 million deaths. Additionally, some 40 percent of patients experience harm in ambulatory and primary care settings with an estimated 80 percent of these harms being preventable, according to WHO.

Everyone interacts with the health care system at some point and preventing harm in health care settings is a public health concern. This week hopes to inspire everyone to learn more about safety in healthcare settings.

National Poison Prevention Week (March 17-21)



In 1961, Congress established National Poison Prevention Week with the goal of raising awareness about the dangers of poisoning and promoting safety measures to prevent accidents. Each year, communities, poison control centers, and organizations across the country come together to host events and activities aimed at educating the public on how to protect themselves and others from poisoning risks.

The primary objective of National Poison Prevention Week is to raise awareness about the various types of poisons and how they can affect people of all ages. While many people associate poisoning with children, the reality is that poisoning can happen to anyone, at any age, and often involves substances such as medications, cleaning products, household chemicals, and even certain plants or foods.

This week serves as an important reminder to take proactive steps in poison-proofing your home and environment. This includes safely storing toxic substances, keeping poison control numbers handy, and ensuring that children and pets are supervised and educated about potential dangers. Additionally, it is an opportunity to talk with family, friends, and colleagues about the risks of poisoning and encourage them to take action in safeguarding their homes.

By becoming more informed and engaged in poison prevention efforts, we can help reduce the number of poisoning incidents and create safer environments for everyone. Join us this week in learning how to protect your loved ones and in spreading the word about the importance of poison prevention.

Keep up with Exceed Safety!



[**Visit our Website**](#)

[**Safety Calendar**](#)

MARCH 2025
SAFETY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT	MONTHLY EVENTS
						1	<ul style="list-style-type: none"> • Brain Injury Awareness Month • National Nutrition Month • Workplace Eye Wellness Month • Ladder Safety Month • Spring Weather Safety - Floods • Women's History Month
2	3	4	5	6	7	8	
	Women In Construction Week						
9	10	11	12	13	14	15	
Daylight Savings Begins (Spring Forward!)	Lifesavers Nat'l Conference on Highway Safety		National Patient Safety Awareness Week				
16	17	18	19	20	21	22	
	National Poison Prevention Week						
	National Drug & Alcohol Facts Week						
23/30	24/31	25	26	27	28	29	



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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