

# EXCEED SAFETY



May 2025

## NEWSLETTER

Hello valued clients and friends of Exceed Safety!

Welcome to May!

## OUR MISSION



EXCEED SAFETY IS DEDICATED TO SAVING LIVES AND REDUCING INJURIES WITH OUR CUSTOM-TAILORED APPROACH TO SAFETY. WE ARE COMMITTED TO SUPPORTING OUR CLIENTS AND, BY EXTENSION, THE NEXT GENERATION OF SAFETY PROFESSIONALS BY DELIVERING SUPERIOR RESULTS, WHILE POSITIVELY IMPACTING THEIR LIVES, OUR COMMUNITIES, AND THE LIVES OF OUR EMPLOYEES.

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

Dear Clients and Safety Champions,

Welcome to May! As we move closer to the summer months, now is an ideal time to sharpen our focus on seasonal safety. Warmer weather means more outdoor work and an increased focus on things like heat stroke prevention, work zone safety, and outdoor equipment maintenance and safety. A little extra attention now can prevent serious injuries and keep operations running smoothly through the busy months ahead.

May is also Mental Health Month, and we'd like to take a moment to acknowledge the unique stressors that come along with jobs in fields like construction and manufacturing. Long hours, tight deadlines, and high safety risks make for an intense combination of stressors. Taking care of our mental health is an essential part of keeping ourselves safe on and off the job. We have both a blog and a podcast episode on this topic and we invite you to take some time to read and listen. If you or anyone you know is struggling with mental health, you can find support here: National Alliance on Mental Illness . Help in a crisis is always available at: <https://988lifeline.org/>.

Thank you for your continued partnership and dedication to workplace safety. If you need support with safety training, inspections, or customized planning for the summer season, we're just a phone call (919-728-7233) or email away.

Let's make May a month full of safe work, smart preparation, and continued success!

Yours in Safety,  
Tim, Dave, Sara and the Exceed Safety team

## COMPANY HEADLINES

### Road Work Ahead!



Last week, National Work Zone Awareness Week, a week dedicated to informing people on safe driving through work zones, was observed.

### OSHA 300 Reminder

If they aren't already, OSHA 300 logs must come down ASAP!

Per OSHA 1904.32(b)(6), Recording and Reporting Occupational Injuries and



It may seem obvious to use caution when driving through a work zone, but statistically, many drivers find themselves in accidents – in fact, according to the North Carolina Department of Transportation, over 1,189 work zone crashes occurred between 2021 and 2023.

To prevent accidents from occurring, Exceed Safety is bringing you some tips (both as a driver and a worker) to keep yourself safe!

**CHECK IT OUT!**

Illnesses, these logs must go up on February 1 and come down no later than April 30th. Records must be retained for five (5) years.

So if they're still up...make sure they come down! Our video on OSHA 300 and 300a logs is available at the link below.

**CHECK IT OUT!**

## OUR TRAINING



With Exceed Safety's online training portal, you can refresh old skills or learn new ones, 24/7, on your schedule.

May is National Electrical Safety Month, so why not try out one of these classes?

- **Electrical Safety Awareness for Manufacturing**
- **Electrical Safety for Construction**
- **NFPA 70E Electrical Safety For Supervisors**

**Click here to see the full course list for electrical safety!**

Interested in a live, in-person training on electrical safety? **Contact us to discuss!**

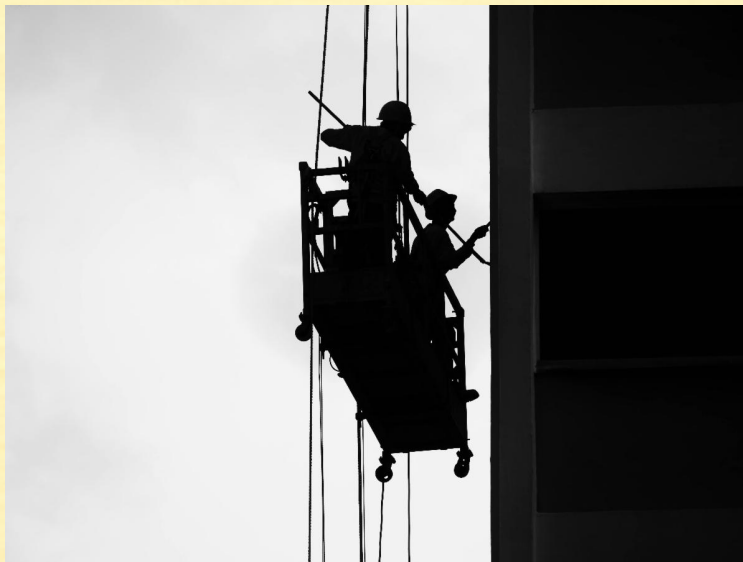


Building Safety Month is an international campaign celebrated in May to raise awareness about building safety. This campaign reinforces the need for the adoption of modern, regularly updated building codes, and helps individuals, families and businesses understand what it takes to create safe and sustainable structures.

The theme for 2025 is “Game On!” encouraging the public to “get in the game” and learn about and practice building safety. You can learn more about the weekly themes and how to **participate here**.

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### Construction Safety Week (May 5-9)



Construction Safety Week started in 2014, aiming to inspire everyone in the industry to be leaders in safety. Their mission includes:

- Celebrating the efforts of workers and organizations across the nation that support safety, and recognizing their efforts to make every job site injury free
- Increasing awareness and the actions of craft professionals, project leaders and business leaders in elevating the importance of being committed to safety
- Encouraging everyone to share best practices and to work together to strengthen the industry’s safety culture
- Providing resources and support to ensure every worker is fully prepared –



mind and body – for the work at hand

- Conducting year-round safety awareness activities on-site to support education

There are events happening nationwide to celebrate. You can find that list, as well as resources for celebrating safety at your site at <https://www.constructionsafetyweek.com/>.

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### National Heat Awareness Day (May 31)



The last Friday in May is National Heat Awareness Day – an event established to encourage employers and workers to recognize the warning signs for heat illness and keep workers safe. Under OSHA law, employers are responsible for protecting workers from hazards, including extreme heat.

We have an article on OSHA's new heat stress standard here:

<https://exceedsafety.com/osha-heat-standard/>

You can find more information on heat safety here: <https://www.osha.gov/heat>.

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**KEEP UP WITH US!**

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**

## Safety Calendar

**MAY 2025**

**SAFETY CALENDAR**

SUN	MON	TUE	WED	THU	FRI	SAT	MONTHLY EVENTS
				1 National Heatstroke Prevention Day	2	3	<ul style="list-style-type: none"> <li>• Building Safety Month</li> <li>• Global Employee Health &amp; Fitness Month</li> <li>• Motorcycle Safety Month</li> <li>• National Electrical Safety Month</li> <li>• Trauma Awareness Month</li> <li>• National Water Safety Month</li> <li>• National Child Passenger Safety Technician Month</li> <li>• Healthy Vision Month</li> <li>• Mental Health Month</li> </ul>
4	5 National Safety Stand Down to Prevent Workplace Falls Hurricane Preparedness Week	6	7	8 Construction Safety Week	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26 Memorial Day	27 National Sunscreen Day	28	29	30 Heat Awareness Day	31	



[www.exceedsafety.com](http://www.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**

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