

# Acting on Safety

a million

acts of  
**safety**

# June

**Make a difference  
this National  
Safety Month!**  
Your small acts of  
safety can have a  
big impact on saving  
lives. Be part of *A  
Million Acts of Safety.*

By using these daily safety tips and sharing them with friends and family, you'll join the National Safety Council in reducing the number of preventable injuries and deaths plaguing the United States.

Start making an impact immediately. Go online every day to track your efforts through our national database at [millionactsofsafety.nsc.org](http://millionactsofsafety.nsc.org).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>NATIONAL SAFETY MONTH 2010</b>		<b>1</b> Report if you or someone you know is being bullied at work.	<b>2</b> While driving, check your blind spot for motorcyclists, especially at intersections.	<b>3</b> Conduct an at-home fire drill – involve all family members.	<b>4</b> Consult a doctor or pharmacist before combining medications.	<b>5</b> If you have not consumed any alcoholic beverages, offer to drive a friend who has been drinking home ... or call a cab.
<b>6</b> Clean dryer lint traps frequently to lower the risk of fire.	<b>7</b> When choosing a bike helmet, make sure it fits snugly and does not obstruct your field of vision. Never wear a helmet tilted back at an angle.	<b>8</b> Make sure walkways are well-lit at night to prevent falls.	<b>9</b> Bring safety home. Openly discuss safety concerns with friends and family. Don't forget the kids!	<b>10</b> Set ground rules, such as curfews, with new teen drivers and clearly communicate your expectations as a parent.	<b>11</b> Check garages and sheds regularly for signs of animal infestation.	<b>12</b> Carry a bottle of water and granola bar in your glove box on road trips ... just in case you get lost!
<b>13</b> Offer a hand if you notice someone lifting a heavy object.	<b>14</b> <small>Flag Day</small> Decontaminate work surfaces daily to prevent the spread of harmful viruses.	<b>15</b> Test and replace smoke alarm batteries every six months. Tell your neighbors!	<b>16</b> Make sure your teens understand the consequences of underage drinking.	<b>17</b> When lifting, use your legs and keep the weight of objects close to your body.	<b>18</b> Take 30 minutes to relax and decompress after a stressful day.	<b>19</b> When riding a bicycle, don't forget your helmet and reflectors.
<b>20</b> <small>Father's Day</small> Post three messages of safety on your Facebook or MySpace page. Help spread the word!	<b>21</b> <small>First Day of Summer</small> Place your cell phone in the trunk to prevent distracted driving. Ask your friends and neighbors to do the same.	<b>22</b> Extinguish candles before leaving the room.	<b>23</b> Help your new teen become a better driver with more behind-the-wheel time.	<b>24</b> Check the air in your vehicle's tires to ensure proper inflation and optimal road safety.	<b>25</b> Slow down in construction zones. Warmer months are busy times for road construction.	<b>26</b> Reduce the number of child pedestrian injuries by holding hands while crossing streets.
<b>27</b> Encourage your children to stay seated while riding the bus. Suggest they sit with a friend or bring an interesting book to stay occupied.	<b>28</b> Prevent falls in the workplace by keeping clutter and debris out of walkways and workspaces.	<b>29</b> Make a list of emergency contacts and keep it by every phone in your home.	<b>30</b> Educate children on the dangers of fireworks.	 NORTH DAKOTA SAFETY COUNCIL  <a href="http://millionactsofsafety.nsc.org">millionactsofsafety.nsc.org</a>		