

NATIONAL SAFETY MONTH

National Safety Month is celebrated in June when people focus on how they can keep their environment safe and free from any danger. It is a time to reflect on the working conditions around the country and how we can create a safer environment for those who work hard for honest pay. By learning about safety methods, we can increase pressure on employers to offer a safer working environment to their employees. -nsc.org

How to celebrate National Safety Month

- Conduct a fire drill at work and home
 - By taking precautionary measures, you can prevent severe damage in the instance of a fire. National Safety Month is a great time to practice a fire drill at work and home. Select a safety point that's close to your house. Test your fire alarms and perform the drill.
- Update your first-aid kit
 - Keeping an updated professional first aid kit is a simple yet effective way to keep yourself prepared for unforeseen emergencies. Make sure to stock it with dressings, bandages, tape, ointments, wipes, aspirin, gloves, scissors, and gauze pads. Make sure to check the first-aid kit regularly and remove ointments and medications that have reached their expiration dates.
- Practice self-defense
 - It's always good to be mentally and physically prepared to face any unforeseen harm or danger. The best part about self-defense is that anyone can learn it. Self defense classes can be easily found in most communities, often at martial arts studios.



Resources:

[nsc.org](https://www.nsc.org)

<https://www.nesafetycouncil.org/>

www.thewellbeingpartners.org