

# 2024 *Partnering for Workplace Safety and Health*





## A message from Craig Blackwood

*Assistant Director, L&I's Division of Occupational Safety and Health (DOSH)*



Greetings:

As we were putting together this year's Safety and Health Calendar, I was reminded of the important milestones the agency has reached in our mission to Keep Washington Safe and Working.

In 2021, we marked 100 years since L&I was established in Washington. In 2022, we noted 50 years of self-insurance and in 2023 we celebrated the 50th anniversary of the Washington Industrial Safety and Health Act (WISHA). DOSH makes sure the rights to safety on the job established by WISHA are realized for workers every day.

This year, in 2024, we are recognizing something I feel is one of the most important tools we have in preventing workplace injuries and illnesses – 100 years of Safety Committees and Meetings. Worker participation on safety committees or in safety meetings is a requirement and can strengthen your safety culture and help employers prevent costly workplace injuries.

The meetings provide a method for employers and workers to collaborate and find ways to solve safety and

health issues in the workplace. Opening up the lines of communication is vital to creating and maintaining a safe workplace.

This year's calendar includes activities and events designed to bring employers and their teams together to focus on what they can do to expand their safety program and cultivate it by anticipating future hazards and risks.

From safety stand-downs and workplace consultations, to training and tips on protecting outdoor workers from seasonal threats like extreme heat and wildfire smoke, there are plenty of ideas throughout the calendar to help all businesses, large and small.

On behalf of the DOSH team, we hope you enjoy the calendar and thank you for joining us on this shared journey to safer workplaces.

Sincerely,

Craig



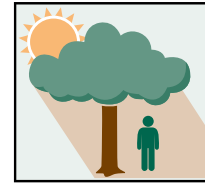
# Safety and Health Campaigns



## Wildfire Smoke Safety



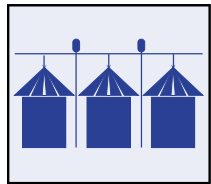
[www.Lni.wa.gov/WildfireSmoke](http://www.Lni.wa.gov/WildfireSmoke)



## Be Heat Smart



[www.Lni.wa.gov/HeatSmart](http://www.Lni.wa.gov/HeatSmart)



## Stand Up 4 Grain Safety: April



[www.Lni.wa.gov/GrainSafetyStandup](http://www.Lni.wa.gov/GrainSafetyStandup)



## Safe + Sound: August



[www.Lni.wa.gov/SafeAndSound](http://www.Lni.wa.gov/SafeAndSound)



## Safety Stand-Down to Prevent Falls: May



[www.Lni.wa.gov/StopFalls](http://www.Lni.wa.gov/StopFalls)



## Farm Safety: September



[www.Lni.wa.gov/FarmSafety](http://www.Lni.wa.gov/FarmSafety)



## Trenching Safety: June



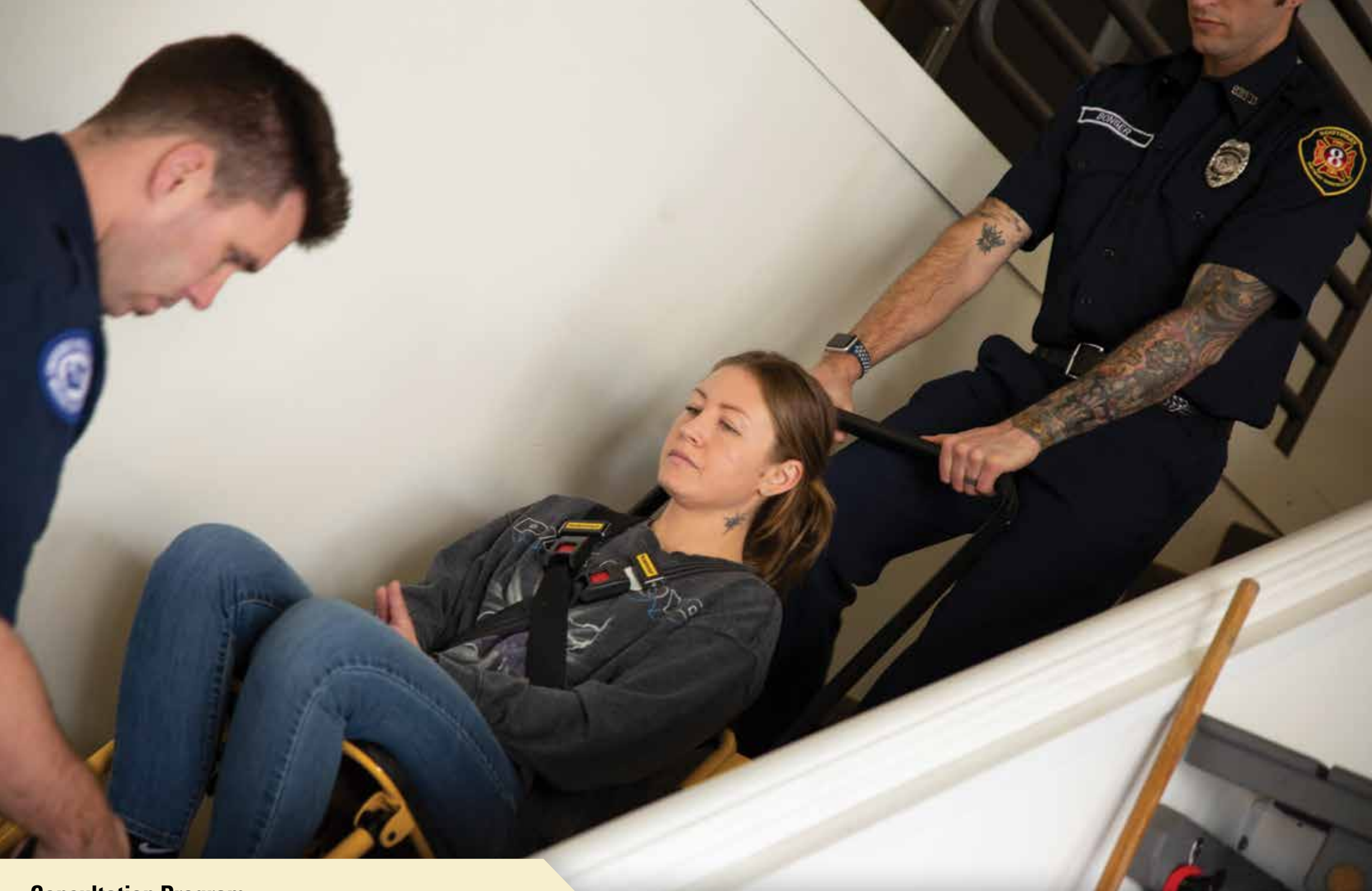
[www.Lni.wa.gov/TrenchSafety](http://www.Lni.wa.gov/TrenchSafety)



## Young Worker Safety: May–August, November–December



[www.Lni.wa.gov/YoungWorkerSafety](http://www.Lni.wa.gov/YoungWorkerSafety)



## Consultation Program



L&I's Firefighter Injury Illness Reduction Emphasis (FIIRE) program partners with DOSH Consultation Services to find ergonomic solutions, like this stair evacuation chair, to help prevent musculoskeletal injuries in first responders. To learn more, visit [www.Lni.wa.gov/Consultations](http://www.Lni.wa.gov/Consultations).

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# JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		<b>This month:</b> ▶ Wildfire Smoke Safety ▶ Be Heat Smart	

### Weekly Safety and Health Tips

- The New Year is a perfect time to review and updated your written safety and health programs.
- Investigate all injuries and near misses. This can help prevent these issues from happening to other employees.
- Register your workers to attend training at Agriculture Safety Day next month. Go to [www.GISHAB.org](http://www.GISHAB.org) for further information.
- Time to get your OSHA 300 summary log finalized for required posting that begins February 1st.



## Safety Through Achieving Recognition Together



The Safety Through Achieving Recognition Together program, or START, is open to employers with fewer than 250 workers at a specific work site and not more than 500 at all sites in Washington state. START employers,

like Cedarprime in Sumas, partner with L&I to improve their workplace safety culture and reduce hazards, illnesses and injuries. To learn more, visit [www.Lni.wa.gov/STARTprogram](http://www.Lni.wa.gov/STARTprogram).

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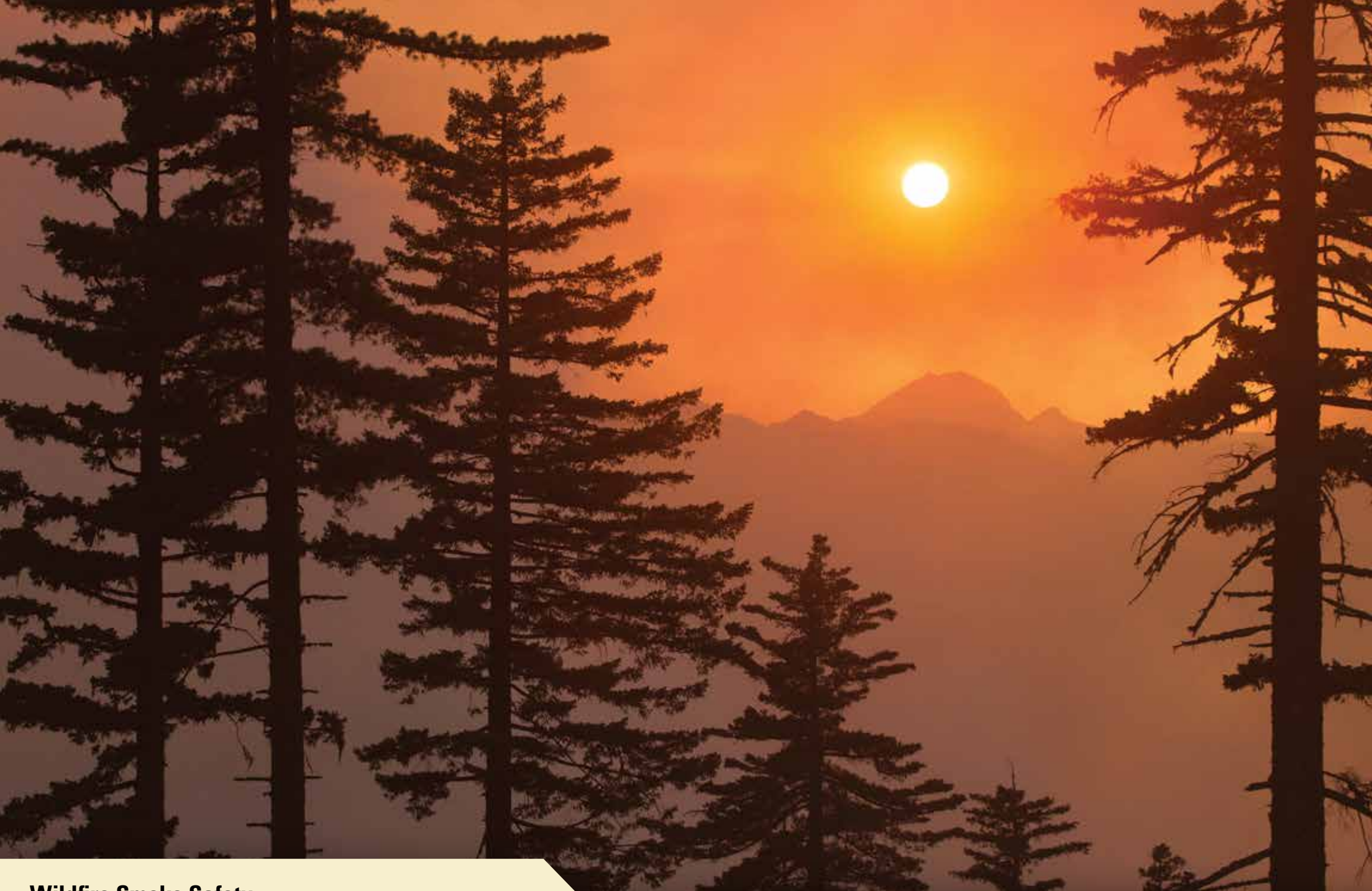
# FEBRUARY 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>This month:</b> ▶ Wildfire Smoke Safety ▶ Be Heat Smart			Agriculture Safety Day. For specific dates and more info: <a href="http://www.GISHAB.org">www.GISHAB.org</a>	1	2	3
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18	19 Presidents' Day	20	21	22	23	24
25	26	27	28	29		

### Weekly Safety and Health Tips

- Remember to post your OSHA 300 log if you are required to do so. Posting runs February 1st through April 30th each year.
- Encourage your employees to participate in weekly or monthly safety and health inspections around work areas and help identify hazards.
- Retrain employees when work processes change, new hazards are identified, or when an injury or near-miss incident occurs.
- Ask for feedback from your employees. This will ensure that they are engaged in any training being given.



## Wildfire Smoke Safety



Wildfire smoke can expose workers in construction, agriculture, and other outdoor jobs to health risks from breathing particulate matter in the air. L&I has enacted permanent wildfire smoke rules to protect the health of workers

who are exposed to wildfire smoke while on the job. To learn more, visit [www.Lni.wa.gov/WildfireSmoke](http://www.Lni.wa.gov/WildfireSmoke).



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# MARCH 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>This month:</b> ▶ Stand Up for Grain Safety ▶ Wildfire Smoke Safety ▶ Be Heat Smart					1	2
3	4	5	6	7	8	9
10 Daylight Saving Time begins	11	12	13	14	15	16
17	18	19 First Day of Spring	20	21	22	23
24	25	26	27 Construction Safety Day, Puyallup. Event info: <a href="http://www.GISHAB.org">www.GISHAB.org</a>	28	29	30
31						

### Weekly Safety and Health Tips

- Register your workers for Construction Safety Day in Puyallup at the end of this month. Go to [www.GISHAB.org](http://www.GISHAB.org) for further information.
- Put a plan in place for emergencies in your workplace, and train your workers on it. From workplace violence to fire, chemical release, power outage, or severe weather.
- Have your Safety Committee and workers learn about EPA’s Air Now app that can let you know the air quality in your area. Go to [www.airnow.gov](http://www.airnow.gov) for further information.
- Implement a safety and health reporting system for workers who witness unsafe issues/conditions so they can report them to you without fear of retaliation.



## Stand-Up 4 Grain Safety



It takes just 60 seconds for a worker to suffocate after being buried by flowing grain. Join L&I for Stand Up 4 Grain Safety Week to learn how to safely store and handle grain. Small changes in the workplace can make a big impact on safety. To learn more, visit [www.Lni.wa.gov/GrainSafetyStandup](http://www.Lni.wa.gov/GrainSafetyStandup).

Photo courtesy: Central Valley Ag

MARCH 2024

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MAY 2024

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# APRIL 2024

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28 International Workers' Memorial Day	29	30			<b>This month:</b> <ul style="list-style-type: none"> <li>▶ Stand Up for Grain Safety</li> <li>▶ Wildfire Smoke Safety</li> <li>▶ Be Heat Smart</li> </ul>	

## Weekly Safety and Health Tips

- Talk with employees about near-misses and safety concerns to understand what happened and how to avoid future incidents.
- Keep floor surfaces clean and dry to prevent slip, trip, and fall incidents.
- Do not text or talk on the phone while walking, especially on steps or stairs!
- Use your safety bulletin board to reinforce safety and health messages and to post educational resources.



## Stand-Down to Prevent Falls in Construction



START employer, RAM Construction, knows that falls are the leading cause of injury and death in construction. That's why their workers always wear fall protection. Join L&I in the national Stand-Down to Prevent Falls in Construction.

Stand-down activities can range from short toolbox talks to scheduled, full-day events. To learn more, visit [www.Lni.wa.gov/StopFalls](http://www.Lni.wa.gov/StopFalls).

APRIL 2024

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# MAY 2024

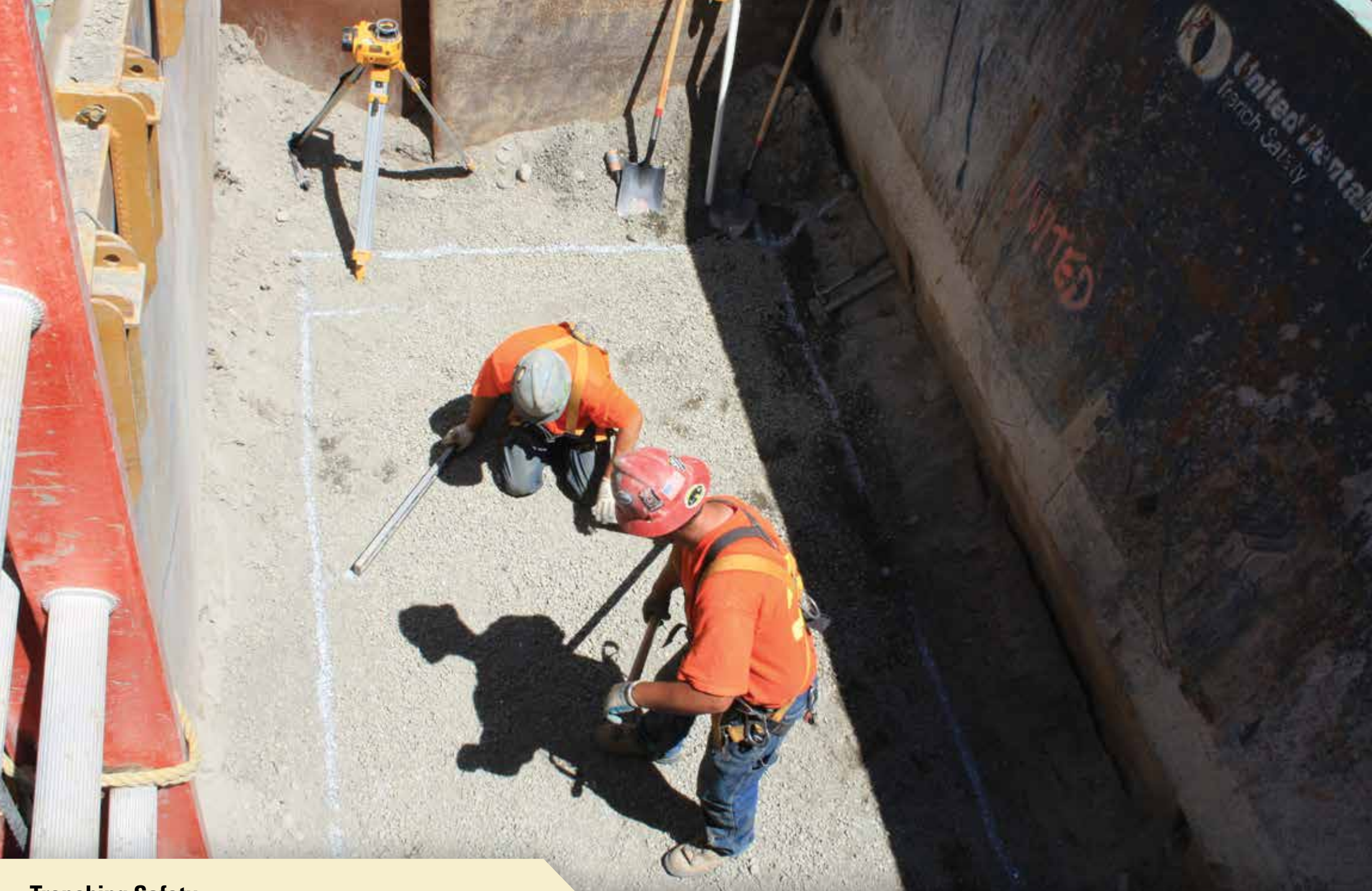
JUNE 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>This month:</b> <ul style="list-style-type: none"> <li>▶ Stand-Down to Prevent Falls in Construction</li> <li>▶ Young Worker Safety</li> <li>▶ Wildfire Smoke Safety</li> <li>▶ Be Heat Smart</li> </ul>			1	2	3	4
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26	27 Memorial Day	28	29	30	31	

## Weekly Safety and Health Tips

- Develop and implement a safety and health checklist system for employees to use to inspect and detect any issues with PPE, equipment, tools or machinery prior to its use.
- Provide hands-on training and demonstrations to keep your employees involved during the training.
- Use job safety analysis and a checklist to identify job tasks where a worker could be struck by an object, a moving vehicle, machinery, falling objects, etc., and take steps to reduce or eliminate the hazards.
- Look for fall hazards such as unprotected floor openings, edges, shafts, skylights, stairwells, and roof openings.



## Trenching Safety



Excavation and trenching are among the most hazardous construction jobs with cave-ins posing the greatest risk. One cubic yard of soil can weigh as much as a car. Find out what L&I is doing to combat the deadly trend at [www.Lni.wa.gov/TrenchSafety](http://www.Lni.wa.gov/TrenchSafety).

MAY 2024

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JULY 2024

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# JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<ul style="list-style-type: none"> <li>▶ Trenching Safety</li> <li>▶ Wildfire Smoke Safety</li> <li>▶ Be Heat Smart</li> <li>▶ Young Worker Safety</li> </ul>						
2	3	4	5	6	7	8
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16	17	18	19 Juneteenth	20 First Day of Summer	21	22
23	24	25	26	27	28	29
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## Weekly Safety and Health Tips

- Provide specific training to workers operating different types of machinery and equipment.
- Select an experienced employee to provide coaching and mentoring to new or less experienced employees.
- Always get acknowledgement by making eye contact with equipment operators before you proceed in front of or behind any equipment.
- Ensure workers have the right attitude for work—hasty work habits or time pressures from management can lead to unsafe conditions or actions.



## Be Heat Smart



Working in heat increases the risk for heat-related illness, including heat exhaustion, and life-threatening heat stroke in addition to acute kidney damage. L&I updated Outdoor Heat Exposure rules to address the need for more preventative measures to protect workers. To learn more, visit [www.Lni.wa.gov/HeatSmart](http://www.Lni.wa.gov/HeatSmart).

Photo courtesy: Pacific Northwest Agricultural Safety and Health Center



JUNE 2024

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AUGUST 2024

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# JULY 2024

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28	29	30	31		<b>This month:</b> <ul style="list-style-type: none"> <li>▶ Wildfire Smoke Safety</li> <li>▶ Be Heat Smart</li> <li>▶ Young Worker Safety</li> </ul>	

## Weekly Safety and Health Tips

- When working outdoors in hot weather, do not wait until you are thirsty before taking a drink of water. Stay well hydrated by drinking plenty of water throughout the day, and take breaks in shaded areas.
- Keep an eye on each other for symptoms of heat-related illness, such as headaches, dizziness, or nausea.
- Make sure your non-English speaking workers are trained in their language.
- Avoid wearing loose clothing and jewelry around equipment, conveyors, and moving machinery, and keep hair tied back.



## Safe+Sound



Energize your company's safety program during Safe + Sound week. Workers often know the most about potential hazards associated with their jobs. When they are involved in finding solutions, they feel invested in the

program. Activities can range from brainstorming during crew meetings to hosting a safety fair. Get ideas on what you can do with your team at [www.Lni.wa.gov/SafeAndSound](http://www.Lni.wa.gov/SafeAndSound).

JULY 2024

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SEPTEMBER 2024

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# AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>This month:</b> ▶ Safe + Sound Week ▶ Wildfire Smoke Safety ▶ Be Heat Smart ▶ Young Worker Safety				1	2	3
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## Weekly Safety and Health Tips

- Send employees to specialized training, seminars and/or safety and health conferences or tradeshow.
- Involve employees and encourage them to spot, report and correct hazards before someone gets hurt.
- Revisit your Accident Prevention Program (APP) policies and procedures with your employees to ensure everyone understands the importance of safety and health on the job.
- Offer a safe-driving training program for your employees who must drive as part of their work duties.



## Farm Safety



Fall harvest time can be one of the busiest and most dangerous seasons of the year for agriculture workers. For this reason, the third week of September is National Farm Safety and Health Week. Learn how to grow your safety program at [www.Lni.wa.gov/FarmSafety](http://www.Lni.wa.gov/FarmSafety).

AUGUST 2024

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# SEPTEMBER 2024

OCTOBER 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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15	16	17	18	19	20	21
22 First Day of Fall	23	24	25 73rd Governor's Industrial Safety and Health Conference, Tacoma. Event info: <a href="http://www.GISHAB.org">www.GISHAB.org</a>	26	27	28
29	30				<b>This month:</b> <ul style="list-style-type: none"> <li>▶ Farm Safety</li> <li>▶ Wildfire Smoke Safety</li> <li>▶ Be Heat Smart</li> </ul>	

## Weekly Safety and Health Tips

- Register you and your workers for the Washington State Governor's Industrial Safety and Health Conference occurring at the end of this month in Tacoma. Go to [www.GISHAB.org](http://www.GISHAB.org) for further information.
- Make sure your non-English speaking workers are trained in their language.
- Don't let employees operate machinery or new equipment without first properly training on how to use and operate it safely.
- Never remove tags or locks on equipment that is locked out, without first following proper lockout-tagout procedures.



## Voluntary Protection Program



The Voluntary Protection Program (VPP) is for companies like MacDonald-Miller that are recognized leaders in their industry and community, and demonstrate a commitment to workplace safety and health.

VPP encourages companies to protect workers by going well beyond minimum safety requirements. Find out how to qualify by visiting [www.Lni.wa.gov/VPP](http://www.Lni.wa.gov/VPP).

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# OCTOBER 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>This month:</b> ▶ Wildfire Smoke Safety ▶ Be Heat Smart		1	2	3	4	5
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### Weekly Safety and Health Tips

- Practice what you preach when it comes to safety and health in the workplace. Lead by example as to the safety/health behaviors you expect from your workers.
- Train employees often in the proper use of safeguarding and personal protective equipment.
- Check emergency eyewash stations and showers to ensure they are operating properly and are in appropriate locations.
- Celebrate success by recognizing workers for safe and healthy work practices.



## Young Worker Safety



Employers who hire teen workers (workers younger than 18) need to provide safety training targeted to hazards in their industry and ensure they understand the rules designed to protect them. Teen Worker Safety campaigns run May

through August and November through December to emphasize the importance of keeping teens safe and healthy as they enter the working world. To learn more, visit [www.Lni.wa.gov/YoungWorkerSafety](http://www.Lni.wa.gov/YoungWorkerSafety).



OCTOBER 2024

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# NOVEMBER 2024

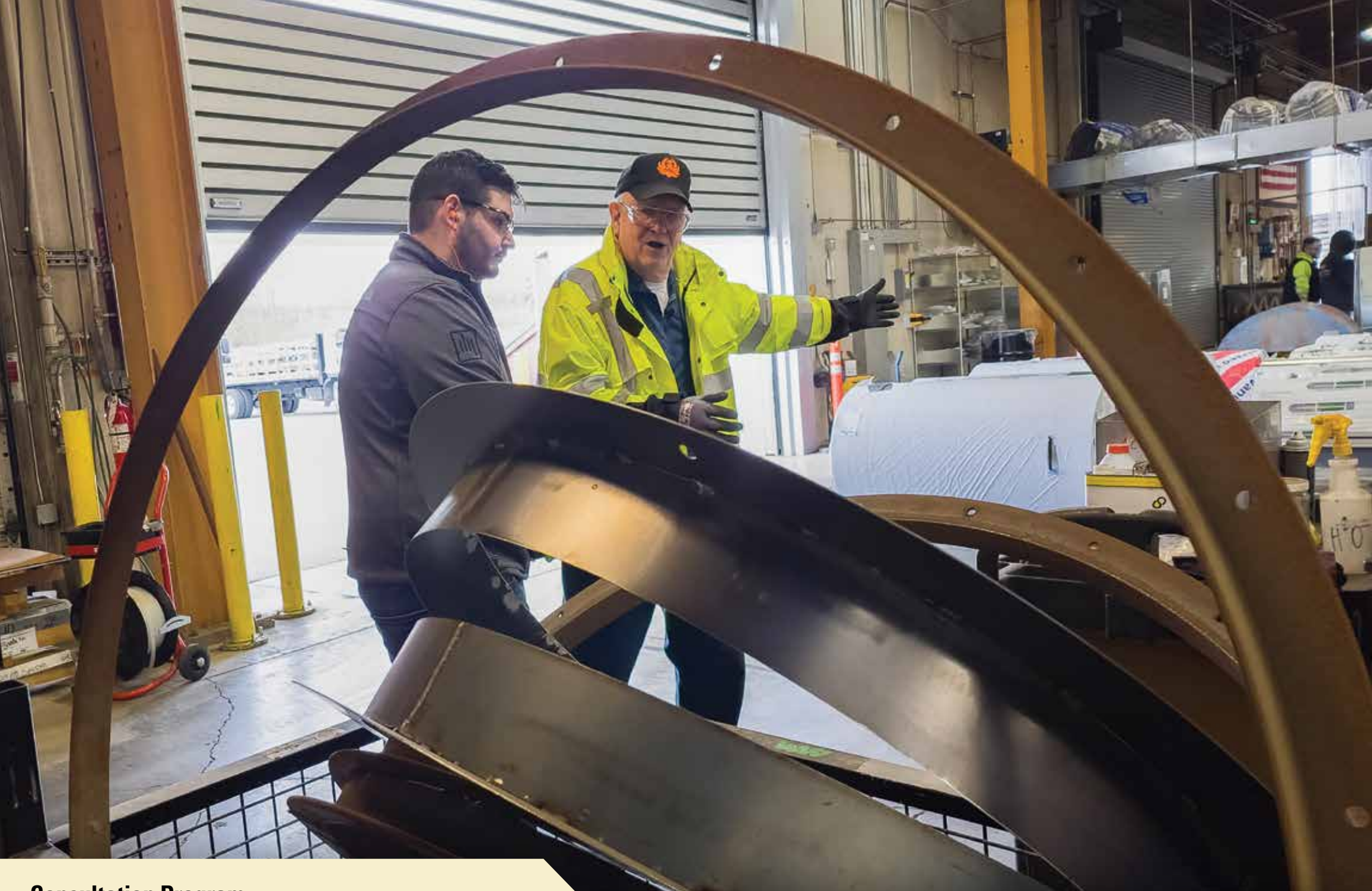
DECEMBER 2024

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29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>This month:</b> <ul style="list-style-type: none"> <li>▶ Young Worker Safety</li> <li>▶ Wildfire Smoke Safety</li> <li>▶ Be Heat Smart</li> </ul>						
3 Daylight Saving Time ends	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	29 Native American Heritage Day	30

## Weekly Safety and Health Tips

- Pair new hires with an experienced worker.
- Use a variety of training methods to make it interactive and interesting, such as hands-on training, a workshop, online training modules or videos.
- Check in with new or young workers frequently to ensure they understand safe procedures for their job, and to see if they have any questions on performing their job safely.
- If you have never operated a piece of equipment or done a specific task before, ask how to perform the job. Don't assume.



## Consultation Program



Give yourself the gift of a safe workplace by scheduling an L&I Consultation. Meeting with a consultant is free and confidential. If the consultant finds a hazard, you won't be cited or fined. You will just need to fix the

problem — we can help you do that too! Schedule your consultation at [www.Lni.wa.gov/Consultation](http://www.Lni.wa.gov/Consultation).

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# DECEMBER 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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8	9	10	11	12	13	14
15	16	17	18	19	20	21 First Day of Winter
22	23	24	25 Christmas Day	26	27	28
29	30	31			<b>This month:</b> <ul style="list-style-type: none"> <li>▶ Young Worker Safety</li> <li>▶ Wildfire Smoke Safety</li> <li>▶ Be Heat Smart</li> </ul>	

### Weekly Safety and Health Tips

- Review proper ladder use and safe operation with your workers for all ladders. Thousands of workers are injured each year due to improper ladder selection and/or improper use.
- Have an open discussion with your employees on the importance of safety and health in the workplace. Have your workers share the reasons why they choose to work safely.
- Create a culture of safety by making it a workplace priority.
- Encourage stretching or several mini-breaks during the day for workers whose job tasks involve repetitive motions, keyboarding, or standing or sitting for long periods of time.



