







NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>RETAIL ASSOCIATION SERVICES Inc.</p>	<p>Meeting Topics: 1. Safe Lifting 2. Using Stairs</p>	<p>1 Who's under there? Keep it safe!</p> 	<p>2 Working around loud noises? Make sure you have hearing protection.</p>	<p>3 Be Aware! Stay alert and know your surroundings.</p>	<p>4 Muscle Tension? Wrist or neck aches? You need an Ergo Consult!</p>	<p>5 Do not place merchandise or store items on steps.</p>
<p>6 Daylight Savings ends</p>	<p>7 Don't be a distracted driver. NO cell phone use while driving!</p>	<p>8 Make sure ladders are properly set up before using them.</p>	<p>9 How are the entrance mats looking? Do they need replacement?</p>	<p>10 When lifting don't twist, move your feet instead.</p>	<p>11 Veterans Day</p>	<p>12 Reduce awkward lifting. Get help or use equipment to assist you.</p>
<p>13 Know safety, no injury. No safety, know injury</p>	<p>14 Are switches in electrical panels properly labeled?</p>	<p>15 Always use caution when you open or close your business!</p> 	<p>16 Keep stock room aisles clear of freight.</p>	<p>17 Are your Safety Meeting records current?</p>	<p>18 Are stair wells clear from obstruction and properly lit?</p>	<p>19 How do your Exit signs look? Are they working properly?</p>
<p>20</p> 	<p>21 Use hand rails while on stairs.</p>	<p>22 Report all Injuries and accidents the same day.</p>	<p>23</p> 	<p>24 Thanksgiving Day</p> 	<p>25 Do you have the right mouse for your desk?</p>	<p>26 Don't drink and drive or ride with drivers who are drinking.</p>
<p>27 Are you ready for ice at entry ways? Better get some de-icer now!</p>	<p>28 Are you working late? Walk out with a co-worker.</p>	<p>29 Lift with your legs and not your back!</p>	<p>30 Do your stairs have anti-skid strips on them?</p>	<p>A spill, a slip = a hospital trip!</p>	<p>How is that First Aid Kit looking? Its time to replenish it.</p>	