

VFW Safety Newsletter



Monthly Safety Information
June 2026

On a monthly basis we will provide our post members with significant safety events that could be useful to you and your family.

In addition to the newsletter, please look on our Facebook page (<https://www.facebook.com/VFW3103>) for additional links.

The month of June we acknowledge National Safety Month. The importance of this month is to raise awareness on the effects of all safety matters in our every day lives.

This year's themes are:

- **Week 1:** Moving Safety Forward
- **Week 2:** Staying Safe on the Roads
- **Week 3:** Promoting Holistic Worker Health
- **Week 4:** Preventing Slips, Trips and Falls

Safety Topic for Special Emphasis – Safe Road Travel. Given the start of the summer travel season and recent road construction (interstate travel and even local in the DC-MD-VA area, including Fredericksburg/Spotsylvania), here are some recommended tips for safe road travel:

- 11 tips for travel to destinations near and far (taken from the NSC's [Addressing Roadway Risks - National Safety Council](#) website article):

1. **Prepare before you go.** Before hitting the road, make sure your car is safe for driving. Vehicle owners should check the oil, put air in the tires, and check for and repair open recalls. Visit ChecktoProtect.org to see if your vehicle has an open recall, and get it repaired for free.

2. **Drive distraction-free.** Thousands have died in crashes involving cell phone use and other electronic devices. Put your phones away and #JustDrive.



Post 3103
2701 Princess Anne Street
Fredericksburg, VA
Veteran Non-Profit
501(c) 19 Tax Deferred



3. **Slow down.** Speeding is a factor in more than a quarter of all traffic fatalities. Drive the speed limit and do not exceed it. Be sure to pay attention to those walking and biking to keep all road users safe.



4. **Designate a sober driver or arrange alternate transportation.** Alcohol is only one cause of impaired driving. Drugs, including opioids, marijuana and some over-the-counter medicines, can cause drowsiness, alter visual functions and affect mental judgement and motor skills.

5. **Avoid fatigued driving.** Drowsy driving is impaired driving. Getting behind the wheel while fatigued can be deadly. Ensure you are well-rested before you get on the road.

6. **Buckle up.** Seat belts are estimated to have saved 374,276 lives. Every occupant should buckle up appropriately; teens have the lowest rates of seat belt use among all age groups.

7. **Protect vulnerable passengers.** Child safety seats significantly reduce the risk of infant and toddler deaths. Be sure to read the manufacturer's instructions before installing a car seat. If you need help, visit the National Child Passenger Safety Board at cpsboard.org to find a certified technician near you.

8. **Look before you lock.** An average of 37 children die in hot cars each year. Make it a priority to ensure you don't leave the car without your child passengers when special circumstances break your routine. The temperature in your vehicle can increase 19 degrees Fahrenheit in the first 10 minutes after parking and turning off the engine. Visit nsc.org/HotCars to learn more.

9. **Understand your vehicle's on-board safety systems.** Hundreds of millions of cars have safety technologies – new and old – that help reduce the risk of crashes and deaths. But even the most advanced safety feature cannot replace a safe, focused driver in the car. Visit MyCarDoesWhat.org to learn more.

10. **Take an alternate path.** For shorter trips, consider leaving the car at home and finding a safe biking or walking route to get when you're headed.

11. **Watch for all road users.** Bicyclists, motorcyclists, pedestrians and other road users may be more common this holiday weekend. Respect all road users and give everyone around you space to be safe.

Important dates:

June 1: Global Day of Parents

June 5: World Environment Day

June 8: World Oceans Day

June 15: Global Wind Day

June 21: Father's Day and the Summer Solstice

June 22: Insect Week

June 22: National Pet Choking Prevention Day

June 25: Deafblind Awareness Week

June 27: National PTSD Awareness Day

June 30: National Meteor Watch Day

For more information about National Safety Month, tips and other resources, please visit:

[National Safety Month - National Safety Council](https://www.nsc.org/workplace/national-safety-month#/)

<https://www.nsc.org/workplace/national-safety-month#/>

In addition, the American Red Cross also put out a good list for overall emergency preparations, to include highway and travel safety tips as well, in their monthly website article:

[Highway Safety | American Red Cross](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/highway-safety.html)

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/highway-safety.html>

More Safety Observance information:

[Safety Observance Calendar - National Safety Council](https://www.nsc.org/events/safety-observance-calendar)

<https://www.nsc.org/events/safety-observance-calendar>

June National Daily Holidays:

[June Holidays | National Today](https://nationaltoday.com/june-holidays/)

<https://nationaltoday.com/june-holidays/>