



May 2026 Safety Calendar:

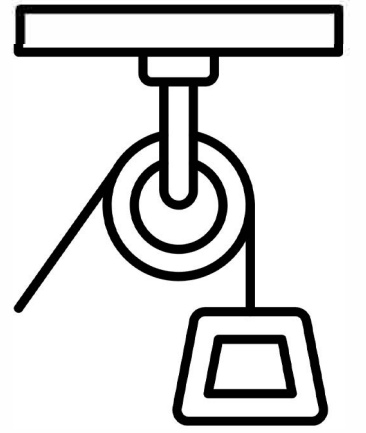
Real Estate Industry

Verist.

May 2026 Safety Calendar: Real Estate

It is not uncommon to experience a tenant or visitor complaint. It's important to recognize that a simple complaint can spiral into a heated experience depending on how it is handled. De-escalation training helps staff handle tense situations safely and respectfully protecting tenants, guests, employees, and your business' reputation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Reduces the likelihood for sprains, strains, and back pain 1	Improves efficiency and safety during housekeeping, maintenance, and other tasks 2
Week 1: Why Safe Lifting Fundamentals Are Important						
Assists in improving a safer environment 3	Helps maintain long-term employee health and career longevity 4	Reduces the risk of dropped or damaged items that could harm staff or others 5	Ensures compliance with workplace safety standards and policies 6	Reinforces teamwork and communication when lifts require more than one person 7	Handling garbage and trash 8	Using carts to carry tools and other items 9
Week 2: Common Lifting Tasks in Real Estate						
Lifting items left in tenant space 10	Laying down absorbent mats during adverse weather 11	Stocking storage rooms with maintenance items 12	Loading/ Unloading shipments from delivery trucks 13	Carrying ladders 14	Plan before lifting — check the weight and clear your path before you start 15	Ask for help if an object feels too heavy or awkward 16
Week 3: Safe Lifting Best Practices						
Use material handling aids as needed 17	If using a material handling cart push instead of pull 18	Stand close to the load and keep your feet shoulder-width apart for balance 19	Bend at the knees, not the waist, and use your legs to lift, not your back 20	Keep the load close to your body while lifting and carrying 21	Avoid twisting your torso — turn by moving your feet instead 22	Set the object down carefully, maintaining control until it's stable and secure 23
Week 4: Continued Education on Safe Lifting Practices						
Provide consistent and thorough safe lifting training for all staff 24	Training should be provided for new hires and at least annually thereafter 25	Address key loss exposures: Handling ladders, carts, moving furniture, carrying boxes 26	Encourage staff reports damaged carts, lifting aids, and other damaged equipment 27	Remove any damaged material handling aid from service 28	Post safe lifting best practices in storage closets 29	If you see someone lifting unsafely bring it to your manager's attention, this will enable a coaching session to correct unsafe behaviors 30
Take a short break from screens 31						



Safe Lifting Fundamentals

In Real Estate, employees may handle a wide variety of physical tasks every day—from moving packages/boxes, handling trash, removal of tenant belongings, or restocking supplies. These tasks, though routine, can lead to serious back, shoulder, or knee injuries if proper lifting techniques aren't used. By understanding and following safe lifting fundamentals, your employees help maintain a safer, healthier, and more productive workplace for everyone.

Week 1

Why Safe Lifting Fundamentals Are Important

1. Reduces the likelihood for sprains, strains, and back pain
2. Improves efficiency and safety during housekeeping, maintenance, and other tasks
3. Assists in improving a safer environment
4. Helps maintain long-term employee health and career longevity
5. Reduces the risk of dropped or damaged items that could harm staff or others
6. Ensures compliance with workplace safety standards and policies
7. Reinforces teamwork and communication when lifts re-quire more than one person

Week 2

Common Lifting Tasks in Real Estate

1. Handling garbage and trash
2. Using carts to carry tools and other items
3. Lifting items left in tenant space
4. Laying down absorbent mats during adverse weather
5. Stocking storage rooms with maintenance items
6. Loading/ Unloading shipments from delivery trucks
7. Carrying ladders

Week 3

Safe Lifting Best Practices

1. Plan before lifting. Check the weight and clear your path before you start
2. Ask for help if an object feels too heavy or awkward
3. Use material handling aids as needed
4. If using a material handling cart push instead of pull
5. Stand close to the load and keep your feet shoulder-width apart for balance
6. Bend at the knees, not the waist, and use your legs to lift, not your back
7. Keep the load close to your body while lifting and carrying
8. Avoid twisting your torso, turn by moving your feet instead
9. Set the object down carefully, maintaining control until it's stable and secure

Week 4

Continued Education on Safe Lifting Practices

1. Provide consistent and thorough safe lifting training for all staff
2. Training should be provided for new hires and at least annually thereafter
3. Address key loss exposures: Handling ladders, carts, moving furniture, carrying boxes
4. Encourage staff reports damaged carts, lifting aids, and other damaged equipment
5. Remove any damaged material handling aid from service
6. Post safe lifting best practices in storage closets
7. If you see someone lifting unsafely bring it to your manager's attention- this will enable a coaching session to correct unsafe behaviors.

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