

Workplace Health, Safety & Wellbeing Calendar 2025



January

Encourage staff to plan health goals for the year ahead

February

- 1–28 Ovarian Cancer Awareness Month
- 1–28 RedFeb Heart Health Awareness
- 4 World Cancer Day
- 5–11 Healthy Lunchbox Week

March

- 1–31 Endometriosis Awareness Month
- 1 Zero Discrimination Day
- 3 World Hearing Day
- 4 World Obesity Day
- 8 International Women's Day
- 14 World Sleep Day
- 21 Harmony Day
- 26 Purple Day (Epilepsy)

April

- 1 Flu vaccine season starts
- 7 World Health Day
- 28 World Day for Safety & Health at Work

May

- 5–11 Heart Week
- 17 IDAHOBIT Day
- 11–18 National Road Safety Week
- 19–25 National Volunteer Week
- 25 Australia's Biggest Morning Tea
- 30 World Multiple Sclerosis Day
- 30 Fatality Free Friday
- 31 World No Tobacco Day

June

- 1–30 Pride Month
- 9–15 Men's Health Week
- 14 World Blood Donor Day

July

- 1–31 Dry July
- 4–11 NAIDOC Week
- 20–26 Farm Safety Week

August

- 1–31 Tradies Health Month
- 4–10 Dental Health Week
- 4–10 National Stroke Week

September

- 11 R U OK Day
- 13 World First Aid Day
- 29 World Heart Day



October

- 1–31 National Safe Work Month
- 10 World Mental Health Day
- TBC National Nutrition Week

November

- 1–30 Movember
- 14 World Diabetes Day
- 19 International Men's Day
- 17–23 National Skin Cancer Action Week
- 25 International Day for the Elimination of Violence Against Women

December

- 18 International Migrants Day