

2026 Calendar Workplace Health, Safety & Wellbeing



January

Kickstart 2026 with health and safety goal-setting

February

- 4 World Cancer Day
- 1–28 Ovarian Cancer Awareness Month
- 1–28 RedFeb Heart Health Awareness Month
- 9–15 Feb Healthy Lunchbox Week

March

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

April

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

May

- 4–10 Heart Week (Heart Foundation)
- 11–18 National Road Safety Week
- 17 IDAHOBIT (International Day Against Homophobia, Biphobia & Transphobia)
- 18–24 National Volunteer Week
- 29 Fatality Free Friday
- 30 World Multiple Sclerosis Day
- 31 World No-Tobacco Day

June

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

July

- 5–12 NAIDOC Week
- 1–31 Dry July
- 19–25 Farm Safety Week
- 26–31 National Pain Week

August

- 1–31 Tradies Health Month
- 3–9 Dental Health Week
- 3–9 National Stroke Week
- 28 Wear It Purple

September

- 10 R U OK Day!
- 12 World First Aid Day
- 29 World Heart Day

October

- 1–31 National Safe Work Month
- 10 World Mental Health Day
- 13–19 National Nutrition Week

November

- 1–30 Movember
- 14 World Diabetes Day
- 19 International Men's Day
- 25 International Day for the Elimination of Violence Against Women
- 20–26 National Skin Cancer Action Week

December

- 3 International Day of Persons with Disabilities
- 10 Human Rights Day
- End-of-year comms and shutdowns