



International
Labour
Organization

**SAFETY
+ HEALTH
FOR ALL**

2025



**VISION
ZERO
FUND**



National Union of Cooperatives
Commercial Agricultural and
Allied Workers



Co-funded by
the European Union

ENSITULA ETALI YA BULABE



Ekisero kirina okubeerako omusipi ogutamalako mirembe, era nga tekiteekedwa kuzitowa kusukka ku busobozi bwa mukozi.



Ensitula enkyamu.



Ensitula entuufu.

JANUARY 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

- 1 New Year`s Day
- 26 NRM Liberation Day

FEBRUARY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |

- 16 Archbishop Janani Luwum Memorial Day
- 20 World Day of Social Justice

MARCH

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

- 8 International Women`s Day
- 30 Eid al-Fitr

Okutondawo enkola y'okugaba kaawa esingako obukuumi era ennungi kyetaagisa enkolagana wakati w'abakozesa, abakozi n'ababaka baabwe

ENKUUMA Y'EDDAGALA



Eddagala liteekeddwa okusibirwa mu kkabada oba mu bifo ebigereddwa abaana webatasobola kulituukako.



Naaba bulungi mu ngalo okyuuse n'engoye nga omaze okukozesa eddagala okukakasa embeera ennungi.



Eddagala bwelikugenda mu maaso, ganaabe bulungi nnyo n'amazzi agatukula okumala eddakaiika ekitono ennyo 15 oluvvannyuma ogende ofune obujanjjabi.



Omukozi aggibweewo atwaalibwe mu kiffu ekitabunye butwa

APRIL 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

- 7 World Health Day
- 18 Good Friday
- 21 Easter Monday
- 28 World Day for Safety and Health at Work

MAY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

- 1 International Workers' Day

JUNE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

- 3 Uganda Martyrs' Day
- 6 Eid al-Adha
- 9 National Heroes' Day
- 12 World Day Against Child Labour

Noonya amawulire n'okutendekebwa ku engeri y'okusigala nga tolina bulabe ku mulimu

ENKUUMA Y'ABAKYAALA AB'EMBUTO KU MIRIMU



Weewale okukwata eddagala. Kendeenza ku budde bw'okuyimirira era kozesa entebe okuwummulamu



Weewale okubeera mu musana okumala ebbanga eddene. Tokola mirimu mizito omuli okusitula ebintu ebizitowa.



Nywa amazzi amalungi era agatukula era olye emmere elimu ebiriisa.



Kakasa nti olina ekifo ew'okuwummulirako era kakasa nga okeberebwa buli kaseera nga tonazaala.

JULY 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

AUGUST

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

SEPTEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

6 International Day of Cooperatives

15 World Youth Skills Day

30 World Day Against Trafficking in Persons

Abakyala bamugaaso nyo mu milimu egikolebwa mu mwanyi era okukakasa nga bakolela mumbera enungi kiyamba nyo okukuma obulamu bwabwe ate no kutumbula ebitundu gyebabeera

EMBEERA YOMUKOZI MWAKOLELA



Zimba ekigango okumpi ne wemukolera okusobola okufuna ew'okweggama nga omusana guyitiridde obungi, kakasa nti waliwo amazzi ag'okunywa amalungi era nga mayonjo, era kubiriza abakozi okunywa ennyo amazzi na ddala mu musana omungi.



Singa omusota guluma, beera mukakkamu, oyoze ekiwundu, ssaako bbandi, kuziyiza okutambula kw'ebitundu by'omubiri, era genda mu ddwaaliro mu bwangu

OCTOBER 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

- 1 International Coffee Day
- 9 Independence Day of Uganda
- 15 International Day of Rural Women

NOVEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

DECEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

- 10 Human Rights Day
- 25 Christmas Day
- 26 Boxing Day

Twala omulimu omunene mu kuteekawo nokukasa nga otukiliza enkola eyokukuma obulamu nokutangila obubengye ku mulimu era nokulaba nga buli mukozi akolela mu mbera atakosa bulamu bwe



EMISINGI EMIKULU N'EDDEMBE KU MIRIMU

Buli akola mu mwaanyi, mu buli mulimu, alina eddembe:

- **Eddembe lyo kweegatta nokuteeseza awamu.** Olina eddembe okubeera mu oba okutandikawo ekibiina ekyobweegassi. Ekibiina ky'obweegassi kisobola okuteeseganya n'akukozesa okulongoosa mu misaala gyamwe n'embeera gyemukoleramu.
- **Okulonda omulimu nga weeyagalidde, n'okukkiriza okutegeeze, n'okusigaza eddembe okulekulira nga oyagadde.** Okukola kwo kulina kubeera kusalawo kwo. Tewali alina kukukaka kukola nga akozesa okutiisatiisa, obukambwe oba okuwamba empapula zo.
- **Ensi y'emirimu etaliimu kukozesa baana.** Okukakasa nti abaana babeera mu ssomero mu kifo ky'okukola n'okukuuma abantu abato abali wansi w'emyaka 18 obutakola mirimu egy'obulabe gyebali. Kino kijja kubategekera ebiseera by'omumaaso ebitangaavu omuli emikisa nga bakuze.
- **Obwenkanya nobutasosolebwa ku mulimu.** Olina eddembe okukolela mu mbera etalimu busosoze. Okufuna obwenkanya no butasosolebwa mu mikisa okusobola okutebenkers ku mulimi gwo, nga tewali busosoze kusinziira ku ndabika, langi, butonde, ddiini, ndowooza ya byabufuzi, ggwanga, buvo, bulema, mbeera ya siriimu, bugwiira oba embeera endala yonna..
- **Embeera y'okukoleramu etali ya bulabe era ennungi.** Obuvune n'endwadde ebifunibwa ku mulimu bisobola nnyo okwewalibwa. Funa okumanya n'okutendekebwa okusobola obutafuna bulabe ku mulimu, okolagane n'akukozesa, omulabirizi, n'abakozi abalala okuyiira n'okuteeka mu nkola enkola ennungamu.



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+ HEALTH
FOR ALL**

**BULI MUKOZI WA KAAWA ALINA EDDEMBE OKUBEERA
MU MBEERA ENNUNGI ERA ENNUNGI GY'AKOLERA.**

**YIGA ENKOLA ZEMIRIMU EZITALI ZA BULABE ERA
WEENYIGIRE MU MIRIMU GYOKUZIYIZA.**

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