



**Federal Workers**  
**Keep America Running:**  
EVERY HOUR OF EVERY DAY





**Every morning when we get up and throughout the entire day, the critical services that our federal workers provide benefit all Americans. One day in the life of an average working mother shows how much we count on these dedicated public servants. The services described in this publication happen because of real people on the job at the federal departments, agencies, bureaus and commissions nationwide.**

*John F. Kennedy said it best: “You, the federal employee, provide the mind and muscle for carrying out national and international policies, commitments, and programs. . . . Our country counts on you to meet the special challenge with a special effort.”*





**6:00 am**  
**Radio and Time**

My radio goes on. **The Federal Communications Commission (FCC)** employees ensure that the radio stations are up and running each hour of every day. The FCC ensures the airwaves are used properly and that all radio stations can be heard without interference, including the frequencies used by all police, fire and ambulance services, the military, TV, broadcast, cell phones, airport radar, weather radar and satellite communication.

My alarm clock rings. The **National Oceanic and Atmospheric Administration (NOAA)** staff maintains the Atomic Clocks used to set time on alarm clocks, computers, cell phones, etc. so Americans can organize themselves.

**6:30 am**  
**Water and Water Safety**

I get my daughter up and take a shower as my coffee pot brews. The water from my tap is safe and clean thanks to the many agencies who build the infrastructure for clean water—such as the **Bureau of Reclamation, Tennessee Valley Authority, International Boundary and Water Commission** and the **U.S. Army Corps of Engineers (USACE)**. The **Environmental Protection Agency (EPA)** tests the water for my coffee for dangerous chemicals and enforces the Clean Water Act.

**7:00 am**  
**Food Safety**

The smell of coffee wafts in from the kitchen. The employees at the **Food and Drug Administration (FDA)** monitor all **coffee products** imported and sold in the U.S. and inspect them to ensure no potentially harmful ingredients are present. The fruit and cereal we eat for breakfast (and all the food we eat throughout the day) has been inspected by federal workers at the FDA and **U.S. Department of Agriculture (USDA)**. EPA workers make sure that the fertilizers and chemicals used will not harm us.

**7:30 am**  
**Clean Environment**

I head out the door and take a deep breath of clean and fresh air thanks to the workers at the **EPA** who protect human health and the environment.

**8:00 am**  
**Highway Safety**

I drop my daughter off at school and commute to work in my car, thanks to the scores of federal workers who make my mode of transportation safe. The **National Highway Traffic Safety Administration** works daily to help prevent accidents and the **Federal Highway Administration** makes sure traffic signals are regulated to be consistent across the country. My car and the car seat in which my daughter sits are safe because they have been inspected by federal workers at the **Consumer Product Safety Commission**.



8:30 am  
Energy

When I get to work, I will turn on my computer and office equipment. This is possible thanks to the **Department of Energy** workers who ensure that our nation's power grid is reliable and efficient—from power generated at federal water projects to the **Federal Energy Regulatory Commission** overseeing electricity, natural gas and oil transmitted over state lines to the **National Renewable Energy Laboratory** researching sustainable energy. The **Department of the Interior** oversees oil and gas production on federal lands and the **Bureau of Ocean Energy Management, Regulation and Enforcement** increases safety and ensures oil and gas development is conducted responsibly throughout the nation.

9:00 am  
Air Travel

I greet our business clients who flew in today from Singapore. The people at the **Federal Aviation Administration** and the **Transportation Security Administration** work tirelessly to keep our skies safe.

9:30 am  
International Business

We discuss expanding our international trade. I call a Small Business Specialist at the **Export-Import Bank of the United States** for help in financing the export of U.S. goods and services to international markets. The **U.S. Commercial Service** trade professionals help U.S. companies get started in exporting or increasing sales to new global markets. The **Department of State** also helps create jobs at home by opening markets abroad.

10:00 am  
Internet Safety

I use the internet to get the information I need and feel secure in knowing the **Federal Trade Commission (FTC)** maintains **OnGuardOnline.gov** to guard against internet fraud, secure my computer and protect my personal information.

10:30 am  
Mail Delivery

During the day, I receive the mail and other deliveries that keep the office running - thanks to the **U.S. Postal Service** employees and the **United States Postal Inspection Service** which has a long, proud, and successful history of fighting criminals who attack and misuse our nation's postal system.



11:00 am  
Equal Employment

My fellow workers and I work as a team allowing us to succeed. This is because workers at the **Equal Employment Opportunity Commission** enforce federal laws that make it illegal to discriminate against a job applicant or an employee. The **Office of Disability Employment Policy** works toward a world where people with disabilities have unlimited employment opportunities. The **Department of Justice** enforces the **Americans with Disabilities Act** to help provide access from design standards for buildings to mediation. Without these people, several of my co-workers would be unable to work or would not be hired, and I would miss their valuable input.

11:30 am  
Weather Reports

I check the weather reports. NOAA's **National Weather Service** and **Global Systems Division** employees do the best job possible in trying to predict the weather to allow us all to adequately prepare for adverse circumstances.

12:00 pm  
Health Care

I grab a quick lunch and stop to visit my friend in the hospital. We thank the experts at the **FDA** who help ensure that her medications are safe and those at the **Department of Health and Human Services** who help oversee our health care laws. Helping to relieve my friend's stress about paying for her medical care are the **Health Care Financing Administration** workers who make sure Medicare and Medicaid are run efficiently.

12:30 pm  
Health Care Research

We talk about possible cures for my friend. The experts at **Centers for Disease Control** are constantly researching to promote good health. The **Agency for Healthcare Research and Quality** scientists improve the quality, safety, efficiency and effectiveness of health care for all Americans. Scientific experts at the **National Institutes of Health** work on cures for scores of diseases plaguing our nation including cancer, heart disease, obesity and other ailments.

1:00 pm  
Education

I get back to work. My office life is more productive because I know that federal workers are watching out for my children while I am on the job. My youngest child is at a day care center that has been inspected and watched by conscientious federal workers several federal agencies including the **Department of Health and Human Services** whose jobs are to protect our nation's most vulnerable to make sure they are cared for in a safe and healthy environment.

Our folks at the **Education Department** promote student achievement and preparation for competition in a global economy by fostering educational excellence and ensuring equal access to educational opportunity. Federal workers conduct audits and review scholastic programs to ensure that they are comprehensive and offer the most beneficial schooling curriculum. Should my children not go to the college, federal programs offer alternatives through the **Job Corps Centers**.



1:30 pm  
Banks

I run to the bank to make a deposit. I know that our money is safe because people at the **Federal Reserve, National Credit Union Administration** and the **Federal Deposit Insurance Corporation** help ensure the safety of our banks and maintain the stability of our banking systems. Employees at the **Bureau of Engraving and Printing** print our currency and the **U.S. Mint** produces coins.

2:00 pm  
Financial Markets

I check our company investments and look at **Investor.gov** to invest wisely. The **Securities and Exchange Commission** regulates the securities industry and our stock and options exchanges. The **Department of the Treasury** enhances our national security by improving the safeguards of our financial systems, implements economic sanctions against foreign threats to the U.S., and identifies and targets the financial support networks of national security threats.

2:30 pm  
Small Business

I call my business mentor, thanks to the **Small Business Administration (SBA)**, who helps companies and entrepreneurs. Not only does SBA help find a mentor for me, they offer me a variety of programs and support services to help me navigate issues from start-up through running my small business.

3:00 pm  
Construction Inspections

I plan our new office space. I am so glad that federal workers at **Occupational Safety and Health Administration (OSHA)** already thought about safe construction methodology such as the width and depth of the stairs, the height of the railing and carpet on the stairs so I don't have to.

3:30 pm  
Manufacturing and  
Consumer Product Safety

I order some office furniture, thanking the workers at the **Consumer Product Safety Commission** for helping make sure that our products are safe to use. They contributed significantly to the 30 percent decline in the rate of deaths and injuries associated with consumer products over the past 30 years. I can even look up product recalls on my cell phone!

4:00 pm  
Labor Laws

Whew! I rub my shoulders and remember the 18-hour days children worked at factories in the "bad old days." We now have child labor laws in place to keep children safe from hazardous work and long hours. The **U.S. Department of Labor's Wage and Hour Division** employees monitor and enforce child labor laws as well as enforce wage and overtime standards. The **Department of Labor** employees ensure that we are paid an equal and fair wage. I have a safe place to work thanks to federal workers at **OSHA** and the **Office of Workers' Compensation Programs** which administers disability compensation programs for some occupations.



4:30 pm  
Innovation

The success of my small business depends upon my ability to compete. The **U.S. Patent and Trademark Office** workers encourage and safeguard inventors, and promote intellectual property protection worldwide so that our nation remains a strong competitor. The strength and vitality of our economy depends directly on these mechanisms to protect new ideas and investments in innovation and creativity.

5:00 pm  
Research

I visit **Challenge.gov** and the **Federal Research and Development** summaries to find opportunities to work with research arms of many agencies to bring research solutions to the private market. The federal government has a large research role—if they did not research, then private companies like mine or even smaller municipalities would not be able to take the risks needed to get research from the lab to the ground.

5:30 pm  
Information and Libraries

I track new legislation from **Thomas, the Library of Congress** that may affect our company. But then I get caught up in all of the great information sources the federal government offers. The **National Archives and Records Administration** has records of all government activities and more—offering a digital library, free publications, and even teacher resources. The **Library of Congress** oversees copyrights, and holds copies of nearly all of America's books, texts, digital media and more—becoming the record of American creativity and a storehouse of the world's knowledge. I even get on an online chat with a knowledgeable federal librarian!

6:00 pm  
Transportation Safety

I commute home, amidst trucks and trains. I feel secure knowing that **National Transportation Safety Board** folks investigate accidents and issue recommendations to make our infrastructure, pipelines, highways, cars, trains, planes, etc. safer for all of us. Roads are safer too because the **Surface Transportation Board** oversees pipeline carriers, intercity bus carriers, moving vans and trucks. **Pipeline and Hazardous Materials Safety Administration** workers make sure hazardous materials are transported safely.

I wave to people on the commuter trains. **Federal Transit Administration** workers support a variety of locally planned, constructed and operated public transportation systems throughout the United States.



6:30 pm  
Farms

I stop off at the Farmer's Market for some fresh fruits and vegetables. Federal workers at the **USDA** help to keep America's farmers and ranchers in business as they face the uncertainties of weather and markets. The **Animal and Plant Health Inspection Service** protects and promotes U.S. agricultural health. **Farm Credit Administration** workers help ensure a safe, sound and dependable source of credit and related services for agriculture and rural America. **Natural Resources Conservation Service** works with landowners through conservation planning and assistance designed to benefit the soil, water, air, plants, and animals that result in productive lands and healthy ecosystems. EPA's **Office of Chemical Safety and Pollution Prevention** protects my family and the environment from potential risks from pesticides and toxic chemicals.

7:00 pm  
Social Security

I go to dinner with my sister. We talk about our elderly parents and my special-needs nephew. Our worries are less because the **Social Security Administration** workers are dedicated to providing an economic safety net so that we do not have to worry about uncertainties brought on by unemployment, illness, disability, death and old age.

7:30 pm  
Legal System

We talk about court cases in other countries where there is no guarantee of a fair trial. The workers in the **Department of Justice** are dedicated to ensuring fair and impartial administration of justice for all Americans. We can take our cases to the highest court in the land and be heard.

8:00 pm  
Fair Taxation

We talk about horror stories of tax collections in other countries. Professionals at the **Internal Revenue Service** are dedicated to providing America's taxpayers top quality services by helping them understand and meet their tax responsibilities and enforce the law with integrity and fairness to all.

8:30 pm  
Mine Safety

As I drive home, I think about the metals in my car and my brother and aunt who work in the mining industry to help produce them. Their jobs are safer because of the **Mine Safety and Health Administration** workers dedicated to sending miners home safe and healthy every shift, every day. Every year, 40,000 pounds of minerals must be provided for every person in the United States to maintain our standard of living.





9:00 pm  
Science for the Future

I look out the window at the stars, wondering what awaits us out there in the future. **National Aeronautics and Space Administration (NASA)** satellites and researchers make incredible discoveries every day. I look up new research on **Science.gov**, and I get overwhelmed with the amazing array of research—from food safety to biotechnology to electronics to ecosystems to energy—and beyond. The **National Science Foundation** keeps the United States at the leading edge of discovery.

9:30 pm  
Emergency Response

I watch the news and am glad our federal workers respond to disasters and emergencies, including the **Federal Emergency Management Agency**, the **Department of Health and Human Services** and the **Department of Homeland Security**. For pandemics, we look to **CDC's Healthcare Preparation and Planning**. I see that several families were saved due to the work of the **Global Systems Division** at the Commerce Department which warned them of a tornado that was coming in their direction.

10:00 pm  
Defense

I turn off the news and think to myself that we are so thankful to each and every member of the **Department of Defense** for protecting our nation and our freedoms. Without those women and men who give back to our country to make it safe for all citizens, we would not be a strong and free country.

10:30 pm  
Veteran's Care

I give a goodnight call to my uncle who served in Iraq. The staff at the **Department of Veteran's Affairs** takes care of all aspects of military care for veterans, from surgeries to the GI Bill which helps educate Americans after they have served their country.

11:00 pm  
Children and Families

I check to make sure my children are sleeping safely and go to bed. I know that other kids are sleeping at night thanks to federal workers at agencies like the **Administration for Children and Families** who administer federal programs that promote the economic and social well-being of families, children, individuals and communities.

11:30 pm  
Mortgage and Housing

I go to sleep and stop worrying about my mortgage. If I have problems, I will go to **MakingHomeAffordable.gov** and get free help from the **Department of Housing and Urban Development**.



12:00 am  
Homeland Security

I shut my eyes knowing that people work around the clock in the **Department of Homeland Security** to guard against terrorism, secure our borders and enforce our immigration laws.

12:30 am  
Emergency Safety—  
Earthquakes and Floods

I keep sleeping soundly, knowing that so many agencies are working to keep me, my family, my town and my nation safe from natural disasters. The **U.S. Geological Survey** monitors earthquakes, volcanoes, landslides, floods, tsunamis and more. The **Bureau of Reclamation** and the **Corps of Engineers'** projects provide flood protection.

1:00 am  
Ecosystem Protection

I dream about our ecosystems. The **U.S. Fish and Wildlife Service** workers conserve, protect and enhance fish, wildlife, plants and their habitats and the **NOAA National Marine Fisheries Service** does the same for living marine resources.

1:30 am  
Toxic Waste

I have a nightmare about toxic and nuclear waste. But I calmly go back to sleep as I remember that the **Nuclear Regulatory Commission** helps to make sure that nuclear material is being used effectively and not dangerously.

2:00 am  
History

I dream about our history and am glad for the dedicated professionals at the **Advisory Council on Historic Preservation** who help preserve our nation's historic resources, and the curators at the **National Park Service (NPS)**, the **Smithsonian Institution** and other agencies that establish museums and preserve historical areas so we can experience our past.

2:30 am  
Parks and Vacations

I dream about my next vacation, travelling over well-maintained scenic and interstate highways, and even camping in pristine wildernesses. I'll check out **Recreation.gov** and go some place managed by federal workers in the **U.S. Forest Service**, **NPS** and others.

3:00 am  
Foreign Aid

Thinking about travelling the world makes me appreciate those federal workers who make our world a better place. While less than one percent of our federal budget goes to foreign aid, we still respond to global needs, make the world safer and help people better their own lives. The **U.S Agency for International Development**, **African Development Foundation**, and **Millennium Challenge Corporation** workers extend assistance to countries recovering from disaster, trying to escape poverty and engaging in democratic reforms. **Peace Corps** volunteers travel overseas to make real differences in the lives of real people.



3:30 am  
Peace

I dream about world peace and stability. The **Department of State** promotes and protects the interests of Americans by bringing nations together and forging partnerships to address global problems, such as terrorism, the spread of communicable diseases, cross-border pollution, humanitarian crises, nuclear smuggling and narcotics trafficking.

4:00 am  
Native Americans

Often we forget about the other governments in our own lands. The United States has a unique legal and political relationship with Indian tribes and Alaska Native entities. The **Bureau of Indian Affairs** workers enhance the quality of life, promote economic opportunity, and protect and improve the trust assets of American Indians, Indian tribes and Alaska Natives.

4:30 am  
Safe from Criminals

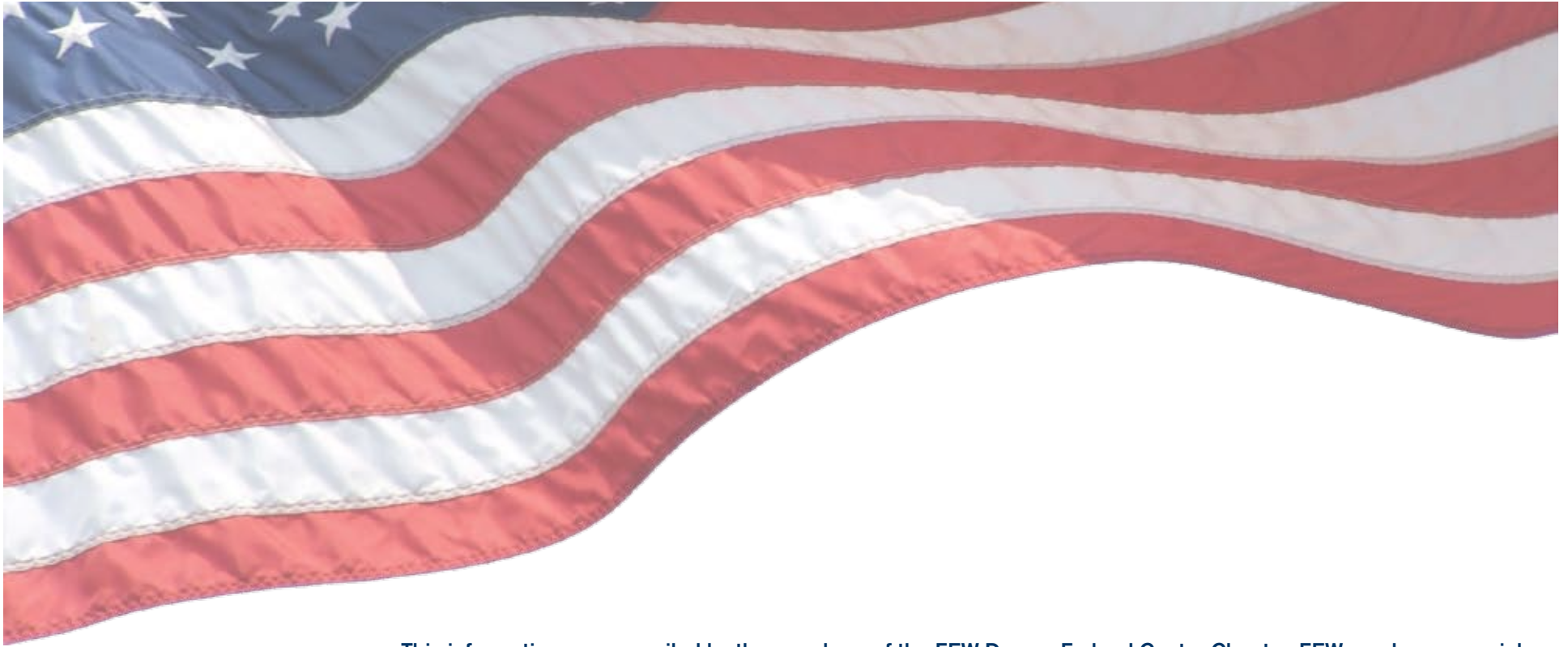
My home remains safe from criminals thanks to all of the agencies that work to keep us safe, like the **Federal Bureau of Investigation**. **Department of Justice** workers ensure criminals are treated fairly and the **Federal Bureau of Prisons** staff help keep convicted criminals off our streets.

5:00 am  
Concerts and Arts

I dream of concerts and the arts. Our federal employees at places like the **National Endowment for the Arts**, **National Gallery of Art**, and **John F. Kennedy Center for the Performing Arts** help support artistic excellence, creativity and innovation.

5:30 am  
Living in America

As I start to wake up and begin a new day, I stop to reflect just how much I rely on federal workers during every minute of my day. Without the dedication and support of these federal workers, our great nation would be unable to function, unsafe, chaotic and in ruin. So instead of blaming federal workers for our nation's budgetary woes, let's join together to find solutions that will work without disrupting their valuable services to all Americans each and every day.



**This information was compiled by the members of the FEW Denver Federal Center Chapter. FEW sends our special thanks to Cheryl Howley, Chapter President; Patt Franc, Policy and Legislation Chair; and Deena Larsen, Team Leader for spearheading the writing of this publication.**

**For more information about FEW's Legislative Program, contact the organization's Washington Representative Janet Kopenhaver at 703-528-7822 or via email at [janetk@few.org](mailto:janetk@few.org).**



700 North Fairfax Street  
Suite 510  
Alexandria, VA 22314  
202-898-0994  
[www.few.org](http://www.few.org)