

Newsletter

Spotlight on Safety

National Safety Council

April 2013



About the National Safety Council:

The National Safety Council saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads through leadership, research, education and advocacy. Visit us at nsc.org for up-to-date industry news, information and tools to take your safety program to the next level.



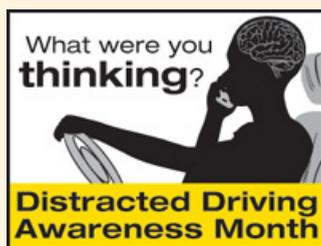
NSC Safety Awards

Participation in the NSC Awards Program is the safe decision for your employees and the smart decision for your bottom line.

Safety awards from NSC instill employee pride; earn respect from your customers, community and peers; and place you one step ahead of your competition. [Learn more.](#)



Featured Webinar



Do not miss this **FREE** webinar:

"What were you thinking? The myth of multi-tasking"

Date: April 10
Time: 10:00-11:00 a.m. CST

Presenters:
Clifford Nass, Professor of Communication, Stanford University

Deborah Trombley, Senior Program Manager, Transportation Initiatives, National Safety Council

Register [today.](#)

Welcome to *Spotlight on Safety*, an e-newsletter brought to you by the Department of the Interior Office of Occupational Safety and Health in partnership with the National Safety Council. We hope you will find this service of value. Send feedback or ideas on topics you would like to see to membershipinfo@nsc.org. Please put "Department of the Interior feedback" in the subject line.

Schedule a 5 minute safety break: Managing stress at work



While many of us need a certain level of stress to achieve peak performance, too much stress can take its toll, increasing the risk of job burnout, anxiety, depression, insomnia, hypertension and frequent illnesses. The more an organization can do to reduce stress on the job - and the

more individuals can do to better manage the stress in their lives - the more productive the workplace. Download and use this [powerpoint presentation](#) at your next meeting to help you and your employees better manage the stresses of the workplace.

Emergency response plans: do you and your employees know what to do in an emergency?

Businesses can do a lot to prepare for the impact of hazards they face in today's world including natural hazards like floods, hurricanes, tornadoes, earthquakes and widespread illnesses such as the H1N1 flu virus pandemic. Human-caused hazards include accidents and acts of violence by people and terrorism. Examples of technology-related hazards include the failure or malfunction of systems, equipment or software.



It is important to plan and practice your emergency response to each specific risk your business may be faced with. Use this [website](#) to find the tools needed to establish your plan, from program management, planning, implementation, testing and exercises to program improvement.

Source: www.ready.gov; www.fema.gov

April is Distracted Driving Awareness Month

April is Distracted Driving Awareness Month. This month features two member-exclusive posters. Download these and share throughout the month to promote cell phone-free driving.



"Hands-free is not risk-free"
"Are you willing to take these odds?"

You can find more about NSC's FREE Cell Phone Policy kit as well as other distracted driving material [here.](#)