



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.



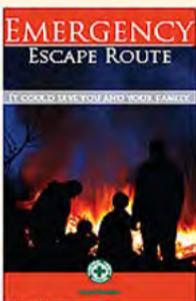
NSC Safety Awards

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.](#)



Downloadable safety poster



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.

Signs and symptoms of sudden illness

Many illnesses may occur suddenly and become medical emergencies. You do not have to know for sure what the victim's specific illness is before you give first aid.

General signs and symptoms of sudden illness:

- Person feels ill, dizzy, confused or weak
- Skin color changes (flushed or pale), sweating
- Nausea, vomiting

General care for sudden illness:

1. Call 9-1-1 for unexplained sudden illness.
2. Help the victim rest and avoid getting chilled or overheated.
3. Reassure the victim.
4. Do not give the victim anything to eat or drink.
5. Watch for changes, and be prepared to give basic life support.

Read more [here](#).

Hot weather tips

Take care of your body:

- Eat light, healthy, low-fat meals.
- Drink plenty of fluids before, during and after exerting yourself. Don't wait until you feel thirsty. When you feel thirsty, you're likely dehydrated.
- Avoid caffeinated and alcoholic beverages. They are diuretics, so they contribute to dehydration.
- Keep fit. The heart works harder in the heat if the body is carrying extra weight.
- Dress in loose-fitting cotton that wicks away perspiration. Also, wearing light-colored clothes will reflect more sunlight than dark-colored clothes, which absorbs it. Wear a wide-brimmed hat, visor or other head gear to protect against the sun.



If working outside:

- Pay attention to weather reports. When possible, plan activities for days that are not as hot. Try to schedule your most strenuous activities in the mornings and evenings when it is usually cooler.
- Take frequent rest breaks in a shaded or cool area.
- Drink lots of fluids.

Other issues:

- If you take prescription medication, consult with your doctor about possible side effects from heat stress.
- If you're going to be in the sun for an extended period of time, wear a sunscreen. A product with an SPF of either 30 or 45 should help keep you from being overcome by sunburn. Apply the product liberally about every hour to exposed areas.
- Do not take salt tablets.
- Keep tabs on how you are feeling and immediately get out of the heat if your stomach is upset or you feel dizzy or faint.
- Keep tabs on those around you, especially children and those over age 65.

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Overexertion



Understanding overexertion [webinar](#)

A Million Acts of Safety

BLM Vernal Field Office employees Katie Nash and Bill Civish were driving down a busy road when they spotted a trailer hitch lying in the center of their lane of travel. Instead of driving around it like everyone else did, they stopped, picked it up, and placed it in the back of their truck. They realized this was too dangerous to leave in the road where a vehicle could hit it causing a serious accident but thanks to their act of safety this event would not happen.

Congratulations to both Katie and Bill for their Act of Safety that had a tremendous return in protecting others from harm.

The Department officially kicked off its participation in the National Safety Council's "A Million Acts of Safety" campaign on April 16. We need everyone's help to make the people around us safer by becoming a safety Ambassador. Help the Department achieve its goal of one "act of safety" per employee, for a total of 80,000 DOI acts of safety, by the end of 2012.

Sign in at [million acts of safety](#) to post your safety act(s). Use "Team DOI" as your user ID and "safety" as your password. Start each submittal with your name, bureau and office for potential recognition in a future issue of the DOI e-newsletter.