



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.



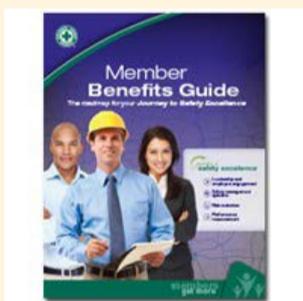
NSC Safety Awards

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.](#)



Learn about all the benefits available to you in our new Member Benefits Guide



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.

5-Minute Safety Talk

Bloodborne and Airborne Pathogens: Universal Precautions



Universal precautions are safety guidelines in which all blood and other potentially infectious materials (OPIM) are handled as if they were contaminated.

Following universal precautions means using personal protective equipment and following safe work practice controls.

Employers are required to inform you on how to make an incident report in case you are exposed. Treatment and follow-up medical care depend on the type of exposure, the substance involved, the route of transmission and the severity of the exposure.

[Read](#) the full article to learn more.

Safety tips: Keep outdoor workers safe

Summer's high temperatures and humidity can induce several illnesses such as heat stress, heat exhaustion or heat stroke. Symptoms may include headaches, dizziness, lightheadedness, fainting, weakness, mood changes or an upset stomach. Severe cases of heat stroke can even result in death.



OSHA's Heat Stress Card provides a reference guide and recommendations to prevent illnesses. Tips include:

- Know the signs and symptoms of heat-related illnesses; monitor yourself and co-workers.
- Block out direct sun or other heat sources.
- Use cooling fans and air-conditioning; rest regularly. Drink plenty of water - about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks and heavy meals.
- Call 911 or the local emergency number immediately if a worker shows signs of heat stress.
- While waiting for help to arrive, move the worker to a shaded area, loosen or remove heavy clothing, provide cool drinking water, and mist the person with water.

Safety poster: Safe practices on and off the job

[Download](#) and share this safety poster to remind your employees about the importance of following safe practices on and off the job.



Webinar: When OSHA knocks

Click [here](#) to view this month's featured webinar: "What to do (and not to do) when OSHA knocks"



You can access all members-only webinars by clicking [here](#).