



### 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](http://nsc.org) for up-to-date industry news, information and tools to take your safety program to the next level.



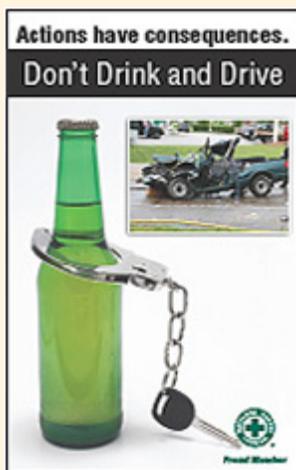
### NSC Safety Awards

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.](#)



Download this month's featured poster in [English](#) or [Spanish](#).



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](mailto:membershipinfo@nsc.org). Please put "Department of the Interior feedback" in the subject line.

### Give cold weather PPE a warm welcome



Working in cold weather conditions involves more than throwing on extra layers. When potential medical problems such as hypothermia and frostbite exist, as well as more traditional work concerns such as fires and electrical hazards, special precautions must be taken. Luckily, advancements in cold weather apparel are making safety and compliance easier than ever. NSC's *Safety+Health* magazine details more about "hot" trends in cold weather to keep you better protected. Click [here](#).

### Eating right

With the holiday season in full swing, it can be easy to lose sight of a healthy diet. Healthy eating can reduce the risk of chronic illness and disease, including the three leading causes of death: heart disease, cancer and stroke. Take note of these helpful healthy eating tips:



- Make half your plate fruits and vegetables.
- Make half the grains you eat whole grains, such as oatmeal, whole wheat bread and brown rice.
- Choose fat-free or low-fat milk, yogurt or cheese.
- Drink water instead of sugary drinks.
- Choose lean sources of protein such as seafood, turkey and chicken breast, eggs and beans.
- Choose foods with less sodium. Look for "low sodium" and "no salt added" on food packages.
- Eat some seafood each week, such as salmon, tuna or crab.
- Pay attention to portion size.

Further details of the benefits of healthy eating and overall employee wellness can be found [here](#).

### Webinar spotlight



Click here for the "Preventing Slips, Trips and Falls" [webinar](#).

### A Million Acts of Safety

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.