



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.



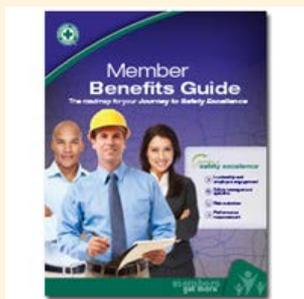
NSC Safety Awards

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



[See the benefits that are available to you and ALL your employees](#)

Featured Safety Poster:



Remind employees to drive safe with this [downloadable 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.

Hosting & food safety

The holidays can be a stressful and busy time for all. To keep everything running smoothly, follow these safety tips:



- When preparing a holiday meal for friends and family be sure to wash hands, utensils, sink, and anything else that has come in contact with raw poultry. Keep in mind that a stuffed bird takes longer to cook.
- Never defrost food at room temperature. Thaw it in the refrigerator, in cold water or in the microwave.
- While doing holiday cooking, keep your knives sharp. Most knife injuries occur due to dull blades.
- Use a clean food thermometer to cook foods to a safe internal temperature before serving.
- Avoid cleaning kitchen surfaces with wet dishcloths or sponges. They easily harbor bacteria and promote bacteria growth. Use clean paper towels instead.
- Refrigerate or freeze leftovers in covered shallow containers (less than two inches deep) within two hours after cooking. Date the leftovers for future use.
- Being a smart party host or guest should include being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use designated drivers, people who do not drink, to drive other guests home after a holiday party.
- The holiday season is one of the most stressful times of the year. You can't avoid stress completely, but you can give yourself some relief. Allow enough time to shop for gifts and meal items rather than hurry through stores and parking lots. Only plan to do a reasonable number of errands.

5 Minute Safety Talk: Cold weather safety

While most people think of dangerous cold during long winters in northern states, the reality is that cold-related illness, both hypothermia and frostbite, occur throughout the year, in every state.



In one three-year period, the state of New Mexico had the 4th highest rate of death from hypothermia.

Remember, illness and injury related to cold temperatures can occur at seemingly mild temperatures in unexpected situations. Those at risk may not realize the danger they are in. The key is recognizing the symptoms of hypothermia or frostbite early and getting the person to a warmer environment with appropriate medical care.

Schedule a [5-Minute Safety Talk](#) with all employees to learn more.

Tips: Preparing for winter

A winter emergency can happen at any time. To ensure that you and your loved ones are safe, be prepared. Follow this checklist:



1. Change the batteries in your smoke alarms and carbon monoxide detectors once a year.
2. Clean your chimney and fireplace.
3. Check your furnace/heating system.
4. Prepare your vehicle.
5. Prepare for a winter emergency with a Winter Survival Kit.
6. Be ready for ice, snow and cold temperatures.
7. Check your fire extinguisher.
8. Get your flu shot.

[Click here](#) to read all the details.

Webinar: CPR & AEDs in the Workplace

Click [here](#) to view this month's featured webinar: "CPR & AEDs in the Workplace"



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