



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.

Featured Safety Poster:



[Take it Slow When You See Snow](#)

Share this poster with your employees to help make them more mindful when walking on ice.

Featured Webinar



Visit our [Online Learning Library](#) to view our extensive webinar selection.

This month's suggested topic: This month's suggested topic: [The Human Side of Safety at Work and Home.](#)

NSC Safety Awards



Employee engagement is key to a successful safety program! An award from the National Safety Council shows them you appreciate their efforts.

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 Member Benefits Guide



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

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

Cold Weather Safety

While most people think of dangerous cold conditions occurring during long winters in northern states, the reality is that cold-related illness occurs throughout the year in every state.



This [5-minute Safety Talk](#) explains how to identify the signs of hypothermia and frostbite, and how to provide treatment until medical help is available.

Do Holidays Make your Head Spin?

What comes to mind when you think of the holiday season? If you're like most people, it's not quiet evenings by the fire or a casual weekend sleigh ride. It's your to-do list. It's rushing around without enough time to get everything done - shopping, wrapping, cleaning, cooking, entertaining - often all while working a full-time job. The holiday season is here, and it's full of distractions.

The National Safety Council reminds everyone to be mindful, slow down a bit and use extra care - especially on the roads and in frigid weather.

Multitasking Doesn't Work

Wait, multitasking is a good thing, right?

Nope. Not even a little bit. No matter what tasks you're attempting to simultaneously accomplish - and there is lots of science to back this up -

[multitasking cannot be done effectively.](#) Moreover, every time you multitask, you are putting yourself at risk, especially [when it comes to driving](#) and cell phone use.



In 2012 in the U.S., 351 people died on the roads over the Christmas holiday alone, according to Injury Facts 2015. About one-quarter of all crashes involve cell phone use. Resist the temptation to make appointments or check on the kids while running errands. Your life depends on it.

And, if you really want an eye-opener, check out this webinar about the [effects of chronic multitasking](#). It causes way too much irrelevant information to clutter your memory, leading to misallocation of your attention behind the wheel - even when you're not using a phone!

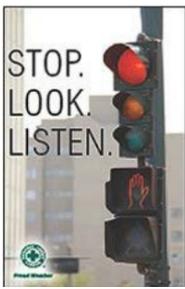
Winter and Your Vehicle

Icy conditions and frigid temperatures require some [special precautions when it comes to your car.](#)



- Never warm up the vehicle in an enclosed area, such as a garage; warming a car in an attached garage is never safe, even with the garage door open
- Check the weather before you go and wait out the storm if necessary
- If you become stranded, never leave your car; light flares and make sure the exhaust pipe is not blocked by snow or mud
- Have a mechanic check the condition of your vehicle before heading out
- On icy roads, don't use cruise control and increase following distance to 8 to 10 seconds
- Keep your gas tank at least half-full
- Make sure to carry an [emergency kit](#)

Simple Mistakes Yield Serious Outcomes



Did you know that most people during their lifetime have a number of potentially fatal close calls? And 97% to 99% of the injuries we sustain are caused by our own errors and mistakes? Whether you're rushing, tired, frustrated, complacent or experiencing the extreme joy of the holidays, all affect the likelihood of an injury.

If you get hit by a car, it's not going to matter that you were running late for dinner. If you have the same routine daily, it's hard to know if you're complacent. The key is to know what the risks are ahead of time and learn to recognize them under pressure. [Anticipating mistakes](#) will help you realize, for example, that rushing is a risk - even when you're in a rush.

Frostbite and Hypothermia

Depending on where you live, winter sports or working outdoors could put you at risk for [frostbite and hypothermia.](#)



Frostbite is the most common injury resulting from exposure to severe cold, and it usually occurs on fingers, toes, nose, ears, cheeks and chin. Deep frostbite is most serious and can result in amputation. Hypothermia occurs when the body's temperature drops below 95 degrees and can result in death.

Before venturing outside for work or play, be sure to:

- Check the temperature and limit your time outdoors if it's very cold, wet or windy
- Bundle up in several layers of loose clothing
- Wear mittens rather than gloves
- Cover your ears with a warm hat
- Wear socks that will keep your feet warm and dry

Let it Snow, Let it Snow, Let it Snow



But when it comes to removing it, you may want to think twice before picking up that shovel. Hundreds of people die each year in the United States from shoveling snow. Pushing a heavy snow blower also can cause injury.

And, there's the cold factor. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. This is true even in healthy people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.

National Safety Council recommends the following [tips to shovel safely.](#)

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

Don't shovel snow without a doctor's permission if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately. A clear driveway is not worth your life.