



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.](#)



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.



While many of us need a certain level of stress to achieve peak performance, too much stress can take its toll, increasing the risk of job burnout, anxiety, depression, insomnia, hypertension, and frequent illnesses. The more an organization can do to reduce stress on the job and the more individuals can do to better manage the stress in their lives, the more productive the workplace.

There are many contributors to employee stress. Supervisors, in particular, are faced with numerous challenges, including:

- Downsizing or reorganization, often involving low morale and an unstable work environment.
- Large workloads, high performance demands and long work hours.
- 24/7 technology - e-mail, cell phones, and hybrid wireless devices - which make it difficult to separate work from home.
- Work/life obligations, especially in instances where there are two-career families, single-parent households, and elder care issues.

Organizations can help create a less stressful work environment by applying the following practices:

- Allow workers to have some control over their schedules.
- Include their input in decision making.
- Balance responsibility with the authority necessary to complete the task.
- Set reasonable limits and timelines.
- Remember to recognize a job well done.
- Provide resources to help balance work/home issues, such as on-site/near-site child care or elder care and Employee Assistance Programs.
- Continually review policies, processes, and methods of organizing and distributing work. Make sure they are fair and effective.

You will never completely remove stress from your life, but identifying and managing stressors can help you maintain a positive and healthy lifestyle.

Read the full [article](#).

Preventing Frostbite and Hypothermia

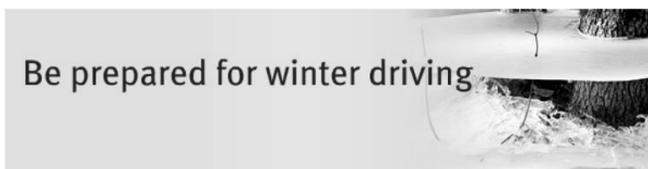
How to detect and treat cold-related illnesses

Prolonged exposure to low temperatures, wind or moisture-whether it be on a ski slope or in a stranded car-can result in cold-related illnesses such as frostbite and hypothermia. The National Safety Council offers these tips to help you spot and put a halt to these winter hazards.

Frostbite is the most common injury resulting from exposure to severe cold. Superficial frostbite is characterized by white, waxy, or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff but underlying tissue feels soft and pliable when depressed.

Treat superficial frostbite by taking the victim inside immediately. Remove any constrictive clothing items and jewelry that could impair circulation. If you notice signs of frostbite, immediately seek medical attention. Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together. Slightly elevate the affected part to reduce pain and swelling. If you are more than one hour from a medical facility and you have warm water, place the frostbitten part in the water (100 to 105 degrees Fahrenheit). If you do not have a thermometer, test the water first to see if it is warm, not hot. Rewarming usually takes 20 to 45 minutes or until tissues soften.

Read more [here](#).



Driving in the winter means snow, sleet, and ice that can lead to slower traffic, hazardous road conditions, hot tempers and unforeseen dangers. To help you make it safely through winter, here are some suggestions from the National Safety Council to make sure that you and your vehicle are prepared.

Weather

At any temperature -20 degrees Fahrenheit below zero or 90 degrees Fahrenheit above-weather affects road and driving conditions and can pose serious problems.

If You Become Stranded

- Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain you will improve your situation.
- To attract attention, light two flares and place one at each end of the car a safe distance away. Hang a brightly colored cloth from your antenna.
- If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.
- To protect yourself from frostbite and hypothermia use woolen items and blankets to keep warm.
- Keep at least one window open slightly. Heavy snow and ice can seal a car shut.
- Eat a hard candy to keep your mouth moist.

An emergency situation on the road can arise at any time, make sure to be [prepared](#).

