



### 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 [webinar](#)



"Ergo Leadership: How to Build and Manage a Workplace Ergonomics Team"

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.

### Take a surefooted approach toward slips, trips and falls



Most falls are preventable. Many people attribute falls to being clumsy or not paying attention, but various risk factors exist including physical hazards in the environment, age-related issues and health conditions. Reduce your risk and find fall hazards in your workplace and home to prevent injuries and keep others safe around the clock. Use this 5 minute talk [fact sheet](#) to download and share with your employees to help promote a surefooted environment.

### Ergonomics in the workplace

Ergonomics involves designing and arranging workspaces so people can work efficiently and safely. Ergonomics is used to evaluate how you work to identify any risk factors that might lead to injury, and to find the best solution to eliminate or manage any hazard found. Capabilities and limitations are then taken into account to ensure tasks, equipment and the environment suit the worker.



4 Main Ergonomic Risk Factors:

- Environment: Risks found within your work environment
- Equipment: Risks associated with the equipment you use
- Work Practices: Risks caused by work requirements, processes or procedures
- Individual: Risks unique to you as an individual, such as physical characteristics, habits and behavior

Ergonomic conditions are disorders of the soft tissues, specific to the muscles, nerves, tendons, ligaments, joints, cartilage, blood vessels and spinal discs. If you experience pain or injury in your soft tissues, it might be caused by factors such as:

- Repetition
- Force
- Awkward posture
- Contact stress
- Vibration

Learn more about the symptoms of ergonomic conditions as well as suggestive methods to avoid ergonomic risk factors by reading our Ergonomic Tips, available in English and Spanish. Download your copy [here](#).

### Featured poster

NSC's 100 Years of Safety Vintage Posters  
Now available for download



This month's featured [poster](#), "Think of safety...Before you go too far"

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