



### 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.



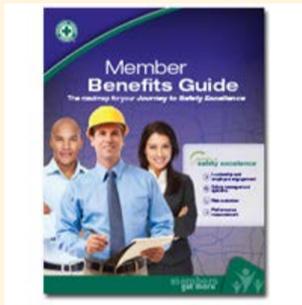
### NSC Safety Awards

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.](#)



### 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:



Encourage employees to position their work space for optimal ergonomics 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](mailto:membershipinfo@nsc.org). Please put "Department of the Interior feedback" in the subject line.

### Prevention of Musculoskeletal Disorders in the Workplace

Musculoskeletal disorders (MSDs) affect the muscles, nerves and tendons. Work related MSDs continue to be one of the leading causes of lost workday injury and illness.



According to OSHA, employers are responsible for providing a safe and healthful workplace for their workers. Implementing an ergonomic process has been shown to be effective in reducing the risk of developing MSDs in many industries. Important elements of an ergonomic process include the following:

- Provide Management Support
- Involve Workers
- Provide Training
- Identify Problems
- Encourage Early Reporting of MSD Symptoms
- Implement Solutions to Control Hazards
- Evaluate Progress

To read more visit [OSHA.gov](http://OSHA.gov).

### 5-Minute Safety Talk: Ergonomics

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



The main categories of ergonomic risk factors are:

- Environment -risks found in your work environment
- Equipment -risks associated with the equipment you use
- Work practices -risks caused by work requirements, processes, or procedures
- Individual -risks that are unique to you as an individual, such as physical characteristics, habits, and behavior

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

### Ergonomic Assessment Form



Do you or any of your employees express concern about fatigue or discomfort with a particular job or body part? Roughly what percentage of the day involves sitting, typing, using a mouse or using the phone? Have all

employees perform an ergonomic workstation risk assessment using the Ergonomic Assessment Form. If the answer NO comes up at all, this is a sign for an ergonomic improvement and should be addressed as soon as possible. At the end of the assessment, it will ask you to add up all NO answers to give you the level of risk you are at. [Download the form here.](#)

### Webinar: Ergonomics in the Workplace

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



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