



About the National Safety Council:



The National Safety Council saves lives by preventing injuries and deaths, 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.

### Featured Safety Poster and Checklist

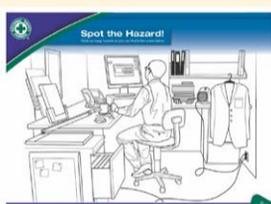


[A Safer Workplace is in Sight Poster](#)

[In Plain Sight: Workplace Dangers Checklist](#)

Share this poster and checklist with your employees to help them be aware of their surroundings and learn to see safety hazards.

### Bonus Game



[Spot the Hazard Game](#)

Can you spot the hazards in these home, office and warehouse environments? By learning to identify existing and potential hazards, you can create a safer environment at work and home.

### Featured Webinar



Visit our [Online Learning Library](#) to view our extensive webinar selection. This month's suggested topic: [Hazard Recognition Training: An Effective Approach](#).

### NSC Safety Awards



Recognize exemplary safety behavior at your organization. Submit applications for the [2016 Safe Driver of the Year](#) and the [Occupational Excellence Achievement Awards](#) today! Learn more [here](#).

### Member Benefits Guide



[Learn more about the many benefits of NSC membership available to you and 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 monthly newsletter of value. Please 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.

### 5-Minute Safety Talk

#### Avoiding Incidents at Work



An incident in an office can be just as painful and costly as an incident at a plant or on a job site.

[This 5-minute Safety Talk](#) explains ways to eliminate hazards before an injury can occur. There is no such thing as a "freak accident."

### Learning to Recognize Hazards is Key to Preventing Injury and Death

Not a day goes by that we don't come across some form of hazard at work, at home and during our day-to-day activities. Some hazards require a trained eye to identify, but more often than not we simply don't notice them - even if they're obvious.



Have you ever come upon a wet spill on the floor and kept on walking? Do you think just because no one has been hurt at work that the environment must be safe? The brain has a tendency to rationalize the familiar. Hazards disappear into the background as we become accustomed to seeing them.

Unintentional injuries are the fourth leading cause of death for all ages, and the #1 cause of death for people age 1-44. Many of these can be prevented by becoming aware of our surroundings and learning to see hazards. And, we can train ourselves to do just that.

#### Hazards at Work



Hazards can vary quite a lot depending on the work environment. But whether you're in manufacturing, construction, information services or finance, they do exist.

First, you have to know what the hazards are for your particular work environment. If you are a safety leader, that means getting out from behind your desk and walking all areas of the organization.

- Talk to employees and observe their behaviors
- Get an understanding of any injuries that have occurred
- Discuss hazard classification
- Gear safety training to the specific needs of your organization; one size does not fit all
- Incorporate safety into employee wellness programs

Even if you're not a safety manager, it's important to be on the lookout for hazards and get in the habit of reporting them. Here are some things to look for:

- Falls are the #2 cause of workplace death (after vehicle crashes), according to *Injury Facts 2015*<sup>®</sup>; examine scaffolding, ladders and walking surfaces
- Fire hazards come in various forms; examine electrical panels and wires, compressed gas containers, chemical storage and other potential sources of fire
- Machines must have guards around moving parts, like drill bits or rotating shafts
- Make sure the work area is clear of trip hazards and exits are not blocked; housekeeping is of critical importance

The hazards are as varied as the number of occupations that exist. [OSHA provides this guide on performing a job hazard analysis](#) to help get the process started at your organization.

Some of the risks found in office settings are not that different from those in more physical job settings. Ergonomics issues related to reaching and lifting, trip hazards, sharp corners, ladder use, stacking of boxes and distracted walking all should be addressed.

Be sure to read this NSC publication: [Recognizing Hidden Dangers: 25 Steps to a Safer Office](#).

### Bring Safety Home

Most deaths from unintentional injury don't occur in the workplace. [They happen at home](#). That means a "hazard hunt" at your home is in order.



- Is there an [elderly person in your home](#)? Make sure you have railings, good lighting and fall protection
- Do you have children? Make sure to [child-proof](#) your home, [hide medicines](#) and [tune in to the back seat](#)

The Centers for Disease Control and Prevention also offers these tips to help [prevent unintentional injuries in your home](#).

The first step is learning to become more aware of your surroundings. We all can take more responsibility for the safety and well-being of ourselves, our co-workers and our loved ones.