



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.](#)



Download this month's featured poster in [English](#) or [Spanish](#).



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.

The dangers of carbon monoxide poisoning



Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death. CO is found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, gas ranges and heating systems. CO gas can build up in enclosed spaces such as garages, sheds or porches. People and animals in these spaces can be poisoned by breathing it.

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion. At high levels, it can cause loss of consciousness and death. Since symptoms mimic other illnesses, it can be difficult to diagnose. People who are sleeping can die from CO poisoning before ever experiencing symptoms. Take action to prevent CO poisoning by following these steps:

- Have your heating system, water heater and any other gas, oil or coal-burning appliance serviced by a qualified technician every year.
- Install a battery-operated CO detector in your home. Check and replace the battery each spring and fall.
- Test your detector regularly. Plan what your family will do if the detector sounds. If the alarm ever sounds, leave your home and call 911.
- Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseous.
- Keep flues open when fireplaces are in use. Never use an unvented stove or fireplace.
- Never heat your home with a gas range or oven.
- Generators, charcoal grills and camp stoves should not be used inside your home or building.
- Never run a car or truck inside an attached garage, even if you leave the garage door open.

Schedule a 5-minute safety talk - Keep your cold and flu germs to yourself

Cold and flu season is in full swing. Now is the time to schedule a 5-minute safety talk. Learn how you can differentiate between cold and flu symptoms, as well as what steps you and your employees can take to prevent spreading the germs that come with them. Click [here](#) for a downloadable power point presentation to use.

The five minutes you take today can help keep those germs at bay!



Webinar spotlight "Safety tips for winter driving"



Click here for the "Safety Tips for Winter Driving" [webinar](#).

A Million Acts of Safety

The Department officially kicked off its participation in the National Safety Council's "A Million Acts of Safety" campaign on April 16. We need everyone's help to make the people around us safer by becoming a safety Ambassador. Help the Department achieve its goal of one act of safety per employee, for a total of 80,000 DOI acts of safety by the end of 2012.

Sign in at millionactsofsafety to post your safety act(s). Use "Team DOI" as your user ID and "safety" as your password. Start each submittal with your name, bureau and office for potential recognition in a future issue of the DOI e-newsletter.