



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.



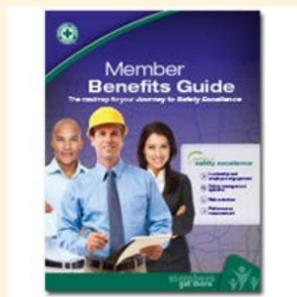
NSC Safety Awards

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.](#)



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:



Remind employees to take a break 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. Please put "Department of the Interior feedback" in the subject line.

Make smart choices

Incorporate getting active into your workday. Making slight adjustments or trying a few different techniques may help you feel better throughout the day and give you more energy. The following are a few tips to help you get started



- Park further away from the front door in the parking lot.
- Take the stairs instead of using the elevator
- Have walking or standing meetings.
- Get up away from your desk to ask someone a question rather than calling or using email.
- Take frequent, short breaks to stretch and get your blood flowing.
- Take a walk on your break or climb the stairs a few times.
- During meetings that last longer than an hour, make a point of getting everyone up and stretching for a few minutes.

Remember...if you give these tips a chance for a couple weeks, you'll notice they become part of your lifestyle and are beneficial both at work and home. The sooner you make a few changes, the sooner you'll begin to reap the rewards.

5-Minute Safety Talk: Employee Wellness

We have all had days where we are just dragging. Our energy level is down and we just don't feel like doing anything. The cause of that decrease in energy could be a result of how we treat our bodies.



Taking care of yourself is important. Proper nutrition and regular exercise are vital to a healthy lifestyle. Engaging in just 30 minutes of aerobic exercise a day and eating healthy snacks and meals, for example, can make a difference. Additional things you can do include:

- Reduce or eliminate alcohol
- Do not smoke
- Take the stairs instead of an elevator

The benefits of a healthy lifestyle are endless. With a few minor changes, you could start to see changes in your health.

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

Tips: Shoveling snow



Shoveling snow is one major winter activity in many parts of the United States. Although many consider shoveling a form of exercise - 15 minutes counts as moderate physical activity - you can increase your risk of an injury. Taking a few precautions while you are shoveling can help prevent unnecessary pain and suffering.

- If you have a history of heart problems or are inactive, talk to your doctor. Statistics show there is an increase in the number of fatal heart attacks among shovelers.
- Warm up and stretch before you get started.
- Drink plenty of water to keep yourself hydrated.
- Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.
- Push, don't lift. It's easier on your back and uses less energy than lifting.
- Lift with your legs bent, not your back. Keep your back straight.
- Dress in layers; if you work up a sweat, you'll be able to remove some of those layers. Wear a hat and gloves to protect your extremities.
- If your body is telling you to stop, listen to it. Stop if you feel pain or start seeing heart attack warning signs: chest pain; shoulder, neck or arm pain; dizziness, fainting, sweating or nausea; and/or shortness of breath. Get medical help immediately.

Webinar: Integrating Employee Wellness

Click [here](#) to view this month's featured webinar: "Integrate Employee Wellness into your Safety Programs"



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