

Newsletter

Spotlight on Safety

National Safety Council

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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.



Welcome to *Spotlight on Safety*, an e-newsletter brought to you by the Department of Interior Safety Office 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 Interior feedback" in the subject line.



Heat related illness

Know how to recognize a victim of heat-related illness. Evaluate the symptoms, then follow these first aid actions:

- **Heat cramps:** Have the worker sip water or a diluted sports drink. Gently stretch the muscle.
- **Heat syncope:** Have the worker lie down in a cool area.
- **Heat exhaustion:** Lay the worker down in a cool area with his or her legs raised. Remove excessive layers of clothing. Give up to 1 liter of water. Do not give anything to drink if the worker vomits. Cool the worker with cold, wet cloths and a fan.
- **Heat stroke:** Call for medical help immediately. While you wait for help to arrive, move the worker to a cool place, remove clothing down to the underwear, and apply ice packs at the neck, armpits and groin. Cover the worker with wet towels or cloths or spray him or her with cool water, and fan the worker to quickly evaporate the dampness on the skin.

[Read more here.](#)

Distracted driving

Distractions are the leading cause of motor vehicle crashes, and the #1 distraction is your cell phone. The use of a cell phone while driving is a very high-risk behavior with a significant impact on society because of the vast number of people engaging in the behavior and the cognitive distraction the driver experiences when engaged in a cell phone conversation. More than 50 peer-reviewed scientific studies have identified the risks associated with cell phone use while driving. [Read more here.](#)

All-terrain vehicle safety

ATVs have become popular for work and recreation on many farms and ranches. Unfortunately, reported cases of serious injury and death have increased along with their use. Most of these injuries and deaths can be attributed to improper use of ATVs. Make ATV safety a priority with these [safety tips](#).

