



### 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.



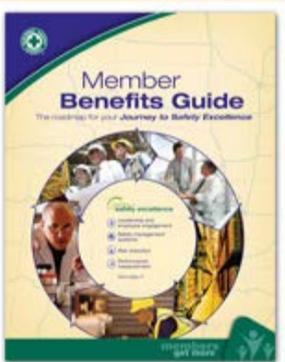
### NSC Safety Awards

Employee engagement is key to a successful safety program! An award from the National Safety Council shows them you appreciate their efforts.

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.](#)

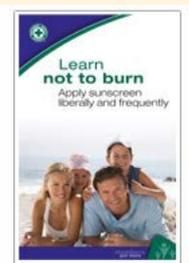


### Learn about all the benefits available to you in our new Member Benefits Guide



[See the benefits that are available to you and ALL your employees](#)

### Featured Safety Poster:



Encourage employees to use sunscreen liberally and frequently 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.

### Heat stress

According to the Centers for Disease Control and Prevention, workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries.



Workers at risk include outdoor workers and workers in hot environments such as firefighters, bakery workers, farmers, construction workers, miners, boiler room workers, factory workers, and others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

Prevention of heat stress is important. Employers should provide training to workers so they understand what heat stress is, how it affects their health and safety, and how it can be prevented.

To read the full article, [click here](#). (Source: CDC)

### 5-Minute Safety Talk: Signs and symptoms of sudden illness

Many illnesses may occur suddenly and become medical emergencies including heart attacks, angina and strokes. You do not have to know for sure what the victim's specific illness is before you give first aid.



General signs and symptoms of sudden illness:

- Person feels ill, dizzy, confused or weak
- Skin color changes (flushed or pale), sweating
- Nausea, vomiting

Schedule a [5-Minute Safety Talk](#) with your employees to discuss in depth how to care for someone with these signs or symptoms.

### Overexertion safety tips

Overexertion is the third leading cause of unintentional injuries in the United States, accounting for about 2.1 million emergency room visits. The NSC recommends the following tips to prevent overexertion:



- Stretch each morning to improve flexibility.
- Exercise regularly to strengthen muscles.
- When doing strenuous activities, take brief breaks.
- Have a firm stance before lifting.
- Lift with your knees and keep objects close to your body.
- Avoid bending, reaching, and twisting when lifting.
- Get help to move heavy or large objects.

Whether you are at work or at home, follow these tips to prevent overexertion.

### Webinar: Pediatric first aid

Click [here](#) to view this month's featured webinar: "Saving lives with pediatric first aid"



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