

Newsletter



Spotlight on Safety

National Safety Council

June 2015

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 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.

5-Minute Safety Talk: Lawn Mowing Essentials



A few basic safety measures will help you care for your lawn while preventing injury to yourself and others. Whether you have a walk-behind mower or a ride-on, [this 5 Minute Safety Talk](#) will help you achieve a beautiful lawn safely.

Featured Safety Poster:



Learn how to beat the heat at work and at home. [Get the poster.](#)

Featured Webinar



Visit our [Online Learning](#)

Enjoy Mother Nature in All Her Glory - Safely

Here at the National Safety Council, we're all about keeping you safe at work. But safety doesn't end at the loading dock or the construction site or the office cubicle. At the end of the day - and during all your off-work hours - we are here to help keep you and your entire family safe.



Warm weather is in full bloom, and so are vacations, barbecues, celebrations and holidays. But this carefree time also can be dangerous - [on the roads](#), at the pool and even at home. We're not trying to rain on your July 4 parade. We just want to remind you to be mindful of safety during all your summer activities and share a safety message with the people you care about.

Motorcycle Safety is a Two-way Street

Answering the call of the open road is one of the most exhilarating summer pastimes. Young and old, alike, are tapping their "[Easy Rider](#)" persona.

[Library](#) to view our extensive webinar selection.

This month's suggested topic: **"First Aid at Work: From Compliance to Best Practices"**

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 Member Benefits Guide



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

But motorcycling is much more dangerous than driving in a car, and the responsibility of most fatal crashes lies with drivers of cars, vans and trucks. So, even if you've never been on a bike, you hold bikers lives in your hands every time you share the road with them.

NSC offers myriad information on safety issues for motorcyclists and drivers. [From a proper fitting helmet to stats on older-adult crashes, you'll find it all here.](#)

Don't Rock the Boat

Who doesn't love the serene sights and sounds of a peaceful paddle down a lazy river. Maybe you're more the water-skiing type. However you experience water sports, you'll want to make safety a top priority.

About 10 people die from drowning every day in the United States, with children being most susceptible. Boating accidents were responsible for 533 deaths in 2011, according to [Injury Facts 2015](#), a compendium of statistical data on accidental death and injury published by NSC.

Learn more about safety:

- [Check out our canoeing safety page here](#)
- [The U.S. Coast Guard wants you to be safe, too](#)
- [NSC drowning statistics are eye-opening, but there are so many ways to stay safe](#)

In 2013, [eight people died and about 11,400 were injured badly enough to require medical treatment after fireworks-related incidents](#), according to the U.S. Consumer Product Safety Commission. We've pulled together some facts about some of the more popular July 4 fireworks:

- Sparklers
- Bottle rockets
- Firecrackers
- Roman candles
- M-80s, -100s, -250s



[Learn about all of these fireworks - and their risks - here.](#) (Hint: We don't recommend them.)

Two Things to Remember When Barbecuing

Keep the fire in the grill and don't get food poisoning. In 2012, [16,900 people ended up in emergency departments with injuries related to grilling](#), and about [3,000 Americans die every year from foodborne illnesses](#).

Don't Get Burned

- Only grill outdoors, well away from the home, deck railings and branches, and never leave the grill unattended
- Never add charcoal fluid or other flammable liquid to a fire
- Check for any propane leaks before lighting a gas

grill

- Let coals cool completely before disposing
- Remove any grease buildup from grill trays

Don't Get Sick

Generally, perishable food can be left out of the refrigerator for up to two hours, [according to the FDA](#). But if the outdoor temperature reaches 90 degrees, don't keep food out longer than an hour, says the [Institute of Food Technologists](#). Hot food needs to stay hot, too. Here are a few more [food safety tips](#) from the FDA:

- Wash your hands before handling food
- Marinate food in the refrigerator, not on the counter
- Keep raw foods separate from cooked foods
- Cook food thoroughly and use a thermometer
- The USDA offers myriad information on [smoking, pit roasting and grilling safely](#)

Now, go enjoy your burgers.

Summertime Facts



- July is the peak month for grill fires
- The period [between Memorial Day and Labor Day is the deadliest time for teen crashes on our roadways](#)
- [West Nile virus peaks during the summer months](#); be sure to protect yourself with bug repellent
- In 2011, [587 Americans died from exposure to excessive heat](#)
- About [100 people die from bee stings each year](#); outdoor workers are particularly at risk for stings



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