



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.



Featured 2-Minute Safety Video



Do you know the signs of someone having a heart attack or stroke? Would you know what to do? This featured video, [Signs of Sudden Illness](#), will help you know what to look for and how to react.

Featured Safety Poster



[Be Prepared to Respond in an Emergency](#)

Featured Webinar



Visit our [Online Learning Library](#) to view our extensive webinar selection. This month's suggested topic: [First Aid at Work](#)

Member Benefit Guide



New Edition: [Member Benefits Guide](#)

NSC Safety Awards



Recognize exemplary safety behavior at your organization. Learn more [here](#).

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Get the latest safety news, tips and sharable information.



June 2016

Welcome to *Safety Spotlight*, 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 find this newsletter of value and we welcome your feedback and ideas on topics you'd like to see featured. Please send your email to membershipinfo@nsc.org and put "Department of the Interior feedback" in the subject line.

5-Minute Safety Talk

Sudden cardiac arrest is a leading cause of death each year, and it can happen to anyone at any time.



This 5-Minute Safety Talk, [Sudden Cardiac Arrest and the Power of AEDs](#), looks at the importance of having an emergency response plan.

The Power to Save a Life is at Your Fingertips

An aging workforce, shift work, high stress, and workplaces with potential hazards, such as exposure to chemicals and electricity, are just a few of the factors that contribute to sudden illness in the workplace.



But lives are saved everyday thanks to proper training. In fact, 25% of all emergency room visits can be avoided with basic first aid and CPR training, and often that training is provided at work.

Knowing the signs and symptoms of a stroke, heart attack or sudden cardiac arrest is the first step in saving a life. Would you know what to look for?

Heart Attack

A heart attack happens when [blood flow becomes blocked](#) and the heart can't get oxygen, causing the heart muscle to die. A person may complain of persistent chest pressure, pain in the shoulders or arm, dizziness, nausea or fatigue, among [other symptoms](#). Every 43 seconds, someone in the United States has a heart attack.

Sudden Cardiac Arrest

Sudden cardiac arrest is a leading cause of death among adults over age 40, and it's a "healthcare crisis," affecting more than 300,000 people every year, according to the [SCA Foundation](#). With SCA, [the heart suddenly and unexpectedly stops beating](#), causing an otherwise healthy person with no signs of heart disease to suddenly collapse. SCA represents 13% of all workplace deaths; about [400 SCA deaths are reported to OSHA each year](#).

Stroke

[A stroke](#) can be caused by a blood clot in the brain or a blood vessel bursting in the brain. When a blood clot in the brain causes a stroke, the person may experience sudden weakness or numbness on one side, and difficulty speaking or understanding speech. When a blood vessel bursts in the brain, a sudden, severe headache is the only symptom. [Strokes kill nearly 130,000 Americans each year](#).

A Co-worker Collapses; Do You Know What to Do?

Bystanders who perform emergency care while waiting for paramedics limit damage to the individual and [save lives](#). In the case of SCA, for example, for each minute defibrillation is delayed, the chance of survival is reduced by about 10%.



[OSHA requires](#) employers to "provide medical and first aid personnel and supplies commensurate with the hazards of the workplace." The basics of a first aid program include:

- Identifying and assessing risks in the workplace
- Designing a program that [complies with OSHA first aid requirements](#), provides first aid equipment and supplies, and assigns trained first-aid providers
- [Providing first aid training to all employees](#)

Organizations with a greater risk of life-threatening hazards farther than 3 to 4 minutes from a clinic or hospital must have adequately trained personnel in house. Organizations with fewer potential hazards, like an office building, farther than 15 minutes from care must have a trained staff member.

But even if a hospital or clinic is within sight of a company, don't assume your worksite is within minutes of care. The best case scenario after a 911 call is about 10 minutes until paramedics arrive. Employers, whether required by OSHA or not, who have [automated external defibrillators](#) go beyond compliance to best practice. After calling 911, CPR training combined with AED use gives the best patient outcome.

With 75% of all out-of-hospital heart attacks happening at home, first aid and CPR training at work will give employees the confidence they need to respond to life-threatening situations wherever they are.

CPR and AED Awareness Week

National Safety Council, in association with the American Heart Association and the American Red Cross, invite you to recognize CPR and AED Awareness Week June 1-7. If more Americans learn CPR and how to use an AED, just think how many more lives can be saved. AHA offers printable resources to help spread the word, and check out the [First Aid courses offered by NSC](#).



Bring Safety Home

Nothing says "summer" like swimming and fireworks. But these all-American pastimes have some inherent risks. Make sure it's a safe summer by sharing these tips with your family.

Best to Leave Fireworks to the Pros

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 sparklers, bottle rockets, M-80s and the like.



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

Drowning Can Happen in an Instant



When we think of water safety, we often think of the potential for young children to drown in a pool or bathtub. But drowning also is a concern for teens and young adults. While drowning is more common for children 5 and younger, it's the second leading cause of death for people age 5-24.

[Learn what safety precautions family members of all ages can take around water.](#)