



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.



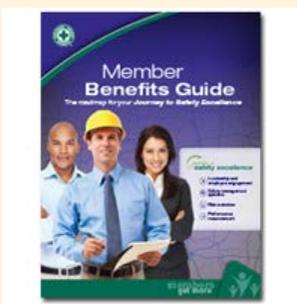
NSC Safety Awards

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.](#)

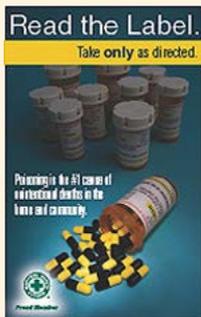


Learn about all the benefits available to you in our new Member Benefits Guide



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

Featured Safety Poster:



Encourage employees to read the label and take pills only as directed 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.

Unintentional poisoning

More than 60,000 young children visit emergency rooms each year because of medication poisonings.



Unintentional poisoning includes the unsupervised ingestion of drugs or chemicals, "overdoses" or the excessive use of a drug and exposure to environmental substances.

The most common poisons include prescription and over-the-counter medications, cleaning products and personal care products. Eighty percent of incidents occur when a child eats or swallows over-the-counter and prescription medicines when an adult wasn't watching.

Call your poison control center at 1-800-222-1222 right away if you think your child might have gotten into a medicine or vitamin.

[Click here](#) for the full article.

5-Minute Safety Talk: Household chemicals



Household chemicals serve important functions in our daily lives. In fact, it's hard to imagine life without them. However, when household chemicals are used improperly they can

be hazardous. Learning how to properly use, store, and dispose of these products can help you avoid unnecessary injury and illness and protect the environment.

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

The importance of water

One very important aspect of good nutrition is drinking water. You want to drink plenty of water. Almost 2/3 of your body weight is water weight. You should drink eight 8-ounce glasses of water each day to stay hydrated. Maintaining proper hydration can help you:



- Improve your energy
- Increase your mental and physical performance
- Remove toxins and waste products from your body
- Keep your skin healthy
- Help you lose weight
- Reduce headaches and dizziness
- Allow for proper digestion

Do not wait until you are thirsty to have a drink - you are already dehydrated if you feel thirsty. It is best to drink throughout the day instead of drinking a lot of water all at once. If you need to, set a timer to remind yourself to establish a habit of drinking water. Keep a bottle of water with you at all times.

If it is hot outside or if you are exercising, you will need to increase your water intake to maintain hydration.

Webinar: Support healthy choices

Click [here](#) to view this month's featured webinar: "Changing the Work Environment to Support Healthy Choices"



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