



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.



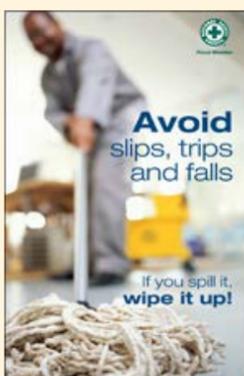
NSC Safety Awards

Participation in the NSC Awards Program is the safe decision for your employees and the smart decision for your bottom line.

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.](#)



Downloadable safety 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.

April showers... Beware of spring hazards

Spring is a time for turbulent weather in many parts of the country. The National Weather Service offers these tips to stay safe during severe weather.



If outdoors:

- Attempt to seek shelter in a vehicle or building. If no structure is available, stay as low to the ground as possible.
- Get as small as you can by crouching on the ground.
- Remember to avoid tall structures such as towers, trees, fences and telephone or power lines.
- Stay away from all bodies of water.
- If you feel your hair stand on end, lightning is about to strike. Drop to your knees, bend forward and put your hands on your knees. Do not lie flat on the ground.

If in a vehicle:

- Find a safe place on the side of the road and pull over.
- Beware of trees that could blow over onto the vehicle.
- Use emergency flashers, especially during heavy rains.
- Remain in the vehicle.
- Watch for possible flash flooding. Should you notice the beginnings of flooding, abandon your vehicle and seek higher ground immediately.
- Avoid flooded roadways.

A Million Acts of Safety

The Department officially kicked off its participation in the National Safety Council "A Million Acts of Safety" campaign on April 16. We need everyone's help to make the people around us safer by becoming a safety Ambassador in order to help the Department achieve its goal of one "act of safety" per employee, for a total of 80,000 DOI acts of safety by the end of 2012.

Sign in at <http://millionactsofsafety.nsc.org/Login.aspx> to post your safety act(s) to the database. Use "Team DOI" as your user ID and "safety" as your password. Start each submittal with your name, bureau and office for potential recognition in a future issue of the DOI e-newsletter.

Safe bicycling



Bicycling is one of the most popular ways to get around, whether for recreation, sport or transportation. An estimated 73 to 85 million Americans ride bikes.

With millions of cyclists on the roads - the same roads occupied by millions of motor vehicles that are larger, heavier and faster than bikes - the National Safety Council believes that defensive driving applies to people who pedal with their feet to travel, as well as to those who push on the gas pedal. Approximately 700 bicyclists were killed and 540,000 visited the emergency room with injuries in 2007. Taking precautions in traffic and wearing protective equipment are a cyclist's best defense against unintentional injuries.

NSC offers the following [tips](#) for safe and enjoyable bicycling. Remember to always check for local laws and regulations that can impact your bicycle safety.

Spring cleaning? Start with your medicine cabinet



Do you know what's in your medicine cabinet? Is it stocked and up-to-date? Unfortunately, medicine cabinets are often an area of neglect, containing an array of old medications, free samples and items we don't even remember buying.

However, it's important to know what you have and what you need before an emergency occurs. According to the U.S. Food and Drug Administration you should clean out your medicine cabinet (or any area where you store medicine) at least once a year.

Make sure to:

- Check all expiration dates.
- Discard outdated products, as well as damaged containers and old supplies.
- Take inventory and restock products that are low or missing.
- Always store products in their original packaging (to prevent taking the wrong product and to easily access the expiration date, dosage and warning information).

[Read](#) the full article.

