



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.



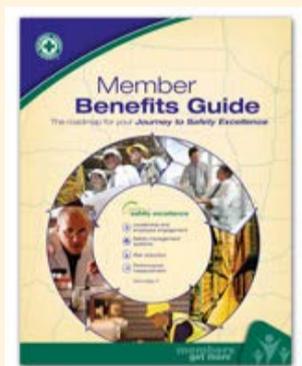
NSC Safety Awards

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 your employees to use proper lifting techniques 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.

Avoiding adult sports injuries

May is Sports & Fitness Awareness Month. With so much of our workday spent seated in front of a computer, the thrill of outdoor sports can be quite enticing. Though there are many health benefits to getting more physical activity, for some adults these benefits can come at a price: sports injuries.



"The term 'sports injuries' refers to injuries that most commonly occur during athletic sports or exercise," says David Carfagno, DO, a board-certified internist and sports medicine osteopathic physician from Scottsdale, Ariz. "While these types of injuries are sometimes due to accidents, they can also be the result of improper equipment, poor training practices, lack of conditioning, or insufficient warm-up and stretching."

To prevent injuries, Dr. Carfagno recommends that adult athletes take the following precautions:

- Accept your body's limits.
- Don't be a "weekend warrior."
- Use proper form for your sport.
- Wear safety gear.
- Give your body time to adapt.
- Mix it up.

[Click here](#) to learn more.

5-Minute Safety Talk: Sprain or strain

A sprain is caused when a person places excessive demands on a joint, which is the place where two bones are connected to each other by a ligament. A strain is a tearing of a muscle caused by overexerting or pulling a muscle.



While the old adage, "If it ain't broke, don't fix it," may be considered wise words in some businesses, that's definitely not the case when it comes to injuries in the workplace. Certainly a sprained ankle is not as serious a broken one - but if you don't provide appropriate care, it could mean big headaches in terms of employee recovery, possible further injury and lost productivity. Therefore, it's important to treat.

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

Bicycling safety tips

Bicycling is one of the most popular ways to get around, whether for recreation, sport or transportation. 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.

The Council offers the following tips for safe and enjoyable bicycling:

- Obey traffic rules.
- Know your bike's capabilities.
- Ride in single file with traffic, not against it.
- Make safe turns and cross intersections with care.
- Never hitch on cars.
- Before riding into traffic: stop, look left, right, left again, and over your shoulder.
- Always be seen.
- Make sure the bicycle has the right safety equipment.
- Wear a helmet.

To learn more about each tip, [click here](#).

Webinar: Human Error

Click [here](#) to view this month's featured webinar: "Human Error: Causes and Strategies for Prevention"



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