

Newsletter

Spotlight on Safety

National Safety Council

November 2012



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.



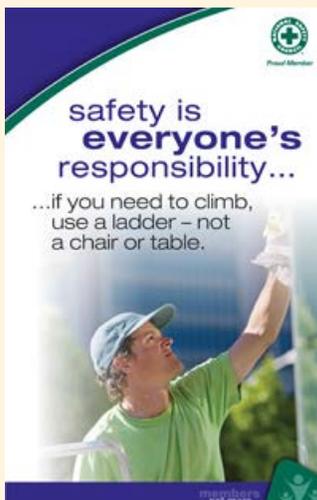
NSC Safety Awards

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.

Office traps



Are your employees potential victims of office traps? With office employees surrounded by filing cabinets and mazes of cubicle walls that create blind spots, injuries can occur. The National Safety Council notes that workers can sustain injuries from being struck or pinched by a variety of objects.

To understand more about office traps and how scheduling a 5 minute safety talk can help you and your employees to prevent them, click [here.](#)

Take a seat, not a fall

Falls are a common office incident and can cause disabling injuries. One of the main culprits, according to the National Safety Council, is the chair you sit on. While people use chairs all day long, they don't think of chairs as a fall hazard and so are less cautious than they would be around, for example, stairs.

To prevent chair falls:

- Don't scoot across the floor while sitting on a chair or lean sideways from a chair to pick up objects on the floor.
- Don't lean back in the chair and place your feet on the desk as it is possible to fall backwards.
- Make it a habit to place a hand behind you when sitting to ensure the chair is in place.
- Sit in the center of a seat rather than an edge to avoid a sudden fall. Avoid backing up too far without looking or kicking a chair out from under you.
- Never stand on a chair that has castors in order to reach overhead objects. Chairs with castors should consist of five legs for better stability.



Webinar



Click here for the "Ergonomics in the workplace" [webinar.](#)

A Million Acts of Safety

The Department officially kicked off its participation in the National Safety Council's "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. 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 [million acts of safety](#) to post your safety act(s). 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.