



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.



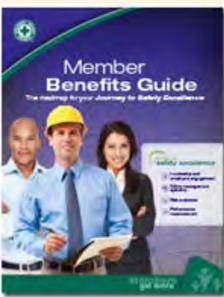
NSC Safety Awards

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.](#)



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



Featured Safety Poster:



Encourage employees to avoid slips, trips and falls at work and at home with this [downloadable poster](#).

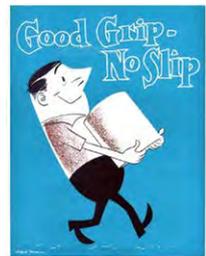
Welcome to *Spotlight on Safety*, an e-newsletter brought to you by the Department of the Interior Office of Occupational Safety and Health in partnership with the National Safety Council. We hope you will find this service of value. Send feedback or ideas on topics you would like to see to membershipinfo@nsc.org.

Please put "Department of the Interior feedback" in the subject line.

Step by step

How can employers mitigate the risk of slips, trips and falls?

People may not think strolling down the hall to a meeting or taking the stairs to visit the purchasing department is very hazardous. After all, they have been walking for most of their life.



However, despite decades of experience performing this simple act, thousands of workers are injured on the job every year from a slip, trip or fall. In 2011, slips, trips and falls were the second most common event or exposure leading to a work injury or illness (behind overexertion/bodily reaction), accounting for an incidence rate of 29.7 injuries per 10,000 full-time workers, according to the Bureau of Labor Statistics.

Key points:

- Injuries from slips, trips and falls are likely to occur due to the frequency with which employees are exposed to the hazard.
- Well-maintained floors and a good cleaning program can help reduce slip, trip and fall hazards.
- Employee involvement is vital to slip, trip and fall prevention, stakeholders say.

[Click here](#) to read the full article.

5 Minute Safety Talk: Sprains and strains

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. This extra stress on the joint can cause the ligaments to stretch or tear - the more severe the tear to the ligament, the more severe the sprain. Although any ligament can be sprained, some areas of the body are more likely to be injured than others. Knees, ankles, wrists and fingers are likely candidates for sprains, since we typically place more force on these joints.



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 as 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 pay attention to sprains.

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

Test your knowledge!

[Click here](#) to try the Slips, Trips and Falls crossword puzzle to see what you know.



Webinar: Use games to teach and motivate employees

Click [here](#) to view this month's featured webinar: "Slips, Trips & Falls - No laughing matter"



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