

Newsletter

Spotlight on Safety



National Safety Council

November 2015

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.

Featured Safety Poster:



[First Aid Tips](#)

Share this poster with your employees so they'll be able to act fast if someone is injured.

Featured Webinar

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.

5-Minute Safety Talk

Choking and CPR



Would you know what to do if someone was choking? Have you learned CPR?

This [5-minute Safety Talk](#) explains how to respond to choking adults and infants, and how to give chest compressions and rescue breaths if a victim stops breathing.

Can You Believe it's Almost Thanksgiving?

Another holiday season is upon us - travel, family dinners, parties and more food than you can possibly eat. It all kicks off with Thanksgiving, the "feastiest" time of year.



Thanksgiving also can be a dangerous time of year. While we don't recommend dwelling on the hazards of Thanksgiving, National Safety Council encourages families to always be mindful of risks. Nothing can permanently mar this joyous time of year faster than the injury - or death - of a loved one.

Over the River and Through the Woods

During Thanksgiving, most people choose to travel by automobile, the deadliest form of transportation, according to



Visit our [Online Learning Library](#) to view our extensive webinar selection.

This month's suggested topic: Alcohol and Injury: Use Employer Interventions to Promote Safety and Protect Your Business.

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 Member Benefits Guide



Injury Facts 2015. In 2013, 360 people died on U.S. roads during Thanksgiving weekend, more than were killed during the New Year's and Memorial Day holidays.

What can you do to stay [safe on the roads](#)?

- Many distractions exist while driving but [cell phone use tops the list](#); leave your phone in the glove compartment
- Don't ever drive while impaired by alcohol or drugs ([that includes prescriptions](#))
- Always wear a seat belt, and [don't drive off until everyone is buckled up](#)
- Slow down; speeding is a factor in almost one-third of all fatal crashes
- Plan ahead for possible inclement weather and time your trip accordingly

If You Can't Stand the Heat ...

Kitchen fires are the leading cause of home structure fires, [according to the National Fire Protection Association](#). And, if you deep-fry your turkey, the risk is much greater.

A turkey fryer should never be used indoors. But even when used outdoors, mishaps can cause serious injury. In fact, NFPA "[discourages the use of outdoor, gas-fueled turkey fryers that immerse turkey in hot oil](#)," due to the risk of "devastating burns" and destruction of property. [Learn more about the risks here.](#)

General rules apply year-round when it comes to fire prevention. NSC offers [advice on smoke alarm installation](#), and the Consumer Products Safety Commission offers the following [advice for cooks](#):

- Avoid loose-fitting clothing that can catch fire near a stovetop
- Turn pan handles toward the back of the stove to prevent children from spilling hot pots
- Keep a pan lid handy to smolder flames
- Never pour water or flour on a kitchen fire; that can make it worse
- Keep a fire extinguisher nearby
- Never leave hot pots unattended
- Leave the house and call 911 immediately if a fire gets out of hand

Just a Flesh Wound?

There are so many sharp, hot and slippery hazards in the kitchen, it's no wonder things can go wrong. Lacerations and other injuries can become a problem for a stressed out chef in a hurry to get the Thanksgiving feast on the table. [Consumer Reports](#) recommends you:

- Keep knives sharpened and use a cutting board that



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

- doesn't slide; a damp towel underneath will hold it in place
- Don't put glass cookware on a burner or under a broiler; it can shatter
- Don't leave your blender or food processor on too long to avoid overheating
- Don't boil water in the microwave; it can "violently erupt" and cause scalding

Food Poisoning

Thawing and preparing a 20-pound bird can be challenging in more ways than one. To avoid serving bacteria or parasites to your guests, the [Centers for Disease Control and Prevention](#) offers the following:



- Thaw your turkey at a safe temperature; bacteria can multiply rapidly at temperatures above 40 degrees
- To safely thaw a turkey, leave it in the refrigerator for several days, submerge it in cold water or use the microwave
- Utensils, your hands and work surfaces can become contaminated when they come in contact with raw poultry; clean these areas thoroughly before they touch other food
- Cook stuffing outside the turkey in a casserole dish
- If you must stuff the bird, do it right before cooking and make sure it reaches 165 degrees before serving

[Find more information at Foodsafety.gov.](#)

Choking

Choking is the fourth leading cause of unintentional injury deaths. While it is a hazard for all ages, choking deaths are more prevalent in the elderly and in children. NSC has information on everything from [signs of choking, to statistics, to Heimlich Maneuver techniques](#). It doesn't hurt to be prepared.

Alcohol Facts

With Thanksgiving kicking off more than two months of seasonal festivities, we would be remiss without mentioning some specific risks related to alcohol. You'll find this information in *Injury Facts 2015*, and in our featured webinar this month, [Alcohol and Injury: Use Employer Interventions to Promote Safety and](#)



Protect Your Business.

- More than 10,000 people died in alcohol-impaired crashes in 2013
- The cost of alcohol-related crashes that year is estimated at nearly \$50 billion
- 2,155 people died of alcohol poisoning in 2011 - mostly males
- Alcohol is involved in 33% of suicides, 57% of sexual assaults and 28% of domestic violence cases
- Drinking-related injuries cause more than 40,000 deaths per year
- In the workplace, costs of alcohol abuse are substantial and include loss of productivity and safety risks
- 9% of employed adults have diagnosable alcohol abuse, and fewer than 1% are identified and treated by their health plan
- 50% of all trauma patients are intoxicated
- In one-third of alcohol-related deaths, the victim is sober
- Schools, businesses, churches and other organization should play an active role in identifying someone who may have an alcohol problem