



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.



November 2016

Welcome to *Safety Spotlight*, an e-newsletter brought to you by the Department of the Interior, in partnership with the National Safety Council. We hope you find the newsletter of value and we welcome feedback and ideas on topics you'd like to see featured. Please email us at membershipinfo@nsc.org and put "DOI Safety Spotlight feedback" in the subject line.

5-Minute Safety Talk

Carbon Monoxide: Fight the Invisible Killer

Carbon monoxide poisoning strikes thousands of people each year, either on the job or at home.



This [5-Minute Safety Talk](#) covers sources of CO, effects on the body and how to stay safe.

Keep Your Family Safe This Holiday Season

As Seasons Change, Beware the Invisible Killer



[More than 400 Americans die from carbon monoxide poisoning every year](#), according to the Centers for Disease Control and Prevention. Carbon monoxide is produced when fuel is burned in vehicles, small engines, stoves, lanterns, grills, fireplaces, gas ranges, furnaces and the like.

Carbon monoxide is an odorless, colorless gas that often goes undetected, and as the weather turns colder in many parts of the country, it is important to be aware of the risks. Carbon monoxide becomes deadly when it builds up in enclosed spaces - and anyone can be affected.

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At Work

Workers in certain professions, including welders, mechanics, firefighters and toll booth attendants, are particularly at risk for carbon monoxide poisoning, [according to OSHA](#).

To reduce the chances of carbon monoxide poisoning in the workplace:

- Install proper ventilation systems
- Keep equipment in good working order
- Consider switching from gas to electrical or battery operated equipment
- Prohibit use of gas-powered engines in poorly ventilated areas
- Provide personal, audible alarms
- Educate workers about carbon monoxide poisoning

At Home

About 170 people die each year from carbon monoxide exposure produced by room heaters and home generators, according to the Consumer Product Safety Commission. [NSC recommends](#) installing a battery-operated or battery back-up carbon monoxide detector.

The CDC offers these and other tips:

- Professionally service your furnace, water heater and any other fuel-burning devices every year
- Never use a generator indoors or less than 20 feet from any window, door or vent
- Have your chimney checked and cleaned every year
- Make sure gas appliances are vented properly
- Never ignore a carbon monoxide alarm; [immediately move outside](#), call 911 and make sure everyone is accounted for

Symptoms of CO Poisoning

The U.S. Fire Administration offers material to share regarding the dangers of carbon monoxide. If you see someone with the following symptoms who may have been poisoned, move the victim outside immediately and call 911. If he or she is not breathing, [begin CPR](#).

Low to Moderate CO Poisoning	High-level CO Poisoning
Headache	Mental confusion
Fatigue	Vomiting
Shortness of breath	Loss of muscle coordination
Nausea	Loss of consciousness
Dizziness	Death

Tis the Season to Practice Food Safety Turkey Fryers

Turkey fryers can cause [fires](#), explosions and carbon monoxide poisoning, according to the Consumer Product Safety Commission. Hundreds of people [have been injured and millions of dollars in property damage](#) has resulted from these incidents.

NSC discourages the use of turkey fryers at home and urges those who prefer fried turkey to seek out professional establishments or consider a new oil-less turkey fryer. But for those who don't heed that advice, please [follow these precautions](#).



Food Poisoning

The U.S. Department of Health and Human Services provides [holiday food safety tips](#).

Here are a few important points:

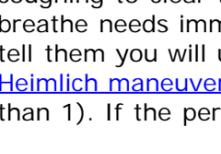
- [Do not rinse raw meat](#) and poultry before cooking
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate food within two hours
- Thanksgiving leftovers are safe for four days in the refrigerator
- Bring sauces, soups and gravies to a rolling boil when reheating
- When storing turkey, be sure to cut leftovers in small pieces to chill more quickly
- Wash your hands frequently when handling food

Choking: Fourth Leading Cause of Preventable Death

Of the thousands of people who die from choking every year, more than half are older than 75.

If a person is coughing forcefully, encourage continued coughing to clear the object. A person who can't speak or breathe needs immediate help. Ask if they are choking and tell them you will use abdominal thrusts, known as the [Heimlich maneuver](#) (not recommended for children younger than 1). If the person is not breathing, [begin CPR](#).

Traveling for the Holidays? Be Prepared



Many choose to travel by automobile, with the [highest fatality rate of any major form of transportation](#). Alcohol-impaired fatalities represented 31% of deaths.

- Use a designated driver; [alcohol](#), over-the-counter or illegal drugs all [cause impairment](#)
- Make sure [everyone in the vehicle is buckled up](#) no matter how short the drive
- [Put that cell phone away](#); distracted driving causes one-quarter of all crashes
- Make sure the vehicle is properly maintained, and keep an [emergency kit](#) with you
- Be prepared for heavy traffic, and [possibly heavy snow](#)

Bring Safety Home - Toy Safety

When choosing toys for infants or small children, avoid small parts that can be pulled or broken off and might prove to be a choking hazard. Parents and caregivers also should be aware of [dangers associated with coin lithium batteries](#), which can cause serious injury or death if ingested.



Visit the [U.S. Consumer Product Safety Division website](#) to see which toys and products have been recalled.

Featured Safety Poster



[The Dangers of Carbon Monoxide Poisoning](#)

Share this poster with your teams to let them know the signs of Carbon Monoxide poisoning and how to reduce the risk.

Featured Webinar



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

This month's suggested webinar: [Alcohol and Injury: Use Employer Interventions to Promote Safety and Protect Your Business](#).

Member Benchmarking Tool Now Available!



Complete the survey and find out how your safety program compares with others. Download charts and presentations that will help you make informed decisions about your next steps in safety. This new resource is included in membership at no cost.

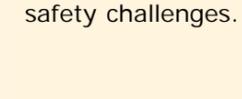
[Take the Survey](#)

Member Benefits Guide



Your [guide](#) for practical solutions to everyday safety challenges.

NSC Safety Awards

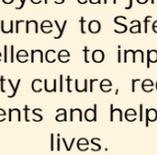


Employee engagement is key to a successful safety program! Recognize safety accomplishments with NSC Awards that instill employee pride and earn respect from your customers, community and peers.

[Learn more here](#).

The Journey to Safety Excellence

Employers can join the Journey to Safety Excellence to improve safety culture, reduce incidents and help save lives.



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