November 2016

Safety Spotlight

Carbon Monoxide: Fight the Deadly Killer

The U.S. Fire Administration offers material to share about carbon monoxide poisoning, which is a serious problem that affects thousands of Americans each year. It is a colorless, odorless gas that can be deadly to people and pets. Symptoms of CO poisoning include headaches, nausea, dizziness, and confusion. Symptoms can be subtle, and levels of CO poisoning can vary from mild to severe, even fatal.

At Work

Keep equipment in good working order, and maintain a stock of fresh batteries, which can cause serious injury if swallowed. Consult the manufacturer’s directions carefully before using a new lithium battery. Do not mix metals when using batteries.

At Home

Complete the survey and find out how your safety program ranks. Visit our website at nsc.org.

Member Benefits

NSC Members are eligible for a range of valuable benefits that can help save your company money. For more information, visit our website at nsc.org.

5-Minute Safety Talk

Keep Your Family Safe This Holiday Season

With the holiday season just around the corner, it’s important to keep safety in mind. Here are some tips to help you and your family stay safe during the holidays:

1. Keep flammable liquids and objects away from open flames, such as candles or fireplaces.

2. Use a designated driver or take public transportation when planing to drink alcohol.

3. Use a back-up carbon monoxide detector.

4. Make sure the smoke alarm in your home is working properly.

Food Poisoning

The CDC offers these and other tips:

- Reheat food thoroughly. Use a food thermometer to make sure meat is at least 165°F.
- Store food in the refrigerator or freezer at the proper temperature.
- Wash hands and utensils before and after handling food.
- Use proper cleaning and storage when preparing food.

Holiday Safety

When cooking turkey, be sure to cut leftovers in small pieces to chill more quickly. Use a food thermometer to make sure meat is at least 165°F.

About the National Safety Council

The National Safety Council (www.nsc.org) is a nonprofit organization whose mission is to save lives by preventing injuries and deaths at work, in homes and communities. Founded in 1913, the National Safety Council generates public awareness regarding workplace, residential and vehicular safety and advocates for legislation that enhances safety. The Council provides management training and other services to help organizations and individuals effectively manage safety programs. The Council maintains EQUAL EMPLOYMENT OPPORTUNITY POLICY STATEMENT.

November Safety Spotlight - Holiday Safety Tips

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. Of these choking incidents, more than 60% are food-related. Guidance on how to handle choking is backed by scientific research. An estimated 8% of all deaths are the result of choking.

The NSC encourages everyone, especially caregivers of older adults, to know how to handle choking.

Visit the U.S. Fire Administration website at www.fema.gov for more information about carbon monoxide safety.

Tis the Season to Practice Food Safety

The CDC offers these and other tips:

- Reheat food thoroughly. Use a food thermometer to make sure meat is at least 165°F.
- Store food in the refrigerator or freezer at the proper temperature.
- Wash hands and utensils before and after handling food.
- Use proper cleaning and storage when preparing food.

To the Season to Practice Food Safety

Turkey tips can save lives and reduce the risks of foodborne illness. Here are some tips to help you and your family stay safe during the holidays:

- Use a food thermometer to make sure meat is at least 165°F.
- Store food in the refrigerator or freezer at the proper temperature.
- Wash hands and utensils before and after handling food.
- Use proper cleaning and storage when preparing food.

About our service provider

Avalara, Inc.

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