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### Ergonomics

[Download](#) our recorded webinar, Ergonomics in the Workplace.

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### 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](http://nsc.org) for up-to-date industry news, information and tools to take your safety program to the next level.



### NSC Safety Awards

Showcase your organization's outstanding safety performance and commitment to preventing injuries and saving lives.

[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.](#)



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](mailto:membershipinfo@nsc.org). Please put "Department of the Interior feedback" in the subject line.



Ergonomics involves designing and arranging workspaces so people work efficiently and safely. Ergonomics is used to evaluate how you do your work to identify any risk factors that might lead to injury, and then to find the best solution to eliminate or manage the hazard. Your capabilities and limitations are taken into account to ensure tasks, equipment, information and your environment suit you.

What are ergonomic conditions?

Ergonomic conditions are disorders of the soft tissues, specifically of the muscles, nerves, tendons, ligaments, joints, cartilage, blood vessels and spinal discs. If you experience pain or injury in your soft tissues, it might be caused by factors such as repetition, force, awkward postures, contact stress or vibration. Symptoms may develop over time. These types of injuries and pains are not caused by slips, trips, falls or motor vehicle collisions.

Read more [here](#).



### Labor Day safety tips

NSC encourages organizations and individuals to use NHTSA [planner materials](#), including posters, television ads and additional ideas to educate employees and your local community about driving safely this Labor Day weekend. The Council also suggests the following:

- If you are drinking, do not drive. If you plan to drink, designate a non-drinking driver or plan for alternative transportation, such as a taxi.
- Support the strengthening and vigorous enforcement of impaired-driving laws.
- Young drivers are at particular risk to be involved in alcohol-related crashes. If there is a young driver in your family, strictly enforce a zero tolerance policy with alcohol. All states have a minimum drinking age of 21.
- Your best defense against a drunk driver is wearing your safety belt, so buckle up.

Look for more statistics and safety tips on Labor Day safety soon from the National safety Council.

