

## Make a Difference - One Act at a Time

Each day you do things to protect yourself, your family, your coworkers and those important in your life. Here's your chance to share these safety acts with the world. *A Million Acts of Safety* is about sharing YOUR stories and learning new ways to stay safe at home, at work, and on the roads. Join the NSC movement - with a million ideas - and let the world know that safety is important to you.



**Get Recognized for Your Efforts!** Come back often to share more safe act stories and see if you're highlighted in the monthly DOI *Spotlight on Safety* E-Newsletter.

1. **Sign in** at <http://millionactsofsafety.nsc.org/Login.aspx>
  1. User ID: **Team DOI**
  2. Password: **safety**
2. Add your safety acts to the NSC database for tracking purposes. Start each act submittal with your name and office for potential recognition in the DOI E-Newsletter.
3. **Download the *A Million Acts of Safety* poster** at [http://www.nsc.org/safety\\_home/BeaSafetyAmbassador/Documents/Million\\_Acts\\_of\\_Safety\\_poster.pdf](http://www.nsc.org/safety_home/BeaSafetyAmbassador/Documents/Million_Acts_of_Safety_poster.pdf)

### Spread the word on Facebook and Twitter!

1. Post safety messages to your [Facebook](#) wall and [tweet](#) your acts of safety using **hashtag #safetyact**.
2. Don't forget to come back and log in these activities as individual safety acts - the number of friends or followers you have will be the number of people you reached!

**Congratulations to the honorees that performed the most acts and reached the most people during the campaign's first year:**



Cathy Seifried was the individual to perform the most acts and reach the most people. When asked why she participated, Seifried said, "During a safety meeting, I stated we could all make a difference by reminding each other to work safely. One employee asked, 'How can one person make a difference?' That question had a profound impact on me. I decided to track my safety acts. If I can make a difference, anyone can."



The team that performed the most acts and reached the most people was the Lathrop, CA, facility of Swift Transportation Co. "Swift Transportation Co. participated in the 'A Million Acts of Safety' campaign to practice and encourage others to observe safety acts on and off the job. Employees were encouraged to log at least one safety act daily, including those occurring at home on the weekends," said Vivian Navarro, Lathrop team leader.

**A few acts of safety submitted to the NSC during the 2011 campaign period.**

*These seemingly small acts are preventing injuries and saving lives:*

We implemented the 'A Million Acts of Safety' program at our company to promote awareness and support active safety performance."

**Katie – White Bear, MN**  
**May 18, 2011**

"A contractor was balancing on a desk and mobile wall to reach the ceiling - we stopped his work until he had a proper ladder to protect him and those around him."

**Ann – Glen Allen, VA**  
**May 12, 2011**

"I refuse to text while driving."

**Jason - Chippewa Falls, WI**  
**April 19, 2011**

"I saw a large puddle of water below a water fountain in the hall just down from my office and reported it to our facilities supervisor who dispatched housekeeping to clean it up."

**Steve – Woodbridge, VA**  
**April 15, 2011**

"We conducted a fire safety drill."

**Mehmood – Karachi, Pakistan**  
**April 1, 2011**

"The need to have a guard in place by a robot saw was identified, and we developed and installed the guard."

**Brian – Lake Forest, CA**  
**March 7, 2011**

"My mother and I spoke to a head nurse in the emergency room, and left anti-texting while driving flyers in the waiting area."

**Jonathon – Danville, WV**  
**Feb. 12, 2011**

**Challenge your coworkers, friends, and family to see who can enter the most acts of safety!**

Looking for more ways to promote safety?

1. Participate in [National Safety Month](#) each June.
2. Become a [Safety Ambassador](#) and recruit others as you make the world safer.
3. Take the steps for your community to receive the prestigious [Safe Communities America](#) designation.
4. Learn about [NSC volunteer opportunities](#).