

Newsletter

Spotlight on Safety

National Safety Council

August 2011



In This Issue

[Downloadable Overexertion Tools](#)

[Back to School Safety Tips](#)

[Overexertion](#)

Overexertion

[Download](#) our recorded webinar, [Understanding Overexertion](#)

[Download](#) overexertion presentation.

Take an overexertion [Quiz](#).

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.



Welcome to *Spotlight on Safety*, an e-newsletter brought to you by the Department of Interior Safety Office 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 Interior feedback" in the subject line.



According to the National Highway Traffic Safety Administration, for 23 million students nationwide, the school day begins and ends with a trip on a school bus. The greatest risk is not riding the bus, but approaching or leaving the bus. Before children go back to school or start school for the first time, it is essential that adults and children learn traffic safety rules. NHTSA suggests these tips for drivers and children:

Drivers

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.

Children

- Get to the bus stop at least five minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street.

[Read](#) more tips for drivers, children and parents.

Overexertion

Overexertion is the third leading cause of unintentional injuries treated in emergency departments in the United States, according to Injury Facts. In fact, overexertion injuries are the largest contributor to the economic burden of disabling workplace injuries. The most common overexertion injuries are strains and sprains, especially to the lower back. Your physical health has a lot to do with protection against back injuries. Contrary to popular belief, anyone can be at risk for back injuries, not only workers who lift heavy objects. To help prevent back injuries, you must understand what causes them. Read more [here](#).

