



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.



NSC Safety Awards

Participation in the NSC Awards Program is the safe decision for your employees and the smart decision for your bottom line.

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. Please put "Department of the Interior feedback" in the subject line.

Holiday Safety Tips

Decorating Safety

The holidays should be a joyous time for you and your loved ones. Review the following safety tips to prevent injury and illness from taking place. Share this knowledge to keep your family and friends safe this holiday season.

- Never use lighted candles near trees, boughs, curtains/drapes, or with any potentially flammable item.
- Situate your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways.
- Only use indoor lights in your home (and outdoor lights outside your home). Check lights for broken or cracked sockets, frayed or bare wires, and loose connections. Replace or repair any damaged light sets.
- Look for the Underwriters Laboratories labels on your lights.
- Turn off all lights on trees and decorations when you go to bed or leave the house. Unplug extension cords when not in use.

Read these [safety tips](#) to keep you and your loved ones safe during the holiday season.

Hosting During the Holidays

- When preparing a meal for family and friends, be sure to wash your hands, utensils, sink and anything that has come into contact with raw meats.
- Clean fruits and vegetables thoroughly. Bacteria may exist on the outside.
- Use different cutting boards and utensils for raw meats, cooked meats and other foods.
- Never defrost food at room temperature. Thaw in the refrigerator, cold water or microwave.
- When cooking, keep your knives sharp. Most knife injuries happen with dull blades.
- Avoid cleaning kitchen surfaces with wet dishcloths or sponges. Bacteria can harbor and spread through these items. Use clean paper towels instead.
- When reheating leftovers, bring the temperature up to at least 165° F to eliminate bacterial growth.
- Refrigerate or freeze leftovers in covered shallow containers (foods will cool faster) within two hours after cooking. Date the leftovers for future use.
- If you're going to serve alcohol at your holiday party, make sure a designated driver gets people home safely. More than half of all traffic fatalities are alcohol-related.



Holiday Shopping Safety Tips



Tips to help keep you aware and safe while shopping this holiday season:

Spend with confidence:

- Credit or charge cards offer the most consumer protections.
- Before purchasing, become familiar with the seller's return and refund policies, warranties, shipping/handling fees and delivery dates.
- Keep receipts, as these may be needed for returns or to reconcile your statements.
- Take extra precautions with online, catalog or telephone purchases: Shop only with companies you know. If you're not familiar with the seller, ask for an address and phone number and investigate its reliability through the Better Business Bureau, state attorney general's office, or other consumer agencies. ?
- Keep a record of your transaction, including your purchase order and confirmation number. Keep your passwords private and order only through a secure server when shopping online. ?

In the parking lot:

- Always park your vehicle in a well-lit area.
- Be aware of your surroundings.
- When approaching your vehicle, have your keys in hand. Before getting in, check under the car and in the back seat to make sure no one is hiding there.
- Keep your windows rolled up, your doors locked, and your front and back seat free of shopping bags and valuables.
- If you don't feel safe, ask mall security to walk you to your car.

