

Newsletter

Spotlight on Safety

National Safety Council

November 2011

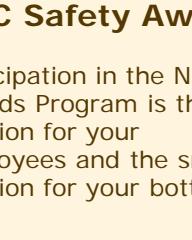


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[Tips for cold and flu season](#)

About the National Safety Council

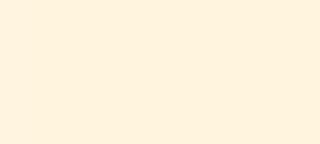
The National Safety Council saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads through leadership, research, education and advocacy. Visit us at nsc.org for up-to-date industry news, information and tools to take your safety program to the next level.



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.

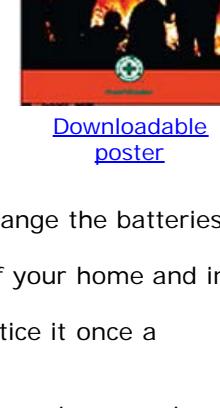
Take Action to Prevent Fires: Protect Your Home and Family

In 2009, 3,200 unintentional deaths occurred as a result of fire, smoke and flames, according to the National Safety Council's "Injury Facts," 2011 Edition.

The risk of fire increases as we head into the cooler months. Make your family safer by completing a home fire safety [checklist](#) and identifying fire risks in your home.

Steps to prevent fires:

- Have properly working smoke alarms.
- Test smoke alarms and carbon monoxide detectors monthly and change the batteries at least once a year.
- Place smoke alarms on each floor of your home and in each bedroom.
- Plan a family escape route and practice it once a month.
- Install a home sprinkler system.
- Place fire extinguishers throughout your home and make sure everyone in the house knows how to use them.



[Downloadable poster](#)

Additional [fire prevention](#) tools:

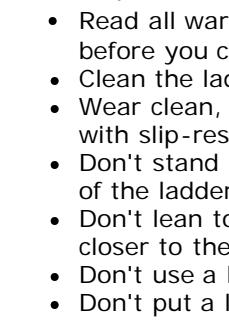
- [Family fire safety tips](#)
- [Home fire safety checklist](#)
- [Plan your family escape route](#)

Use these helpful resources to address the topic of [burns](#):

- [Tips to prevent burns](#)
- [Tips for treating burns](#)

Carbon monoxide often is called a "silent killer." Learn how to prevent [CO poisoning](#).

Ladder Safety



Gravity never forgets. As soon as you set foot on the ladder's first rung and pull your body off the ground, gravity works to bring you back to earth. Therefore, it's no surprise that ladder safety begins from the ground up.

Practice ladder safety rules every time you climb to make your work easier, faster and safer.

[Downloadable poster](#)

Ladder safety may seem simple, but injuries occur every year. Below are some ladder safety dos and don'ts:

- Use the right ladder for the job.
- Inspect the ladder before and after a job.
- Read all warning labels carefully, and follow directions before you climb.
- Clean the ladder after each use to prevent dirt buildup.
- Wear clean, dry, slip-resistant shoes and use ladders with slip-resistant feet.
- Don't stand any higher than the third rung from the top of the ladder.
- Don't lean too far or overreach. Reposition the ladder closer to the work instead.
- Don't use a ladder as a bridge or scaffold.
- Don't put a ladder on a box, barrel or other object to gain additional height.
- Don't use a damaged or unsafe ladder.

Downloadable Ladder Safety Resources from NSC:

[Poster](#)

[5-Minute Safety Talk](#)

[Powerpoint](#)