

Newsletter

Spotlight on Safety

National Safety Council

January 2015



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

Employee engagement is key to a successful safety program! An award from the National Safety Council shows them you appreciate their efforts.

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.

5-Minute Safety Talk: Creating an Onsite Health and Wellness Fair

Health and wellness fairs promote increased health awareness by providing health screenings, activities, materials, demonstrations, and information.



Most often the fairs focus on motivating participants to make positive health behavior changes, provide immunizations, and teach self-care practices.

Download, this five minute [safety talk](#) to help get you started.

Making Smart Choices

Incorporate healthy choices into your workday. Making slight adjustments or trying a few different techniques may help you feel better throughout the day and give you more energy. The following are a few tips to help you get started. Ways to get active at work:

- Park further away from the front door in the parking lot
- Take the stairs instead of using the elevator
- Have walking or standing meetings
- Get up away from your desk to ask someone a question rather than calling or using email
- Take frequent, short breaks to stretch and get your blood flowing
- Take a walk on your break or climb the stairs a few times
- During meetings that last longer than an hour,

make a point of getting everyone up and stretching for a few minutes

Learn about all the benefits available to you in our new Member Benefits Guide



[See the benefits that are available to you and ALL your employees](#)

Featured Webinar



Visit our [online learning library](#) to view our webinars. This month's suggestion "Changing the work environment to support healthy choices" You can access all members-only webinars by clicking here.

[Download this fact sheet.](#)

Wellness at Work

"Although chronic diseases like obesity are among the most common and costly of all health problems, adopting healthy lifestyles can help prevent them," according to the CDC. "A wellness program aimed at keeping employees healthy is a key long-term human asset management strategy."



The [Centers for Disease Control](#) points to its own study published in January 2014, titled [Preventing Chronic Disease](#), that shows incidents of obesity vary by job type. According to the report, of the more than 37,000 employees in Washington State who were studied, 24.6 percent were obese. But broken down by job type, just more than 11 percent of those in health-related occupations are obese, while more than 38 percent of employees who sit most of the day are obese. One conclusion drawn in the study is that physical activity must be available at the workplace to prevent obesity.

[Read the full study here.](#)

Puzzled about Employee Wellness?



Test your Wellness knowledge with our [Employee Wellness crossword puzzle.](#)

[Puzzle key.](#)

Featured safety poster

"Make Healthy your Natural State"

Keep employees informed about the importance of nutrition with this [downloadable poster.](#)

