

THERE'S NO EXCUSE FOR NOT PROTECTING YOUR HEAD

Workers give lots of excuses for not wearing their hard hats. But none of them are good.

One person might say: "A hard hat weighs too much to wear all the time."

WRONG! A hard hat weighs only about 3 ounces more than caps or hats that offer no protection for your head.

Another might claim: "Wearing a hard hat all day is too hot."

WRONG! Air circulates between the shell of the hat and your head. Wearing a hard hat could actually make your head feel cooler.

Still another might say: "A hard hat is too inconvenient to wear, and it really messes up my hair."

WRONG! Never sacrifice safety. Hard hats are easy to put on and take care of. Try tying back your hair.

ARE YOU CHOKING?

If you're having lunch with a co-worker and she puts her hands to her throat and looks like she's choking, what do you do?

Ask in a loud voice, "Are you choking?" If the person can't talk, begin cycles of five back blows followed by five abdominal thrusts until the object is cleared. To perform abdominal thrusts:

1. Stand behind the person and wrap your arms around the waist.
2. Make a fist with one hand and place your fist, thumb-side in, against the person's stomach above the navel but below the ribs. Grab your fist with your other hand.
3. Pull in and up sharply.



"Here's an interesting article. 'Cold or Seasonal Allergy?'"

RIDDLES OF THE MONTH

- 1) What is the word or phrase? R | E | A | D
- 2) Alex is asked to stand behind Ryan and Ryan is asked to stand behind Alex. How can it be done?
- 3) An eight year old says he can make the number one disappear by adding something to it. How can it be done?

Answers on page 2 Safety Bits & Pieces

Safety Matters

Happy New Year!

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Repeat Resolutions

They're better than repeat accidents!

Are you going to make a repeat resolution to work more safely this year? That's a great idea! And a good place to start is to cut down on repeat accidents.

What causes repeat accidents?

- **High-risk jobs** involving hazardous chemicals, dangerous equipment, and confined spaces
- **High-stress jobs** without adequate built-in relief, such as enough staff or sufficient break times
- **Seasonal jobs** that involve periodic high-volume work, which can create accident clusters
- **Repetitive jobs** that can cause ergonomic injuries
- **Repeat injuries** from previous injuries that did not heal properly, possibly because of returning to work too early
- **Referred injuries** from overcompensation of other body parts to make up for the injured body part, such as hip problems from adjusting the gait to accommodate a knee injury

Who causes repeat accidents?

- **Stoic "tough guys"** who work through any injury and consider it a sign of weakness to do otherwise
- **Angry people** who let passion distract them from working safely because they're "just so angry they can't see straight"
- **Easily distracted people** who don't pay enough attention to what they're doing
- **Disengaged workers** who don't care enough to be careful
- **Tired people**, including shift workers, whose lifestyle doesn't give them enough energy or alertness to work safely
- **Workaholics** who won't stop to report for fear of losing work time
- **Shy workers** who won't draw attention to themselves by reporting an incident and risking an investigation of their work

Do you recognize yourself in any of these characters? If so, resolve to stay safe this year.

SAFETY TIP OF THE MONTH

The dangers of carbon monoxide are greater in winter because people use heat sources that aren't meant for the home and the work environment. People are affected by the dangers through lack of knowledge and vigilance.

Carbon monoxide (CO) is a deadly gas produced when a carbon-based fuel, such as gasoline, propane, charcoal or oil burns. Sources include gasoline engines, generators, cooking ranges and space heaters. Carbon monoxide is undetectable. It has no color, no odor, no taste; it mixes evenly with the air.

According to the Centers for Disease Control and Prevention, the most common symptoms of poisoning are headache, dizziness, weakness, nausea, vomiting, and confusion. But victims often go to sleep and never wake up.

Take precautions. Have heating systems and gas ranges checked. Never use a generator in the house or an attached garage, even with the door open. Use only electric heaters in a camping trailer.

WINTER DANGERS

Be aware of these winter dangers: falls, hypothermia and frostbite!

You think it couldn't happen to you, that you're too smart to get frostbite or hypothermia, and you never fall down. But that's thinking about history rather than today's winter weather.

Even the toughest person can fall to the pavement when it's iced over. And the step outside your front door could be your biggest downfall.

Staying on your feet

Your foot gear makes a difference. Tennis shoes and shoes with leather soles are out. Wear shoes or boots with some tread on them.

Take your time. Just as when you drive on an icy road, go slow.

Balance yourself with your arms when you walk. That means keeping your hands out of your pockets.

Walk flat-footed on glazed sidewalks and take short, shuffling steps.

Beware of wet, slippery floors when you enter a building.

Hypothermia and frostbite

When your body's core temperature drops, you experience hypothermia, a serious and life-threatening situation.

In frostbite, cell damage occurs from the cold as a result of a lack of circulation, usually to the fingers, toes, ears or nose.

It doesn't take extremely cold temperatures to bring about either condition. Moderate cold, when combined with wind and moisture, can cause them.

Symptoms of hypothermia include violent shivering, disorientation and exhaustion. Get the person to the emergency room right away.

Frostbite progresses from a pins and needles sensation to numbness, hardened skin, blisters and worse. It can lead to gangrene, so if you have the pins and needles sensation, get inside and get warm.

Enjoy a safe winter this year by watching out for these hazards!!

RIDDLES OF THE MONTH ANSWERS

- 1) Read between the lines
- 2) Alex and Ryan need to stand back to back to make it possible.
- 3) All you need to do is add a letter "G" before "ONE" and it will be gone!!



Attitude Check

Practice common sense and teamwork

A safe workplace doesn't just happen—it results from a team effort.

Employers should:

- Provide a workplace free from hazards that could cause injuries or death.
- Provide personal protective equipment (PPE) when necessary.
- Provide training to employees on how to do their jobs safely.

Our employees must:

- Be able to recognize hazards and report them to a supervisor.
- Pay attention to safety training.
- Follow all safety rules and safe work procedures.

Everyone must share a safety attitude that is dedicated to preventing accidents:

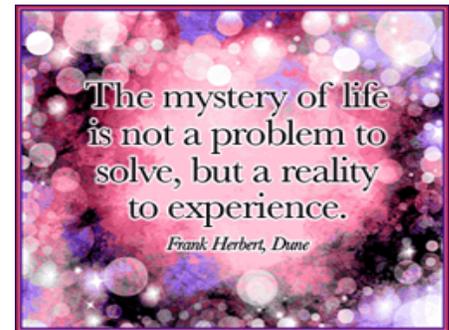
- Look for hazards, and take action to prevent them, before you start a job.
- Stay focused on the task you're doing.
- Don't let fatigue, emotions, or complacency make you distracted or careless.
- Don't let the unsafe actions of others influence how you do your job.
- Take advantage of safety training you're offered on the job.
- Never fool around or take shortcuts.
- If you're not sure how to do a job safely—ASK!

ON THE LIGHTER SIDE



"Sorry Mom, but what happens in kindergarten stays in kindergarten."

QUOTATION OF THE MONTH



From the State of Delaware's Office of Highway Safety...

Resolve to Drive Safe

It's a brand new year. Did you resolve to be healthier at the start of the New Year? Perhaps your goal is to improve yourself in some way or to put aside bad habits that you may have picked up in the last year. Add one more resolution to your list - resolve to drive safe.

What you can do

The best part of resolving to drive safe is that it benefits you and everyone around you. Remember that each time you get in a car, you have a choice:

- **To Buckle Up.** Wearing a seat belt allows the driver and passengers in a vehicle to stay in the safest place in the event of a crash - their seat.
- **To Not Drive Distracted.** Choose to pre-set your radio station, GPS, and vehicle controls. Put down the cell phone. Wait until you are safely parked to make phone calls, surf the internet, and answer text messages.
- **To Drive Calmly.** Avoid rushing. Stop when indicated. Follow the posted speed limits. And always show courtesy to other drivers by yielding properly and using your signals.
- **To Drive Sober.** It is never ok to drive impaired by alcohol or drugs. Including prescription medication. If you are unsure if it is safe to drive with a prescription that you are taking, check with your doctor or pharmacist.

Drive Safe. Arrive Alive DE.

The Office of Highway Safety asks you to drive safely at all times. For more information on this and other traffic safety programs, go to

www.ohs.delaware.gov