

News & Notes

SOMETHING WORTH PROTECTING

Your sight is priceless. Once it's gone, all the money in the world can't bring it back. So protect your eyesight and always wear required eye protection. And remember, regular glasses can't protect you on the job. Even shatterproof lenses aren't tough enough against some flying objects. Furthermore, the frames used in ordinary glasses aren't strong enough to keep the lens from being pushed through the frame and into your eye.

THE HAZARDS OF NOISE

Temporary or permanent hearing loss is only one of the hazards associated with loud noise. Other problems include:

- Fatigue. Constantly straining to hear other people is tiring, and tired workers are more likely to have accidents.
- Stress. Continuous loud noise is extremely irritating, causing accidents and illness.
- Missed directions or warnings. If you can't hear properly, you might miss an important instruction or warning, resulting in a serious accident or injury.

To prevent hearing loss and these other safety problems, be sure to always wear assigned hearing protection. Noise really is a hazard, not just an annoyance. If you have questions about hearing protection, just ask your supervisor.

TAKE SAFETY TRAINING HOME

Did you know that more serious injuries happen at home than on the job? It's true. Practice safety techniques you learn at work at home, and teach them to your family.



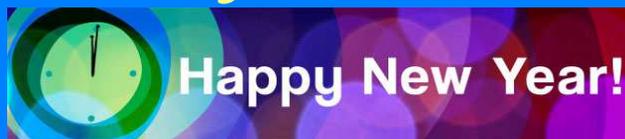
"If we stop looking at the clouds, does a screen saver come on?"

RIDDLE OF THE MONTH

Though in theory
I am always behind you
I am also always
Here to remind you
Just don't dwell
Or I can blind you...
Who am I?

Answers on Page 2 Safety Bits & Pieces

Safety Matters



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A+ or C-?

Grade your safety attitude

A good safety attitude means following established procedures, obeying rules, practicing good housekeeping, and paying attention to safety training. A good safety attitude is the best way to protect yourself and your co-workers from accidents.

People who are indifferent to safety blame accidents on the law of averages. But accidents don't just happen—they are caused. Most accidents happen as a result of unsafe acts, poor attitudes, or a combination of the two.

People with bad safety attitudes are showing disregard for themselves and others. Just look at traffic accidents, for example. Research shows that bad driving attitudes often cause unsafe acts, and unsafe acts are involved in most accidents on the road. The same is true on the job. People who take chances—going without PPE, removing a machine guard to make the work go quicker, or smoking in a No Smoking area—are showing a bad safety attitude. Sooner or later it's going to catch up with them.

One way to build a good safety attitude is to learn your job well. Know the hazards and know the safeguards. Another way is to set a good example. Safe attitudes are contagious. For example, if co-workers see you clean up a spill so that one of them doesn't slip on it, they'll return the favor, and your A+ attitude will spread to others, which means a safer workplace for everybody.

Been There, Done That?

Don't take safety for granted

Remember that accidents often happen when any employee, experienced or inexperienced, takes an unnecessary chance. Here are some important reminders:

- Don't make changes in procedures without checking with your supervisor.
- Don't override safety rules. If you have a question, talk to your supervisor or the safety manager.
- Don't take shortcuts or risks to save time. Work at a safe, steady pace, and you'll get everything done—in time and in one piece.
- Don't take your safety or the safety of others for granted. Keep alert to hazards—no matter how often you've done the job. It's the one you don't see that eventually gets you.
- Don't minimize the importance of safety training. Even if you've heard it before, listen again. You might learn something new. At the very least, you can share your expertise with less experienced co-workers.

SAFETY TIPS OF THE MONTH

Here are some things to do to stay safe during a winter storm while at work:

- 1) Before going on the road, report your destination, route and expected time of arrival. This way, should you get stuck along the way, co-workers can send a rescue team along your predetermined route. Let family know your travel plans.
- 2) Avoid overexertion, especially when shoveling snow or pushing a vehicle to prevent heart attack. Take lots of rest breaks.
- 3) While outdoors, bundle up warmly and cover your mouth to protect your lungs from the cold air. Try not to speak, as much as possible.
- 4) Drink plenty of water to keep hydrated. You're more at risk for dehydration during a winter storm with extremely low temperatures.

Safety Bits & Pieces

STAYING SAFE IN THE OFFICE...

Every type of work environment has its own unique hazards and risks. While construction and manufacturing have obvious hazards, there are plenty of risks in the office as well.

According to the Centers for Disease Control and Prevention, 76,000 fractures, dislocations, sprains, strains and contusions occur in offices each year. The leading types of disabling accidents are falls, strains or overexertions and being struck by a falling object.

Other injuries include burns from hot liquids, an eye injury from a foreign object and electric shock.

A fall can be caused by slipping on a wet floor or not noticing when a floor has a step down or up, tripping over a drawer that's left open or an object left in a walkway.

Any of these may not be noticed if you are in a hurry and walking fast or thinking about something other than your pathway. Never walk where your eyes have not already been.

Know what exit to take, and how to get to it, if a fire alarm goes off or there's some other emergency.

Material and equipment handling takes a lot of thought. Never lift a heavy object by yourself. Know how to lift with your legs, keep an object close to you, and don't twist or turn while lifting.

Store heavy objects on lower shelves. Materials on higher shelves should be stacked neatly so they don't shift and fall on someone. If necessary, use a ladder or stand rather than using a stool.

RIDDLE OF THE MONTH ANSWER

The past...



Priceless Eyesight

Eyesight is priceless. Make sure you use the right equipment for the situation.

Safety Glasses:

- Are stronger and safer than regular glasses
- Protect against flying objects
- Don't protect against hazardous fumes or gases

Safety Goggles:

- Protect against flying objects, sparks, splashes, dust
- Generally offer better protection than safety glasses
- May be indirectly ventilated to keep out splashes and dust

Helmets:

- Protect head and neck against sparks, splashes, intense light
- Resist heat and impact
- Must be worn with safety glasses or goggles

Face Shields:

- Protect face and neck against splashes, flying objects, heat, glare, light
- Don't offer full head protection
- Must be worn with safety glasses or goggles underneath

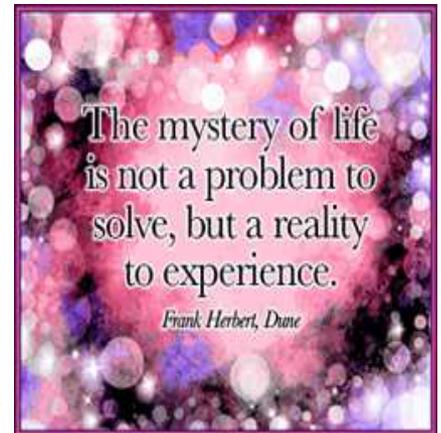
If you need prescription lenses, you may need to wear special eye protection. Contact lens wearers shouldn't wear them for some jobs. Ask your supervisor.

ON THE LIGHTER SIDE



"Oh, no, the tourists are starting to arrive."

QUOTATION OF THE MONTH



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

January is a cold month here in Delaware. It is likely that at some point you will find yourself on the road with snow plows. But, how do you drive safely around them? The National Highway Traffic Safety Administration (NHTSA) offers tips for driving safe while the plows are clearing the roads.

Navigating Around Snow Plows

- Don't crowd a snow plow or travel beside it. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently.
- The road behind an active snow plow is safer to drive on. If you find yourself behind a snow plow, stay behind it or use caution when passing.
- When you are driving behind a snow plow, don't follow too closely. A snow plow operator's field-of-vision is limited; if you can't see the mirrors, the driver can't see you. Also, materials used to de-ice the road could hit your vehicle.
- Snow plows can throw up a cloud of snow that can reduce your visibility to zero in less time than you can react. Never drive into a snow cloud – it can conceal vehicles or hazards.

Remember, the best tip for driving in wintery weather is simply to stay home and let the highway workers clear the roads. For more information about winter driving, go to NHTSA's website www.safercar.gov/winterdrivingtips.

Drive Safe. Arrive Alive DE.