

News & Notes

PERSONAL PROTECTIVE EQUIPMENT (PPE) STANDARDS

There are many controls and work procedures, including machine guards, engineering controls, and sound manufacturing practices, that reduce the hazards you face on the job. But when these procedures aren't enough, personal protective equipment (PPE) provides the next line of defense against job-related hazards. Your workplace supervisory staff should:

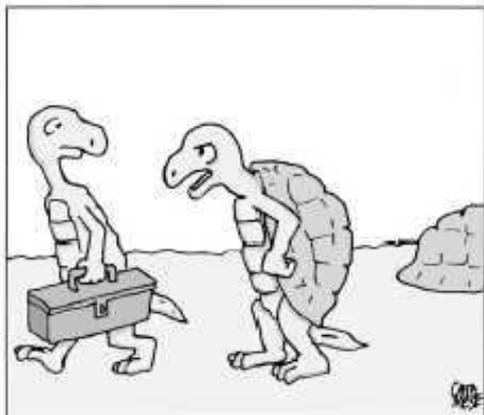
- 1) Assess the workplace to determine what hazards are present.
- 2) Select and provide the appropriate PPE.
- 3) Train you how to use PPE correctly and make sure it fits properly.

In addition, you should use all PPE the workplace provides or requires.

NEW HAZARDS, NEW PERSONAL PROTECTIVE EQUIPMENT (PPE)

Whenever changes occur on the job, such as the addition of new equipment or new procedures, new assignments to different operations or a different area of the workplace, new hazardous substances in the workplace, or even new PPE that provides better protection or comfort, employees should receive new PPE training. It's important to participate fully in this training so that you will:

- 1) Understand the new hazards.
- 2) Know what PPE to use.
- 3) Know how to select, wear, and care for the PPE.



"Ahem... aren't we forgetting something, Tom?"

RIDDLES OF THE MONTH

- 1) What can be swallowed, but can also swallow you?
- 2) To unravel me you need a simple key; no key that was made by locksmith's hand. It is a key that only I will understand.
- 3) Sometimes I am loud and viewed with distaste. Poke out my "eye", then I'm on the front of your face.
- 4) No matter how little or how much you use me, you change me every month.
- 5) What is it that has four legs, one head, and a foot?

Answers on Page 2 Safety Bits and Pieces

Safety Matters



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Head-to-Toe Protection

Are you using the right Personal Protective Equipment (PPE)?

This checklist provides information about when different types of PPE may be required. *Check with your supervisor about the PPE required for your job.*

When do you need HEAD protection?

Falling or flying objects
Molten metal splashes
Exposed electrical parts
Chemical splashes
Overhead pipes and beams
Confined space operations

When do you need EYE protection?

Flying particles
Sparks
Airborne dust
Hot liquids
Ultraviolet rays
Hazardous liquid chemicals
Protruding or projecting parts
Chemical vapors and fumes
Intense light
Blood splashes

When do you need FACE protection?

Hot liquids
Sparks
Hazardous liquid chemicals
Extreme heat or cold

When do you need HEARING protection?

Loud work environment
Noise greater than 85 decibels

When do you need RESPIRATORY protection?

Hazardous chemical vapors, fumes, and mists
Dust
Extreme heat or cold
Insufficient oxygen
Confined space operations

When do you need HAND protection?

Tools or materials that could cut, puncture, scrape, or bruise
Hazardous chemicals
Exposed to electrical parts
Radioactive materials
Extreme heat or cold
Knives
Blood and body fluids

When do you need SKIN protection?

Corrosives
Irritants and allergens
Extreme heat or cold
Poisonous plants
Other hazardous chemicals
Sharp or rough edges
Blood and body fluids
Bacteria, fungi, viruses

When do you need FOOT protection?

Extreme heat or cold
Punctures from nails, sharp objects
Slippery or wet surfaces
Electrical work
Falling, rolling objects
Hazardous chemicals

SAFETY TIPS OF THE MONTH

The first month of the year is the worst month for carbon monoxide (CO) poisoning. Each January, at least two people die each day from carbon-monoxide poisoning. Remember the following safety tips to prevent CO poisoning:

- Have your heating system, water heater and any other gas, oil or coal-burning appliance inspected and serviced by a qualified technician every year.
- Install battery-operated CO detectors on every level of your home.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside the home, basement or garage or outside the home near a window.
 - Don't burn anything in an unvented stove or fireplace.
 - Don't let a vehicle idle inside a garage attached to a house, even if the garage door is left open.
 - Don't heat a house with a gas oven.

If a CO detector sounds, leave your home immediately and call 911 from outside. Seek prompt medical attention if you suspect CO poisoning and if you or someone in your household is feeling dizzy, light-headed or nauseated.

Safety Bits & Pieces

IN CASE OF EMERGENCY: ICE

Put ICE on your cellphone and let others know about it. ICE is an acronym for "In Case of Emergency." If you are incapacitated, emergency personnel should be able to check your cellphone and find the phone number of the person to contact in case of emergency.

Your emergency contact should be able to give your full name, address, and birth date. Be sure your contact can provide the name of your physician, your blood type, and relevant medical history.

In an emergency, your ICE contact could save your life.

YOU COULD GET STUCK IN THE SNOW

People reject the idea that this could happen to them. Of those who know it could, most think they will be in no danger because they don't drive in very remote areas. Help should be easy to find and quick to respond.

Even if you are in a town or not far from one, help could be several hours away. Remember that if you're stuck, a lot of other drivers are stuck too. You'll be on a waiting list.

A cellphone might not help much if everyone is stuck.

→ In case you run the battery down, carry an emergency power supply with jumper cables attached. If you can't get out, at least you could run the heater for short periods. In bad weather, be sure it's charged up before you start.

You should carry some additional items:

→ A small shovel, a set of basic tools, a first aid kit, and water-proof matches.

→ A sleeping bag or a blanket, plus a cap, socks, mittens, and boots.

→ Flashlight and portable radio with extra batteries.

→ Cellphone and an extra battery.

→ High-calorie foods, such as canned nuts, candy, and nutrition bars.

→ A can and a candle to melt snow.

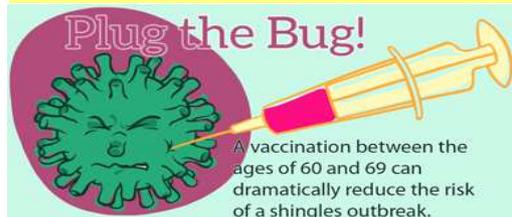
→ Flares or a reflective triangle.

If your rescue occurs in a few hours, fine. If not, you will be prepared.

These items can easily fit in your trunk in a small suitcase or in your back seat if you rarely use it.

RIDDLES OF THE MONTH ANSWERS

- 1) Pride
- 2) Riddle
- 3) Noise
- 4) Calendar
- 5) Bed



Electric Shock Hazard

Stay current on electrical safety

Follow precautions when working around electricity and electrical equipment.

Qualified workers:

→ Are trained to work on or around energized "live" electrical parts, including overhead power lines

→ Must be authorized to implement lockout/tagout and other safety procedures

→ Are familiar with proper use of special precautionary techniques, Personal Protective Equipment (PPE), insulating and shielding materials, and insulated tools

Unqualified workers:

→ May not work around live electrical parts

→ Need to know electricity-related safety practices

→ Must obey all warning signs and tags, and stay out of hazardous areas

Basic rules for electrical safety:

→ Use insulated tools and PPE when working around electricity.

→ Obey minimum distance requirements for overhead power lines (at least 10 feet away for lower voltages).

→ Use nonconducting or insulated tools and equipment (such as wooden ladders) when working near electricity.

→ Never use damaged power tools or electrical cords.

→ Don't touch electric tools, equipment, or cords that are wet, or with wet hands.

ON THE LIGHTER SIDE...



QUOTATION OF THE MONTH



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

Winter Driving

Winter is here! And with the cold weather comes a variety of treacherous roadway conditions. Winter driving can be hazardous and scary. Dangers include snow and ice on the road, and reduced visibility from precipitation. It is important for drivers to be prepared and exercise caution while driving in adverse weather.

There are several steps that you can take prior to venturing out in winter weather. Check the weather, road conditions, and traffic. Allow plenty of time to get to your destination safely so that you do not have to rush. Plan your route. Be familiar with the directions and let others know your route and anticipated arrival time.

Preparing your vehicle can make the trip safer and help motorists deal with an emergency. Maintain your car by checking the battery, tire tread, and windshield wipers. Keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze. Make sure you have plenty of gas. Keep emergency supplies on hand. Have a flashlight, jumper cables, shovel, snow brush and ice scraper, warning devices such as flares and a blanket. Bring a cell phone that is fully charged, food, water, and necessary medications.

Take steps to protect yourself and prevent crashes. Buckle up and use child safety seats properly. Slow down and increase distances between cars. Know what kind of brakes you have and how to use them properly. In general, when stopping, apply firm, continuous pressure if you have antilock brakes. Pump the brakes gently if you do not have antilock brakes. If you find yourself in a skid, stay calm and ease your foot off the gas while carefully steering in the direction you want the front of your vehicle to go. Avoid fatigue and get plenty of rest before the trip. Take breaks when travelling long distances and rotate drivers if possible. Keep your eyes open for pedestrians walking in the road. If you are planning to drink, designate a sober driver. If road conditions are hazardous, you should avoid driving if possible. Wait until road and weather conditions improve before venturing out in your vehicle. If you must travel, following the steps above will help you to have a safe trip. For more information on these and other traffic safety programs, go to www.ohs.delaware.gov.

Drive Safe. Arrive Alive DE.