Safety Matters

Produced by the Insurance Coverage Office

State of Delaware **Issue LXXVIII** **February 2013**

News & Notes

WHY WEAR PERSONAL PROTECTIVE EQUIPMENT (PPE)?

You're a safe worker. You're careful. You don't make mistakes. Do you really need your PPE?

The answer is YES for several good reasons:

1. No matter how careful you are, the unexpected sometimes happens—or somebody else could make a mistake.
2. PPE is designed by experts to protect you against specific hazards by forming a barrier between you and the hazard.

Make sure that your PPE does its job and always protects you by correctly identifying hazards and selecting appropriate PPE.

Check for these potential hazards:

- ➔ Falling objects
- ➔ Dropping objects
- ➔ Sharp objects
- ➔ Rolling or pinching objects
- ➔ Chemical exposures
- ➔ Excessive noise
- ➔ Electrical shocks and burns
- ➔ Slips, trips, and falls
- ➔ Extreme temperatures
- ➔ Light radiation
- ➔ Falls from heights
- ➔ Harmful dust

Select PPE that:

- ✓ Protects against identified hazards
- ✓ Meets safety industry standards as dictated by either the Occupational Safety and Health Administration (OSHA) or the American National Standards Institute (ANSI)
- ✓ Provides more than minimum required protection
- ✓ Protects against multiple hazards
- ✓ Fits correctly (full coverage and comfort)
- ✓ Has been inspected to ensure good condition

"Cash? Gee, I'm new here and I haven't been trained in making change. Would you like to open a store charge?"

RIDDLES OF THE MONTH

1) What is big, white and is found in Florida?
2) What kind of clothes do lawyers wear?
3) What kind of puzzle makes people angry?
4) What letter should you avoid?
5) When is a clock nervous?

Answers on Page 2 Safety Bits & Pieces

Hidden Home Hazards

You might be surprised at the top five

Here are the top five hidden home hazards according to the U.S. Consumer Product Safety Commission (CPSC):

#1: Magnets

Small pieces of building sets that contain magnets can be swallowed by children.

CPSC recommendation: Watch carefully for loose magnets and magnetic pieces and keep them away from kids under age 6. Some such products have been recalled. Check with the manufacturer.

#2: Recalled products

Keep up to date on recalls to keep dangerous products away from your family.

CPSC recommendation: Check CPSC's website at www.cpsc.gov.

#3: Tip-overs

There are an average of 22 deaths per year and some 3,000 injuries attributed to furniture and appliances falling over. Children are especially vulnerable and can be crushed.

CPSC recommendation: Verify that furniture is stable on its own. For added security, anchor heavy pieces that could fall to the floor or attach them to a wall. Free-standing ranges and stoves should be installed with antitip brackets.

#4: Windows and coverings

The hazards are window cords that can cause strangulation in the hands of a young child and falls from windows.

CPSC recommendation: Cut looped cords and install a safety tassel at the end of each pull cord or use a tie-down device, and install inner cord stays to prevent strangulation. Also, don't rely on window screens to keep kids from falling out of windows. Install window guards or stops.

#5: Pool and spa drains

The suction from a pool drain can be so powerful that it can hold an adult under water, but most incidents involve children. The body can become sealed against the drain or hair can be pulled in and tangled. Missing or broken drain covers are a major reason many incidents occur.

CPSC recommendation: Install a Safety Vacuum Release System (SVRS), which detects when a drain is blocked and automatically shuts off the pool pump or interrupts the water circulation to prevent entrapment.

SAFETY TIP OF THE MONTH

Before deciding to fight a fire, determine the following:

The fire is small and not spreading. A fire can double its size in 2 or 3 minutes.

You have the proper type of extinguisher for what is burning.

The fire won't block your exit if you can't control it. A good way to accomplish this is to keep the exit to your back.

You know that your fire extinguisher works. You should check the extinguisher every month for dents, leaks, or signs of damage. Be sure that the unit is fully charged (the needle on the gauge should be in the green).

You know how to use the extinguisher. (There isn't enough time to read the instructions when a fire occurs).

Your personal safety is most important!

Safety Bits & Pieces

CLIMBING TO NEW HEIGHTS

Here are some things you should *never* do on or with a ladder:

- ⌦ **Never** set ladders on boxes or other objects to make a ladder reach higher.
- ⌦ **Never** try to "walk" a ladder instead of getting down and moving it.
- ⌦ **Never** stand above the third rung from the top of a straight ladder or above the second highest step of a step ladder.
- ⌦ **Never** use stepladders as straight ladders. Open stepladders fully and make sure the spreader is locked.

THE CUTTING EDGE OF SAFETY

The American Medical Association recommends these tips on caring for minor cuts and abrasions:

- ✓ **Hold** a sterile pad firmly over the wound until the bleeding stops.
- ✓ **Replace** the sterile pad with a bandage to keep the cut clean and dry.
- ✘ **Never** put your mouth over a wound. The mouth harbors germs that could infect the wound.
- ✘ **Don't** allow fingers, used handkerchiefs, or other soiled materials to touch the cut. Clean the wound and surrounding skin with soap and warm water, wiping away from the wound.

HEAD INJURIES

Sometimes a bump on the head that doesn't cause loss of consciousness may not seem like a serious matter. Even if a person isn't "knocked out," however, a traumatic brain injury (TBI) may have occurred.

A TBI causes blood vessels in the brain to bleed or burst. Symptoms do not begin immediately and may not appear for several hours. They include headache, nausea, double vision, speech difficulties, confusion, and difficulty with walking and balance.

If you have an accident that involves head impact and you experience even minor symptoms, go to a hospital to be evaluated. Doctors at Johns Hopkins say this is especially crucial if you are taking blood thinners, which increase the risk of bleeding.

RIDDLES OF THE MONTH ANSWERS:

1) A lost polar bear
2) Lawsuits
3) A crossword puzzle
4) The letter "A" because it makes men mean.
5) When it is all wound up!

Safety Warning Test

Would you recognize a warning if you saw one?

Find out by matching the color and symbols with the correct definitions below. Note: If you get any wrong, find out *now* what the correct answer is. Your life could depend on your being able to identify these warnings.

Color and Symbol	Definition
___1. Red square	a. Biological hazards
___2. Orange triangle or arrow	b. Dangerous equipment
___3. Yellow band or black and yellow checkers	c. Traffic patterns
___4. Blue circle	d. First aid and safety equipment
___5. Black and white star	e. Caution (struck by, caught in, or slipping hazards)
___6. Purple against yellow	f. Keep away background triangle
___7. Green cross	g. Fire hazards or emergency stop controls
___8. Fluorescent orange or orange with red with 3 circles	h. Radiation hazards

Answers: 1. g, 2. b, 3. e, 4. f, 5. c, 6. h, 7. d, 8. a.

ON THE LIGHTER SIDE

"I don't care if all the kids are wearing it that way. You'd better grow it back before your father gets home."

QUOTATION OF THE MONTH

"One of the greatest secrets of a long and fruitful life is to forgive everybody, everything, every night before you go to bed."

Bernard M. Baruck (1870 - 1965)
American financier & philathropist

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

Be Safe, Be Seen

Every day, Delaware citizens use our roadways to get from point A to point B, but one of our most vulnerable roadway users continues to be pedestrians. If you walk on Delaware roads, it is important to be seen and use common sense when near the roadway. Here are some things that you can do to be safe while you are walking:

- Be Seen. Always carry a flashlight or other reflective item at night.
- Use sidewalks. If there isn't a sidewalk, walk facing traffic and as far off the edge of the road as possible.
- Cross only at crosswalks and intersections, even if you have to walk a little further.
- Do not step into the path of a vehicle, even though you may have the right of way.

Other considerations:

- If your car becomes disabled, pull over and wait or call for help. It is safer to stay inside your vehicle than to walk for help.
- Never hitchhike.
- And, never walk under the influence of alcohol or drugs. It is better to call a friend, call a cab, or stay where you are than to risk walking impaired.

Last year, too many pedestrians died on our roads – some chose to cross in front on an oncoming vehicle, some chose to walk impaired, or some chose to walk in the road without a light. Don't let this happen to you. Be Safe. Be Seen.

Walk Smart. Arrive Alive DE.

For more information on this and other safety programs, go to www.ohs.delaware.gov.