

HOW'S YOUR SAFETY ATTITUDE?

Do you have a "want-to" or a "have-to" safety attitude?

That depends on whether you do the safe thing because you have to or because you *want* to. Why would you want to? Because you want to avoid injuries so that you can go home to your family at the end of the workday in the same condition you reported to work.

People with "want-to" safety attitudes are more safety conscious, more alert to hazards, more likely to follow rules and regulations—and more likely to avoid accidents and injuries. If you have any co-workers with a "have-to" safety attitude, help them see the value in always doing the safe thing, not just because there's a rule, but because it's the smart thing to do.

When employees are aware of safety rules and break them anyway, we say they have unsafe attitudes. Picture a technician who neglects to wear eye protection while working with harmful liquids that could splash the face or a warehouse employee who knows that an object weighs too much to be lifted by one person, but nevertheless attempts to lift it without any help. These employees are demonstrating unsafe attitudes.

Management may provide excellent safety orientations and training, you may know all the safety rules, and you may be able to demonstrate the safe way to do a job. But knowing every safety rule ever written will not protect you if you fail to use that knowledge daily on the job. The habit of doing things the wrong way is difficult to break, but it can be done.

The next time you are about to break a safety rule, stop and think about what could happen to you, your co-workers, or your family. Imagine the pain, the inconvenience, and the lost time and money that could result. Then do the job correctly, the safe way. At first you will be slowed down, but soon you will start to notice safety becoming a habit—and it will turn out to be one of the best habits you have ever had, because it will decrease your chances of joining those who are injured in accidents each year.



"Traveling at light speed takes all the fun out of saying, 'Are we there yet?'"

Safety Matters

FEBRUARY IS
HEALTHY HEART MONTH

Produced by the Insurance Coverage Office

State of Delaware

Issue XC

February 2014

Team + Work = Safety

Are you a safety team player?

Whether in the sports arena or in the workplace, the most effective results come from people who realize that their goal is best achieved by teamwork. Injury-preventing teamwork on the job consists of a combination of thoughtfulness and responsibility—for co-workers' safety as well as your own. For example:

- ↳ Lending a hand when asked, or offering help when noticing a need
- ↳ Cleaning up a mess or spill that you cause—but even doing it for someone else's mess in order to keep anyone from getting hurt
- ↳ Leaving your work area and equipment in safe condition for the next shift
- ↳ Turning in a defective tool for repair
- ↳ Reminding a co-worker of safe behavior (such as putting on safety glasses)
- ↳ Reporting a potentially hazardous condition to your supervisor

Here's what management at a company with a zero-accident goal had to say about the importance of teamwork:

- ↳ "It takes everyone working together cooperatively for everyone to be truly safe."
- ↳ "Teamwork means taking the time to show someone else the safe way to do a job and asking for help if you are not sure what to do."
- ↳ "Cooperation of this sort is necessary because we're all in this together—in life itself—and life, like work, is not only safer and more productive but even more fun when we cooperate."

But it's not just management who feel strongly about teamwork and safety.

Here's what employees at a company with a zero-accident goal had to say:

- ↳ "The secret is personal commitment and communication, and looking out for one another, too." (office worker)
- ↳ "Anybody who does something unsafe in the shop gets jumped on by the rest of us—but never maliciously or to downgrade the person. We police one another because we care about one another." (welder)
- ↳ "I've learned that safety is a two-way street: The worker has to be involved, but the go-ahead from management is essential." (mechanic)

What do you have to say about safety on the job? Are you a safety team player?

SAFETY TIPS OF THE MONTH

Here are some home safety tips to help make your home accident free:

- 1) Put **non-slip strips** in your tubs and showers.
- 2) Install **night lights** in hallways.
- 3) Put a **flashlight** in each bedroom. Use flashlights and not live candles in a power outage.
- 4) **Wipe up spills** as soon as they occur to prevent slips and falls.
- 5) **Prepare a card** with all pertinent emergency numbers on it and post it adjacent to all phones.
- 6) **Place fire extinguishers** in key areas of the home.

RIDDLES OF THE MONTH

- 1) There is a word in English Language in which the first two letters signify a male, the first 3 letters signify a female, the first 4 letters signify a great man, and the complete word a great woman.
What is the word?
- 2) "Therein lies a secret," I say "for you to see, there is a seven letter word in the English language that contains ten words without rearranging any of its letters."
What is that word?
- 3) What do you throw out when you want to use it, but take in when you don't want to use it?

Answers page 2 Safety Bits & Pieces

Safety Bits & Pieces

Cardio- Pulmonary Resuscitation (CPR) Rules

The most common reason people die from cardiac arrest: no one nearby knew cardio-pulmonary resuscitation (CPR), or if they did know it, they didn't do it. In sudden cardiac arrest, the heart has stopped beating.

The American Heart Association guidelines for CPR are much simpler and less intimidating to a bystander thrust into the role of rescuer than they used to be: Call for help, push the chest, and don't stop.

Two rescue breaths can be given before pushing on the chest and after every 30 compressions, but mouth-to-mouth is optional. Until emergency medical responders arrive, chest compressions alone can often be just as effective in saving a life.

Chest compressions are done by placing your hands in the center of the chest between the nipples, one hand on the other. With elbows locked, press the heel of your hand into the chest.

The more times a person pushes on the chest, the better off the patient is. Compressions cause blood flow to the brain and other vital organs.

When someone collapses, doesn't respond to shaking, and isn't breathing, CPR can save their life. About 250,000 people die of cardiac arrest in the U.S. each year.

RIDDLES OF THE MONTH ANSWERS

- 1) "Heroin"
- 2) "Therein" is the word. The ten words that can be made without rearranging the letters are: the, there, he, ere, rein, in, here, therein, herein, her
- 3) An anchor

Happy Valentine's Day! 



"Does he give booster shots?"

Tips for the Deskbound Avoid strain and improve productivity

If you spend long hours at a desk working on a computer, follow these health-wise tips from the *Atlanta Journal-Constitution*:

- ↳ **Keep your focus.** Sitting at a desk encourages the body to operate at a slow metabolic rate. Strategies like eating healthy mini-meals and taking short breaks from the computer can increase concentration and productivity.
- ↳ **Avoid eyestrain.** Computer-related eyestrain can result from many factors, including improper computer setup, bad lighting, uncorrected vision, and dry eyes. Use incandescent task lighting. Take periodic breaks for every hour spent at the computer and focus your eyes on items at different distances than your computer monitor. Use rewetting drops for dry eyes.
- ↳ **Move it.** Make a conscious effort to perform a few desk exercises twice daily. These help fight tension and fatigue, improve circulation, and prevent aches and cramps. For example:
 - Stand up and lift on the balls of your feet a few times.
 - From a standing position, bend over and let your head and arms dangle toward the floor to stretch your lower back.
 - Do arm curls with a stapler or other small desk object.
 - Roll your head clockwise and counterclockwise to exercise your head and shoulders.

It's also good to change positions occasionally when you sit for long periods.



ON THE LIGHTER SIDE

Several things not to say to your Valentine's date:

- 1) I really don't like this restaurant that much, but I wanted to use this 2 for 1 coupon before it expired!
- 2) I used to come here all the time with my ex.
- 3) I never said you NEEDED a nose job. I simply said it wouldn't hurt to consider one.
- 4) Could you excuse me? My cat gets lonely if it doesn't hear my voice on the answering machine every hour.
- 5) It's been tough, but I've come to accept that most people I date won't be as smart as I am.

QUOTATION OF THE MONTH



From the State of Delaware's Office of Highway Safety... Put an End to Seat Belt Neglect

Did you know that in 2013 nearly half of all vehicle occupants killed in car crashes were not properly buckled up? It is our goal at the Delaware Office of Highway Safety to educate each person in Delaware about the importance of wearing a seat belt. It's a habit that you should adopt for life.

- ↳ 92% of Delawareans buckled up in 2013.
- ↳ You are four times more likely to be killed in a crash if you are thrown from a vehicle because you are not buckled up.
- ↳ Drivers will receive an \$83.50 ticket for the failure of anyone in the vehicle to buckle up.

Remind your family and friends that officers are on the lookout for unbuckled drivers and passengers. Put an end to seat belt neglect. Remember to always wear a seat belt every time you get in a car...day or night.

Buckle Up. Arrive Alive DE.