

News & Notes

DON'T IGNORE NEAR MISSES

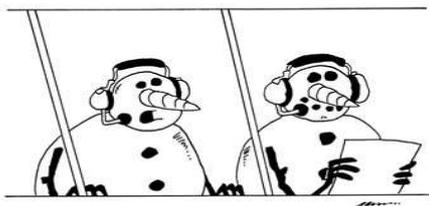
When you're involved in a near miss incident, do you consider yourself lucky and go on with your work? Many people do. But that's a big mistake. Near misses, or close calls, are accidents that just haven't happened yet. Without your help, they will. These incidents are wake-up calls. They're telling us we need to take swift action to correct a hazardous situation. So how can you help? Easy! Report all near misses or close calls to your supervisor right away. When all the details of the incident are on the table, we can determine what happened, why it happened, and how to prevent it in the future.

YOU AND YOUR SAFETY

Safety requires a lot of attention on everyone's part. Numerous safety programs and safety regulations are developed and implemented for management and employees to follow. In addition safety equipment is purchased and processes are designed to reduce risks and improve safety performance. Safety training and personal protective equipment are provided. But all the regulations, programs, equipment, and training can't protect a person who doesn't look out for himself or herself.

The sad fact is that most accidents are someone's fault. They are the result of someone not paying attention or not thinking safety is important in his or her job. That's why the most powerful and effective safety device of all is you!

Remember: "Exercising your safety responsibility is like exercising your body. If you don't exercise your body, it gets weak and flabby, and in time, you will pay the price with an accident or injury. If you haven't been exercising your safety responsibility, now is the time to start."
— NASA safety newsletter



"We're going to take another look at that play in snow motion."



Safety Matters



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The Top 10 Safety Excuses

Have you ever tried to justify not working safely or heard a co-worker making excuses for unsafe acts? None of us is immune from occasionally making excuses or taking risks. But when you think about it, there really is no good excuse for unsafe acts. Here is a list of perhaps the 10 worst excuses for acting unsafely on the job:

- 1. I didn't know** — When you are unsure of proper safety procedures ask your supervisor.
- 2. I wasn't paying attention** — When your safety is involved your attention should always be on the task(s) at hand.
- 3. I meant to, but** — The best of intentions need to result in correct safety procedures and actions.
- 4. I forgot** — Before performing any task review the safety procedures necessary to complete the task safely and then follow through with them.
- 5. I didn't have time** — It is better to take the time to do it safely, then to save time doing the job only to spend the saved time treating a preventable injury.
- 6. It could have happened to anybody** — This is often true, but the odds of it happening to you increase exponentially every time an action is performed by you unsafely. It is a fact that you are somebody else's "anybody."
- 7. We were just fooling around** — The workplace is not suitable for horseplay. Horseplay can and does affect people's lives permanently.
- 8. Personal Protective Equipment (PPE) is uncomfortable** — PPE may be uncomfortable, but when properly fitted and worn serves to protect workers. PPE is never required unless a hazard exists that cannot be handled in any other manner.
- 9. Rules are for fools** — Rules exist in all areas of life - safety is no exception!
- 10. I thought it would be okay just this once** — Remember, that it only takes one second and one accident to change your life and the lives of those you love and care about permanently. It's not worth the risk. Please don't take it!

If any of these excuses are part of your safety practice avoidance vocabulary make a resolution to eliminate them now in order to protect your safety.



VALENTINE'S DAY RIDDLES

- 1) What did the stamp say to the envelope on Valentine's Day?
- 2) What did the boy light bulb say to the girl light bulb on Valentine's day?
- 3) What did the boy owl say to the girl owl on Valentine's day?
- 4) What did the boy octopus say to the girl octopus on Valentine's Day?
- 5) What kind of flowers do you never give on Valentine's Day?

Answers on page 2 Safety Bits and Pieces

SAFETY TIPS OF THE MONTH

Walking on snow and ice puts workers at an increased risk of slips and falls.

↳ Where appropriate, clear walking surfaces of snow and ice and use salt or its equivalent.

↳ Proper footwear is essential – insulated boots with good rubber treads are a must for walking during or after a winter storm.

↳ When walking on an icy or snow-covered walkway, take short baby steps and walk at a slower pace so you can react quickly to a change in traction.

↳ At night, wear bright clothing or reflective gear – dark clothing will make it hard for drivers to see you.

↳ During the daytime, wear sunglasses to help you see better and avoid hazards.

↳ Slow down and take your time. Never walk where your eyes have not already been!

Safety Bits & Pieces

INJURIES FROM HOT STOVES

Emergency room (ER) doctors say injuries from hot stoves are increasing. ERs are seeing about five Americans an hour with scalds or burns.

Young children are being injured by stove tip-overs because stoves are not fastened to the floor as they should be. People age 60 and over are twice as likely to trip over a stove drawer or another part of the appliance.

Researchers in Columbus, Ohio, used a national injury-survey database to analyze nonfatal stove injuries in the United States from 1990 to 2010. The research included electric, gas, and wood- or coal-burning stoves. Microwaves, toaster ovens and barbecues were not included.

Just over half of those injured were women. Patients 19 years old and younger accounted for 41 percent of the injured, and children under age 5 comprised 26 percent of this group.

More than half of the injuries were caused by contact with a hot stovetop, followed by a hot stove door and a stove interior.

Muscular sprains and strains were the most common injury in people age 40 to 59 who were using the stove.

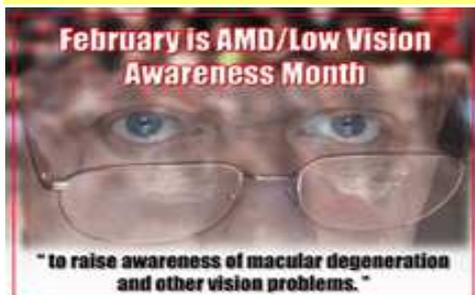
According to the American Journal of Emergency Medicine, most stove injuries could be prevented with proper installation, common-sense cooking attire and using children's safety gates.

WHAT HAZARDS DO YOU FACE?

You read a lot about different workplace hazards in **Safety Matters**. But what are the specific hazards of your job? Take a minute and make a list. Can you eliminate any of the hazards on your list? If not, make another list of the procedures and Personal Protective Equipment (PPE) you need to use to protect yourself against each hazard. If you're not sure about a possible hazard—or about what to do about a known hazard—talk it over with your supervisor and come up with an effective protection plan.

VALENTINE'S DAY RIDDLES ANSWERS

- 1) I'm stuck on you.
- 2) I wuv you watts and watts.
- 3) Owl Be yours!
- 4) I want to hold your hand, hand, hand, hand, hand, hand, hand, hand...
- 5) Cauliflowers!



National Burn Awareness Week

February 1 to 7 is National Burn Awareness Week. Here are some quick facts about burn injuries:

- ☞ Burn injuries receiving medical treatment per year: 500,000
- ☞ Fire and Burn Deaths Per Year: 4,000
- ☞ Hospitalizations for Burn Injury Per Year: 40,000 total, including 25,000 admissions to hospitals with specialized burn centers
- ☞ Burn Cause: 46% fire/flare; 32% scald, 8% hot object contact, 4% electrical, 3% chemical, 6% other
- ☞ Place of Occurrence: 43% home, 17% street/highway, 8% occupational, 32% other

Although very few burn injuries occur at work compared to home, the risk is still around us. Steam pipes, electrical arc flashes, hot machine components and chemicals are just a few of the areas where you have exposure to burn injuries.

Your best protection for these types of exposures is awareness. More often than not, people get burned at work by coming in contact with hot components unexpectedly. They didn't realize the component was hot or they weren't aware of their body's position to the object. Take some extra time when around these areas of the facility to ensure you know the hazard and make a conscious effort to keep away from these hot components.

The other line of defense for these injuries is to wear Personal Protective Equipment (PPE) when working in close proximity to these burn hazards. Whether using rubber gloves when working with chemicals or thermal gloves when dealing with steam lines, PPE can afford you the protection you need.

QUOTATION OF THE MONTH

"The toughest thing about success is that you've got to keep on being a success. Talent is only a starting point in business.

You've got to keep working that talent."

Irving Berlin

Prolific and popular 20th century songwriter (1888 - 1989)

ON THE LIGHTER SIDE



From the State of Delaware's Office of Highway Safety... Slow Down. Buckle Up.

The Delaware Office of Highway Safety (OHS) is once again reminding motorists to drive safe. The roadway can be dangerous for drivers, passengers, pedestrians and cyclists. Save a life by slowing down and buckling up while travelling on Delaware roadways.

Did you know that Delaware crash data for this past year suggests that speed and lack of seat belt use are major contributors in the number of fatalities on the roadways? And fatality numbers are up from 2014. Speed was a contributing factor in over one third of crashes. In addition, more than half of those killed last year were not buckled up.

Driving fast without a seat belt can provide quite a rush, but also quite an impact. With the chance for fines, loss of a driver's license or even a loss of life, it's not worth it. Even one life lost on our roadways is one too many.

☞ Drive the posted speed limit. Fewer crashes happen when vehicles are travelling at or about the same speed.

☞ Concentrate. Don't allow yourself to become distracted by talking on your cell phone, eating, drinking, or putting on makeup.

☞ Relax. Tune the radio to your favorite relaxing music. Music can calm your nerves and help you to enjoy your time in the car.

☞ Identify alternate routes. Try mapping out an alternate route to avoid congestion. Even if it looks longer on paper, you might find it less congested.

☞ Buckle Up. Every trip. Every time. Remember, for a seat belt to be effective and save a life, it must be worn properly with the lap belt low and snug across the hips and the shoulder harness worn across the shoulder and chest with minimal slack.

For more information on traffic safety, visit www.ohs.delaware.gov. Follow us on Twitter at www.twitter.com/DEHighwaySafe and Facebook www.facebook.com/ArriveAliveDE.

Drive Safe. Arrive Alive DE.