At work you may come into contact with chemicals, cleaning agents, and other substances that are poisonous if ingested, touched, or inhaled. Always read container labels and material safety data sheets for hazards, precautions, and first-aid treatment to protect yourself and your co-workers.

At home you also use hazardous chemicals in cleaning agents, pesticides, fertilizers, lighter fluids, and more. Always read every item's label for warnings and safety information to protect yourself and your family.

Follow these additional do’s and don’ts for poison prevention at home.

**DO**
- Call 800-222-1222 for your nearest Poison Control Center and post its number by the telephone.
- Leave substances in their original containers with their original labels.
- Keep medicines and other substances out of children’s reach, including mouthwash, baby oil, certain plants, and table salt.

**DON’T**
- Store substances, such as paint thinner, in soda bottles or cups.
- Take medicine in front of children or call medicine candy.
- Take medicine in the dark or without reading the label.

To protect yourself, take these precautions:
- Use the product the way it was intended—follow product instructions.
- Wear gloves and other protective clothing.
- NEVER mix cleaning products.
- Provide adequate ventilation.
- ALWAYS store away from children and pets.

Take a moment to make a list of the hazardous chemicals you may use at home or at work—and be sure you use them safely!

**SAFETY TIP OF THE MONTH**

Follow this action list in case of exposure to chemicals or poisons:
1. Keep Calm.
2. Check the product label for first aid advice. Follow the advice, and then call the Poison Control Center (PCC) at 800-222-1222.
3. Provide the following information to the PCC: brand name of product; company and 800 number; type of product; contents as listed on the label; estimated amount of product involved; mode of exposure (mouth, skin, eyes, inhalation); time of exposure; age, weight and general health of the patient (be sure to include information on any health conditions, such as diabetes, allergies, etc., existing prior to the exposure including all medication being taken); an accurate description of any first aid given and a description of the patient's current condition.
4. Follow the instructions of the PCC; ask questions if you don't understand.
5. Keep the patient under observation; immediately report any change to the PCC.
6. If the patient is advised to report to a physician, take along the product container and any vomit.

**RIDDLE OF THE MONTH**

Two customers at a restaurant order a glass of lemonade. Unbeknown to them, the lemonade is poisoned. The first customer drinks his in one gulp, and experiences a few stomach cramps, but that's about all. The second customer takes his time drinking the lemonade. Later that day he died. Why did the first customer not die?

**Answer on page 2 Safety Bits and Pieces**
**Safety Bits & Pieces**

**HOW LONG DOES SAFETY TAKE?**
How long does it take to put on personal protective equipment (PPE) to protect against safety and health hazards? **A minute or two? Maybe less?**

How long does it take to check a safety procedure in a manual or ask your supervisor if you're not sure about a hazard or how to do a job safely? **A few minutes?**

How much time does it take to check a material safety data sheet (MSDS) for vital information about a chemical? **5 or 10 minutes?**

Even if doing the safe thing takes a little longer, it’s worth it. It means you get to go home to your family and friends in one piece at the end of your shift—instead of to the hospital.

**DANGEROUS DAN AND RISKY RICK**
These fellows might be your co-workers. Dan seems to attract hazards like a magnet. He always seems to be on the scene when there’s an accident or near miss. He’s careless, distracted, and likes to fool around.

Then there’s his buddy Risky Rick. Rick is an accident waiting to happen. He loves to live on the edge. There isn’t a safety rule he hasn’t broken or bent. He skips steps in safety procedures. He rushes around, and heaven help you if you get in his way.

Somebody needs to tell these guys to wake up and shape up. Don’t be a victim of unsafe co-workers. Make it known that you won’t accept anything but safe behavior from co-workers.

**RESPIRATORY PROTECTION**
Certain work areas involve harmful airborne contaminants. Workers in these areas need to protect themselves from the potentially fatal results of inhaling these contaminants by using the proper protection.

If you’re one of these workers, remember these respirator basics to protect yourself:

- Choose the right respirator for the job!
- Respirators won’t work if they don’t fit!
- Stay alive! Use your respirator.
- Take good care of your respirator, and it will take good care of the air you breathe!

**RIDDLE OF THE MONTH ANSWER:**
The poison was in the ice cube. The man who drank his drink quickly did not get affected because the ice cubes did not have time to melt.

---

**Poison Pen?**

**Chemical hazards in the office**

March 20 to 26 is Poison Prevention Week, which makes it a good time to realize that today’s modern offices have more poison dangers than you may be aware of. In fact, it’s just that lack of knowledge about office chemicals that could put you at risk. Don’t take these materials for granted:
- Copy machine toner
- Printer ink
- Glue
- Whiteout correction fluid
- Cleaning supplies

Here are general guidelines to prevent poisonings:
- Read chemical labels and follow the manufacturers’ instructions to use and store these items safely.
- Use chemicals in well-ventilated areas.
- Use personal protective equipment, such as gloves, to protect yourself.
- Post the national Poison Help Line—800-222-1222—near the workplace first aid kit so that if you or a co-worker has been exposed to poisonous substances, you can call that number immediately. Healthcare experts will answer the phone and be able to answer your questions and connect you to local poison help right away.

**QUOTATION OF THE MONTH**

"I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It’s when you know you’re licked before you begin but you begin anyway and you see it through no matter what."

Harper Lee (1926 - )

*To Kill a Mockingbird* (1960)

---

**ON THE LIGHTER SIDE**
A salesman called at a house and found two young boys sitting on the front step. "Is your mother in?" asked the salesman.

"Yes," said the boys.

The salesman rang the doorbell, but there was no answer. He tried again; still no answer. He turned to the boys. "I thought you said your mother was home?"

"She is, but this isn’t where we live."

---

**From the State of Delaware’s Office of Highway Safety...**

**Driving Under the Influence (DUI)**

Did you know:
- In Delaware, impaired driving includes driving under the influence of alcohol and/or drugs, both illicit and prescription?
- Many drivers are unaware they can be charged with DUI if they drive while under the influence of prescription drugs?
- Some drugs, like anti-anxiety drugs, can dull alertness and slow reaction time while others, like stimulants, encourage risk-taking and impair the ability of the driver to judge distances?
- The most common prescription drugs found in the offending driver’s system are Codeine, Xanax, Valium, Percocet, Nembutol and many cough syrups?

What you can do:
- Drivers should heed the labels that warn users not to operate vehicles or heavy machinery after consumption. These legally prescribed drugs can and will affect one’s ability to safely operate a motor vehicle?
- Ask your doctor if your medication may impair your ability to drive a vehicle safely.

For more information on the Prescription Drug and Driving Campaign along with other OHS campaigns visit OHS website at [www.ohs.delaware.gov](http://www.ohs.delaware.gov)

Follow your Rx. Arrive Alive DE.