

News & Notes

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 move a ladder by "walking" it 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 securely locked.

THE CUTTING EDGE OF SAFETY

Here are a few tips from the American Medical Association on the care of minor cuts and abrasions:

- **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.
- **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.



"Is that the sweet smell of success or some imitation air freshener?"

RIDDLES OF THE MONTH

- 1) Why is everyone so tired on April 1st?
- 2) What is the best day for monkey business?
- 3) Can February March?
- 4) What season is it when you are on a trampoline?
- 5) Why is the letter "A" like a flower?

Answers on page 2 Safety Bits & Pieces



Safety Matters



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Climb Your Way to Safety

Using ladders safely prevents serious injuries

Falling off a ladder—even a small one—can injure you badly or even kill you. That's why using ladders carefully is so important.

Choose Your Ladder Wisely

The type of ladder you choose—stepladder, straight ladder, or extension ladder—will depend on the job you need to do and how high you need to be to do it. Always make sure that the ladder you choose is the right height for the job. Before using any ladder, give it a thorough safety check.

- Are the rungs or steps firm and unbroken? Are they clean and free of dirt and grease?
- Does it have nonslip safety feet? Are they in good condition?
- If it's a stepladder, does it have a spreader to lock the ladder open? Does it have braces to keep the rails from swaying? Are these items in good workable condition?
- If it's an extension ladder, is the rope in good condition? Are the rope and pulleys working smoothly?
- Check the weight restrictions on the ladder. Is it capable of supporting your weight and the weight of any items you will be carrying up or bringing down the ladder?

Set It Up Right

Here are some important points to keep in mind when setting up straight ladders and extension ladders. (The first two points apply to stepladders, too.)

- Place the ladder on a level surface.
- Use wide boards under the feet if you are on soft ground.
- Place the feet parallel with the top support.
- Leave at least 3 feet of extension above the top point of support.
- Anchor the ladder at the top, and have someone hold the bottom for you.
- Make sure the base of the ladder is placed 1 foot out from the wall for every 4 feet of the ladder's height. (An easy way to do this is to count the number of rungs from the ground to the support point at the top and divide by 4. *Example:* 8 rungs = 2 feet. Keep the ladder 2 feet from the wall.)

Remember, a fall from a ladder can leave you laid up for days, weeks or months with broken bones, back injuries, or worse. Take the few extra minutes it takes to make sure you're safe each time you climb.

SAFETY TIPS OF THE MONTH

Follow these safety tips for good housekeeping:

- Avoid stacking boxes and papers on top of the file cabinets.
- Stack materials in such a way that they will be uniform in size and stack.
 - Store heavy objects on lower shelves.
- Keep walkways, archways, and stairs clean of any obstruction.
 - Keep circuit boxes clear of any obstruction.
- Keep all circuit boxes open and free of anything that might cause them to be cluttered.
- Maintain 18 inch clearance underneath and on all sides of sprinkler heads.

Safety Bits & Pieces

WORKPLACE VIOLENCE

These days, violence in the workplace is becoming all too common. One in six of all violent crimes occurs in the workplace. Homicide is now second only to motor vehicles as a cause of work-related deaths. Certain acts or attitudes, especially in combination, may signal problems. There may be a potential for violence in a person who:

- Threatens violence against others.
- Vows to get even with bosses or co-workers.
- Makes a habit of threatening or intimidating others.
- Says people are out to get him or her.
- Talks a lot about weapons—and may own them.
 - Holds grudges.
- Blames others for problems or setbacks.
 - Gets angry very easily and often.
 - Is very defensive when criticized.

If you're dealing with a threatening or angry person:

Do

- Stay calm and be polite.
- Look the person in the eye.
- Don't argue, yell, or threaten.
- Get help if the person doesn't calm down.
- If you're attacked, try to run away and yell to let others know you're being attacked.

Don't

- Argue or raise your voice.
- Respond to a threat with a threat.
- Do anything to make the person angry or increase the danger.

GOOD AND SAFE HOUSEKEEPING

Take time each day to check work conditions. Is your area free of clutter or excess materials? Are aisles and walkways clear of obstructions?

Don't fall into the habit of relying on the custodian or a co-worker to clean up a spill, pick up scrap, or put something in its proper place.

And when you spot a problem you can't correct yourself, report it to your supervisor.

RIDDLES OF THE MONTH ANSWERS

- 1) Because they've just finished a long 31 day March!
- 2) The first of Ape - ril.
- 3) No, but April May!
- 4) Spring - Time!
- 5) A bee ("B") comes after it!

APRIL IS CHILD ABUSE PREVENTION MONTH



DANGER ON THE TRACKS

Did you know that train collisions occur with some frequency. In the last ten years, there have been more than 30,000 railroad crossing accidents that caused 3,600 deaths. That number, although daunting, is a big improvement. Since 1972, the number of annual train-motor vehicle collisions had been reduced by about 83 percent through educational efforts, according to train safety organization Operation Lifesaver.

But still the frequency of accidents suggests that drivers either recklessly ignore danger or, more ominously, the situation doesn't appear dangerous.

Fact: It is always reckless to drive in front of a train. Studies show that even if the train seems far away or moving slowly, drivers and pedestrians underestimate the speed. That's a mistake with fatal consequences. No vehicle or pedestrian wins a bout with a train. A 135-car train with three engines weighs about 40 million pounds. If it is traveling at 40 miles per hour, it will take miles to stop.

Walking on tracks is trespassing. It is against the law to walk on tracks, which are owned by the rail companies. There's a good reason for that. Most pedestrian fatalities involve people walking on the tracks. Trains are often not as loud as one might think. And, there is sometimes very dangerous terrain around the tracks, making the situation a lose-lose proposition.

Part of the problem is the sheer volume of tracks and crossings that makes people take tracks for granted. According to the Federal Railroad Administration, there are more than 140,000 miles of track in the U.S. and more than 212,000 level highway-rail crossings. Of these crossings, about 25 percent are unmarked.

Unmarked or passive crossings are the most dangerous, especially in spring and summer when the view from the road is likely to be somewhat obstructed by vegetation. Railroads and States make a regular effort to knock down weeds, but some obstructions might remain. According to the National Transportation Safety Board, about 60 percent of crossing fatalities occur at these passive crossings, which usually have only a criss-cross railroad sign.

Many urban public railroad crossings are marked with advanced lights and gates. But even well-marked crossings can be the site of fatal accidents.

Four Keys to Railroad Track Safety:

- 1) Stop before the track no matter what. No exceptions.
- 2) If you are on the track, keep driving across. Don't stop on the track. The crossing guard arms are made to break away.
- 3) If your car stalls on tracks, get out and get away fast.
- 4) Never walk on railroad tracks.

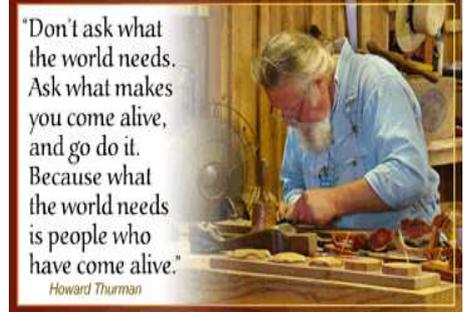


ON THE LIGHTER SIDE...



"You couldn't follow the Yellow Brick Road! 'Noooo, I have GPS!'"

QUOTATION OF THE MONTH



From the State of Delaware's Office of Highway Safety... If you're Texting, you're not Driving

If everyone knows that texting and driving are a deadly combination, then why do so many people still do it?

For most people, using a cell phone, smart phone, or other electronic device is part of daily life. We depend on this technology not only for communication, but for a variety of other reasons that make it difficult to put the phone down, even for a short period of time.

The risks associated with driving distracted are very real.

- In 2014, there were 168 cell phone related crashes that caused 78 injuries and 2 fatalities in Delaware.
- Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded.

OHS supports awareness and high-visibility enforcement of distracted driving laws, including Delaware's Hands Free Law. This law prohibits drivers from texting or using handheld cell phones and other electronic devices while driving unless they employ a hands-free device.

If you're texting, you're not driving. And, since the average fine and court costs total over \$100, it is best to turn off the phone and put it away until you have reached your destination. If you need a little help putting the phone down, try downloading an app like Drive Safe Mode. To get the app, go to www.drivesafemode.com and for more information on distracted driving, go to www.distraction.gov. **Drive Safe. Arrive Alive DE.**