

## News & Notes

### WHEN TO CALL EMS

Some people are not cut out to give emergency first aid, and many do not know how. That's where emergency medical services (EMS) come in. **May 18-24 is National EMS Week**, sponsored by the American College of Emergency Physicians (ACEP).

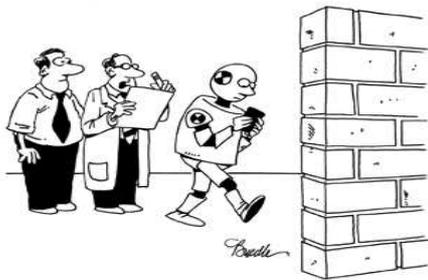
ACEP recommends you to ask the following questions to determine whether to call EMS:

- Is the condition life-threatening?
  - Could it worsen and become life-threatening on the way to the hospital?
  - Does the victim require the skills or equipment of emergency medical technicians?
  - Could distance or traffic conditions cause a delay in getting to the hospital?
- If the answer to any of these questions is yes, call 911 for assistance and transport.

Additionally, the above EMS/911 transport guidelines should be applied when in combination with the below described symptoms in children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not waking up or interacting with parents
- Being too irritable to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with rash

When you do call 911, calmly and clearly give your name, address, and phone number, the location of the victim, and the medical problem. Don't hang up until told to, so you can continue to exchange necessary information and instructions.



"Not cars. Here we're testing oblivious texters walking into walls."

### RIDDLES OF THE MONTH

- 1) I drift forever with the current down these long canals they've made. Tame, yet wild, I run elusive, multitasking to your aid. Before I came, the world was darker. Colder, sometimes, rougher, true. But though I might make living easy, I'm good at killing people too.
- 2) I am always hungry and will die if not fed, whatever I touch will soon turn red.
- 3) Say my name and I disappear.
- 4) You saw me where I never was and where I could not be. And yet within that very place, my face you often see.

Answers on page 2 Safety Bits & Pieces

# Safety Matters

Produced by the Insurance Coverage Office

State of Delaware

Issue XCIII

May 2014

## PICKING THE CORRECT EYEWEAR GUARDS AGAINST EYE INJURIES

Eye injuries can happen in a split second through the most innocent of actions. Consider this scenario: It seemed harmless enough. An individual was pulling a nail with needle-nose pliers when the nail slipped. In a second, the pliers plunged into his eye, gashing his cornea, tearing much of his iris, and smashing his lens.

This example is typical. The person was not wearing protective eyewear. In fact, in a Bureau of Labor Statistics (BLS) survey, nearly three out of five workers suffering eye injuries were not wearing eye protection. However, 40 percent of injured workers surveyed by Bureau of Labor Statistics were wearing protective eyewear, but may have not been wearing the right kind. So which type is right?

**Safety glasses:** Use safety glasses with side protection for working conditions that produce chips or flying particles.

**Goggles:** Use them in situations where there is a danger of higher impacts or chemical spills.

**Hybrid Safety Glasses:** Although not as safe as goggles, hybrid safety glasses with foam or rubber around the lenses provide more protection than regular safety glasses.

**Face Shields:** Face shields guard against injuries to the face, such as spraying, chipping, and critical chemicals or blood-borne hazards. Eye protection still must be used.

**Specialty Protection:** This includes filtered helmets or goggles for tasks like welding or working with lasers.

Even with the right equipment, you can still injure your eyes if the equipment does not fit properly. Safety glasses should rest firmly on top of the nose and close to, but not against, the face. The nosepiece should not slide down the face due to moisture. Proper fit, along with proper education, is the best prevention for workplace eye injuries.

### SAFETY TIPS OF THE MONTH

May is National Electrical Safety Month. Consider the following electrical safety tips:

- 1) It's a good time to look around your home and eliminate overloaded electrical outlets, worn or damaged electrical cords, and any appliances that spark.
- 2) Keep all liquids away from electrical items, including TVs, VCRs, and computers. They could spill and cause dangerous shocks and fires.
- 3) Electricity and toddlers don't mix. Help protect your child by placing protective covers on all unused outlets within the child's reach.
- 4) Teach children to stay away from transformers and other ground-mounted electrical equipment.
- 5) Label all the breakers in your home electrical panel box so you know which breaker to check if you have a problem.



## Safety Bits & Pieces

### NAOSH WEEK

**North American Occupational Safety and Health (NAOSH) Week is May 4-10** this year. And **May 7 is Occupational Safety and Health Professional Day.**

While you may not be a safety professional, use these events to recommit yourself to personal safety in your job. For example, take time to reorient yourself to the safety issues in your workplace. Use this list of general safety orientation areas that you went over when you were a new employee:

- General hazards in your area
- Specific hazards involved in each task
- Hazards in other areas of the workplace
- Workplace safety policies and work rules
- Who to talk with about safety questions
- Smoking rules and smoking areas
- How to select, use, and care for Personal Protective Equipment (PPE)
- Safe housekeeping rules
- Facility security procedures and systems
- How to use tools and equipment safely
- Safe lifting techniques and material handling procedures
- Safe methods for handling, using, or storing hazardous materials and the location of Material Safety Data Sheets (MSDS)
- Location of emergency equipment such as fire extinguishers, eyewash stations, and first-aid supplies
- Evacuation procedures and routes
- What to do if there is an accident or injury
- How to report emergencies, accidents, and near misses

Are you still checked out in all the safety issues that apply to your job? If not, get yourself reoriented toward total safety.

### RIDDLES OF THE MONTH ANSWERS:

- 1) Electricity
- 2) Fire
- 3) Silence
- 4) Reflection



## Six Ways to Safely Move a Heavy Object

### Lifting Tips for Home and Work

Moving a heavy piece of furniture to another room or a heavy piece of equipment to storage? Here's how to do it without hurting your back:

1. Clear the path from all possible obstructions. Give yourself plenty of room. Measure doors to see if they have to be removed to give you a few extra inches to get through.
2. Particularly if you are lifting with another person's help, know exactly where you plan to place the object so you don't have to move it several times.
3. Decide where you will grip the object and where you will put it down if you have to. If there are no acceptable grip points, strap it to a dolly.
4. If you are lifting an object by yourself, don't overload. It's safer to make two trips with a 30-pound load than to carry 60 pounds at once.
5. Never lift from a position that causes you to twist your back to one side or the other. If necessary, slide the heavy object into an open space so you can lift it straight up.
6. Bend your knees to lift instead of bending your back.

### ON THE LIGHTER SIDE...



"He's a quick learner. He's already memorized the last four digits of his social security number."

### QUOTATION OF THE MONTH

Love is everything it's cracked up to be. That's why people are so cynical about it. It really is worth fighting for, being brave for, risking everything for. And the trouble is, if you don't risk anything, you risk even more.  
Erica Jong, author of "Fear of Flying"



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

### Fast Isn't Always a Good Idea

Let's face it: Driving fast doesn't get you anywhere except in trouble. When you speed, you're subject to fines, points on your driver's license record or worse—you could injure yourself or someone else. Did you know:

- Speed continues to be a major factor in injury and fatal car crashes in Delaware?
- Males are twice as likely as females to be involved in a speed related crash serious enough to cause injury?
- Injury crashes occur every day of the week, but are most common on Friday?
- And they happen at all times of the day, but tend to peak around the afternoon rush hour?

If you speed and don't think it's a big deal, think again. Delaware law enforcement is on the lookout for speeding drivers. So before you drive fast, think of the consequences.

**Slow Down. Arrive Alive DE.**