

News & Notes

SPRING CLEANING AND SAFETY

If you're thinking of doing spring cleaning in your work area or your home, remember that some cleaning products contain hazardous chemicals, and you may need to take precautions to protect your health.

- Follow label precautions regarding ventilation, dilution, etc.
- Pay attention to health warnings and take recommended precautions, such as wearing gloves or eye protection.
- Always wash thoroughly with soap and water after using cleaning products that contain hazardous chemicals.
- Be especially careful if any of these words appear in the ingredients: acid, caustic, hydroxide, oxide, amine, or ammonia.

THE FORCE BE WITH YOU

Energy is essential in any facility, running everything from computers to machinery. It can be:

- Electrical—when current runs through wires or cable
- Hydraulic—when a liquid moves through pipes or hoses
- Pneumatic—in the form of compressed air or pressurized steam or gas
- Mechanical—stored or built up energy in springs

Any type of energy can be a serious safety hazard, especially if it comes on or is released unexpectedly while you are servicing or maintaining equipment. That's why you always need to follow lockout/tagout procedures whenever you are cleaning, clearing, servicing, or repairing machines and other energized equipment.



"I'm taking away your cell phone for a few days. You were texting in your sleep last night."

RIDDLE OF THE MONTH

Pronounced as one letter,
And written with three,
Two letters there are,
And two only in me.
I'm double, I'm single,
I'm black, blue and gray,
I'm read from both ends,
And the same either way.

What am I?

Answer on page 2 Safety Bits & Pieces

Safety Matters



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Be Prepared!

An emergency is no time to hesitate or panic

You have to be able to move quickly and properly if there's an emergency on the job. There won't be time to stop and think about what to do or to ask questions. Now's the time to prepare yourself. Use this checklist:

- Know how to recognize—and turn in—emergency alarms.
- Know your responsibilities under your Agency's emergency action plan.
- Act quickly but calmly when you hear an alarm.
- Turn off equipment you're using.
- Alert co-workers to the emergency.
- Assist any disabled or injured employees who need help exiting the area or moving to the place of shelter.
- Leave by your assigned exit—or the closest safe exit if yours can't be used.
- If you've been assigned any special duties in less-than-disastrous emergencies (such as maintaining power or safely shutting down certain processes), perform your assignment if it is safe to do so until emergency response crews tell you to evacuate.
- Go to your assigned safe place inside/outside the facility depending on the type of emergency response being implemented.
- Don't block the path of emergency response crews or vehicles.
- Do not go home or leave the area. Stay in your assigned place until a roll call has been conducted so that no one thinks you've been left behind in danger.
- Follow instructions about where to go—and when.

SAFETY TIPS OF THE MONTH

- May is Water Safety Month. Here are some swimming pool and spa safety tips:
- Teach children water safety and swimming skills as early as possible.
 - Appoint a "designated watcher" to monitor children during social gatherings at or near pools.
 - Learn how to swim and teach your child(ren) to swim.
 - Never prop the gate to a pool area open.
 - Don't leave objects such as toys that might attract a child to/in the pool or pool area.
 - Keep a first aid kit, cordless phone and CPR instructions close by at all times.
 - Share safety instructions with family, friends, neighbors and any visitors who will use the pool or spa.
 - If a child is missing, look for him or her in the pool or spa first! Child drowning is a silent death, with no splashing to alert anyone that a child is in trouble.

Safety Bits & Pieces

SAFE HOUSEKEEPING IS NO ACCIDENT

Good housekeeping prevents workplace accidents. The problem is that too many people fall into the trap of thinking that housekeeping is somebody else's responsibility—for example, their co-workers or the maintenance department. They think that they don't have to concern themselves with helping to keep their work area clean and neat, or with removing fire hazards, or with making sure that tools and materials aren't left lying around after the job is done. But nothing could be further from the truth. Safe housekeeping is a group effort. Everyone has to pitch in. How about you? Are you doing your part?

BUT MY JOB ISN'T DANGEROUS ...

Just because your job doesn't appear to be dangerous doesn't mean there aren't hazards. Accidents can happen in any job. So take a minute to stop and think about what the hazards in your job might be. List the hazards and then list the precautions you need to take to keep safe and healthy. Review your lists from time to time and update them whenever there are changes in your job or your work area.

THE BEST PROTECTION IS YOU

The machines and equipment you use on the job come with many built-in safety features, such as guards and controls to protect you from injury. But the best protection is still your own commitment to operating machines and equipment safely.

RIDDLE OF THE MONTH ANSWER

Eye. It's pronounced like the letter 'i', but written with three letters. There are only two letters used ('e' and 'y'). The eye is double with two 'e's and represents a single eye. The eye is made up of various colors, some of which are black, blue and gray. And lastly, the eye is a palindrome, spelled the same forward and backward.

ON THE LIGHTER SIDE...



Monday, May 25, 2015

Hunting Hazards

To prevent injuries you must recognize hazards

To prevent injuries in the workplace you first have to be aware of the hazards. Hazards vary from area to area, job to job, and sometimes even from day to day. But here are some general hazards everyone should be aware of:

- Most chemicals are safe when handled properly. But when proper precautions are not taken, some workplace chemicals can catch fire or explode. Others can cause skin or eye burns. Still others can cause serious health problems.
- The tools and equipment you use on the job are designed to prevent injuries. But to do that they must be used properly and be well maintained.
- Electricity powers our equipment, but it can also cause fires, shocks, and burns if you don't take the necessary precautions.
- Housekeeping is an essential part of a safe workplace. Many injuries are the result of slips, trips, and falls that could have been prevented by a clean, neat work area with everything in its place.
- Material handling can be a hazard if you don't know how to lift and carry properly or if you don't follow safety rules when using mechanical material handling equipment.

Remember, it's the hazard you don't see that gets you. So go hunting for hazards and stay safe on the job.



QUOTATION OF THE MONTH From a headstone in Ireland:

Death leaves a
heartache no one
can heal;
Love leaves a
memory no one
can steal.



From the State of Delaware's Office of Highway Safety... Seat Belts: The Real Deal

Do you wear your seat belt *every time* you get in a car *everywhere* you go? Do you make sure *everyone* wears their seat belt while you are driving *every time*? Although seat belt use is mandatory for every person in the vehicle, some still choose not to buckle up. Do you recognize these common myths about seat belt use?

Myth: If your car has airbags you don't need a seat belt.

The Real Deal: The safest way to ride is buckled up in a vehicle equipped with airbags. Even without an airbag, you are safer buckled up than you are with an airbag and not buckled up.

Myth: Seat belts can trap you in a fire or underwater.

The Real Deal: Incidents involving fire or water account for 1/2 of 1 percent of all crashes. But more importantly, you can't escape such dangers unless you're conscious. Wearing a seat belt gives you a much greater chance of being conscious and able-bodied.

Myth: If you're not going far or traveling fast seat belts aren't necessary.

The Real Deal: Seemingly routine trips can be deceptively dangerous. Most fatal crashes happen within 25 miles from home and at speeds of less than 40 mph.

Myth: Your seat belt can hurt you in a crash.

The Real Deal: In a crash, everything in your car can cause you harm - your seat belt is one of the few things that can actually save you.

Myth: Just being in a pickup truck makes you safer than everyone else.

The Real Deal: For SUV, pickup, and van occupants, seat belts reduce the risk of fatal injury to the driver and front seat passenger by 60 percent.

Myth: It's not as essential for guys to wear seat belts; they're much better drivers.

The Real Deal: Young men are most at risk. Among passenger vehicle occupants, men ages 18-34, who were killed in fatal crashes, 65% were not buckled.

Know the real deal - seat belts save lives. It turns out 9 out of 10 people fasten their seat belt when asked to do so. So speak up and buckle up, every time on every trip.

Buckle Up. Arrive Alive DE.