

**SAFE AT HOME??**

Well, sort of.

Home is usually the safest place you can be, but not always. It depends on what you are using. For example:

**Lawn mower:** It's the most dangerous tool you have. It can throw debris into your eyes or those of bystanders. It can cause serious injuries to hands and feet.

Remove twigs, sticks and rocks before mowing. Keep children and others away. Wear safety glasses with side shields and wear sturdy shoes, not sandals. Use hearing protection. Do not allow riders on any lawn mower at any time for any reason.

**Electric hedge trimmers:** Every year emergency rooms see many people with fingers mutilated or clipped off.

Wear sturdy gloves and shoes while trimming. Wear long pants and don't lean over too far or you could lose your balance and fall. Turn the trimmer off to clear it of debris.

**Electric garage doors:** They have heavy springs on each side. If one loosens, it can hit your head or take off a finger.

Always have garage doors serviced by a professional.

**Poison ivy, oak and sumac:** Even brushing against one of these can cause a painful rash. If you, your clothing or your tools come in contact with them, wash the body area or the object immediately with soap and water, even beer or soda can help. Better yet, use rubbing alcohol.

**Swimming pools:** Never dive headfirst into water if you are not sure of its depth. Have flotation devices available for swimmers who get into trouble. Never let unsupervised children into the pool area.



\*Must have been an old can of alphabet soup. No spell checker.

**RIDDLE OF THE MONTH**

I am the beginning of the end.  
I am the end of space and time.  
I am essential to creation.  
I surround every place.  
What am I?

**Answers on page 2 Safety Bits & Pieces**

# Safety Matters

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## June is National Safety Month

Since 1894, Underwriter Laboratories (UL) has been testing, verifying, validating and inspecting thousands of products in order to keep your family safe and give you peace of mind. UL is an independent product safety certification organization and provides the following home safety advice for National Safety Month:

- ⇒ Install smoke detectors on every floor of your home and carbon monoxide detectors near sleeping areas. If already installed, test them regularly!
- ⇒ Avoid overload. Check for overloaded extension cords. Usage should not exceed the recommended wattage.
- ⇒ If young children are in the home, bookshelves and TVs should be firmly secured with wall brackets.
- ⇒ Paint safely. If re-painting, do it in a well-ventilated area. Consider using VOC-free paints. Volatile organic compounds (VOCs) are organic chemicals that have a high vapor pressure at ordinary, room-temperature conditions which causes large numbers of molecules to evaporate from the liquid or solid form of the compound and enter the surrounding air. An example is formaldehyde slowly exiting paint and getting into the air.
- ⇒ Childproof areas of particular danger - include outlets, appliances, electronics, stairs and windows. Cover all unused outlets to prevent children from sticking an object into the socket.
- ⇒ Extension cords should not be placed under rugs or heavy furniture, tacked up or coiled while in use.
- ⇒ All major appliances should be grounded. Be sure to check your ground fault circuit interrupters regularly.
- ⇒ Practice a fire escape plan. Identify two exits for every room and what to do with young children.
- ⇒ All air heaters should be placed at least three feet from beds, curtains or anything flammable.
- ⇒ Keep fire extinguishers handy. Place them in key locations in your home, in the kitchen, bedroom and basement. Be sure to check expiration dates regularly.
- ⇒ Unplug Appliances: Unplug appliances and electronics when not in use.
- ⇒ Set your water heater below 120 degrees Fahrenheit to avoid potential burns and to save energy.
- ⇒ Put medications and medical supplies in a cabinet with a child safety lock. Dispose of all expired medications promptly and properly.
- ⇒ Look for UL: The UL mark appears on products that have been tested, verified and inspected for safety.

**SAFETY TIPS OF THE MONTH**

To avoid overexertion follow these simple safety guidelines:

- ⇒ Take mini-breaks to give muscles a chance to relax when performing the same motions over and over (typing, hammering, etc.).
- ⇒ Take stretching breaks when performing tasks that require frequent lifting, awkward postures, or a lot of reaching or bending.
- ⇒ Adjust work surfaces to the proper height for the work being done to avoid awkward, uncomfortable postures.
- ⇒ Push, rather than pull, material-handling aids.

## Safety Bits & Pieces

### WHO ARE THE SAFEST WORKERS?

The safest workers are the ones who:

- ⇒ Always take precautions and follow safe procedures.
- ⇒ Wear assigned Personal Protective Equipment (PPE).
- ⇒ Take the initiative to identify and report hazards and to make safety suggestions.
- ⇒ Think good housekeeping is an important factor in accident prevention and building an effective safety culture.
- ⇒ Know which materials are hazardous and how to handle and store them properly.
- ⇒ Know how to use equipment safely.
- ⇒ Take care of their health and keep themselves fit so that they have the strength and energy to work safely.

### SUMMER SAFETY AROUND THE YARD

Outdoor tools such as lawnmowers, clippers, weed whackers, leaf blowers, and chain saws present numerous safety risks. Read the instructions before operating any new equipment, and pay attention to the safety warnings. Other precautions include:

- ⇒ Leave guards on to prevent contact with sharp or moving parts.
- ⇒ Wear appropriate protective equipment such as gloves, eye protection, hearing protection, and sturdy shoes. Never operate equipment barefoot or wearing flip-flops or sandals.
- ⇒ Don't wear loose clothing and tie back long hair.
- ⇒ Do a quick reconnaissance and clear loose rocks and debris before mowing.
- ⇒ Refuel or repair machinery only when it is turned off and the engine is cool.
- ⇒ Never try to clear a clogged grass chute while a mower is running.

### RIDDLE OF THE MONTH ANSWER

The letter "E"



### ON THE LIGHTER SIDE



"Don't get me wrong. I like the hugs, but I could really use a kiss once in a while."

# Lightning Quiz

## Know how to stay safe

Circle T for "True" or F for "False."

1. No place OUTSIDE is safe during a thunderstorm. **T F**
2. Hurricanes kill more people each year than lightning. **T F**
3. If the time between when you see lightning and hear thunder is 30 seconds or less, you are close enough to be struck. **T F**
4. Once the sun comes out again, the danger is over. **T F**
5. Enclosed buildings are the safest spot because of plumbing and wiring. **T F**
6. The second safest spot is a building like a picnic shelter or a tent. **T F**
7. The third safest spot is a hard-topped vehicle. **T F**
8. Do not seek shelter under tall isolated trees. **T F**
9. Stay away from metal objects, such as fences, poles, or golf clubs. **T F**
10. If someone is struck by lightning, call 911. **T F**

### Answers:

1. T 2. F. Lightning has been the #2 weather killer in the United States over the past 30 years, killing more people than hurricanes and tornadoes combined. 3. T. Seek shelter immediately. 4. F. Wait at least 30 minutes after the last clap of thunder before leaving shelter. 5. T 6. F. Buildings like picnic shelters or tents are unsafe because they do not have electricity or plumbing. 7. F. The second safest spot to be is a hard-topped car, SUV, or other vehicle. 8. T 9. T 10. T



### QUOTATION OF THE MONTH

*"Anger is the most impotent of passions. It affects nothing it touches and hurts the one who is possessed by it more than the one against whom it is directed."*

Edward Hyde, 1st Earl of Clarendon,  
English statesman & historian  
(1609 - 1674)



### From the State of Delaware's Office of Highway Safety Don't Join The Walking Dead

That is the new message OHS along with their traffic safety partners are conveying to pedestrians across Delaware.

#### What you need to know

Walking safely is really just about using your brain. When people walk around mindlessly, they get hurt or killed. Out of all the deaths that occur on Delaware roadways, 1 in 4 is a pedestrian death. And for every pedestrian killed, 12 more are injured. Did you know....

- There were 30 pedestrians killed on Delaware roadways in 2012.
- The typical pedestrian victim in 2012 was a male over the age of 25.
- 80% of the pedestrian injuries and fatalities occurred in New Castle County, and the majority of those were in the Wilmington area.
- Alcohol use is the top contributing factor in our state's pedestrian deaths.

#### What you can do

Here are some things you can do to avoid joining the walking dead:

- Do not walk under the influence of drugs or alcohol.
- Cross only at crosswalks or intersections with signals or traffic signs.
- Do not step into a crosswalk if it will create a hazard to motorists, even though you have the right of way.
- Use sidewalks. If there isn't a sidewalk, walk facing traffic as far off the edge of the road as possible.
- Carry a flashlight or other reflective item when walking at night.
- Do not hitchhike.

To learn more about pedestrian safety, visit

[www.ohs.delaware.gov/pedestriansafety](http://www.ohs.delaware.gov/pedestriansafety).

WalkSmart. Arrive Alive DE.