

FACTS ABOUT WORKPLACE SAFETY

According to OSHA and the Bureau of Labor Statistics there are more than 6 million workplaces and 93 million workers in this country. On a typical workday:

- 17 workers are killed on the job by traumatic injuries
- 137 more workers die of occupationally-related illnesses
- 17,138 workers are injured

Annually, over 4 million U.S. workers suffer work-related injuries or illnesses. Among the most common injuries are:

- Sprains, strains, and tears (427,740)
- Injuries to the back (250,870)
- Falls (234,450)

Over 5,000 employees die every year as a result of their work-related injuries or illnesses. Over 1,000 of those deaths are the result of highway accidents. And nearly 1,000 are the result of falls.

June is **National Safety Month**. Let's all pledge this month to work more safely and do everything we can to prevent accidents in our workplace.

DON'T WAIT FOR AN ACCIDENT!

Safety is about awareness and knowledge. Knowledge gives you the power to prevent accidents. One of the best ways to keep informed about ever-changing work conditions is to perform daily safety inspections. Don't wait for an accident to find out about a hazard that could and should have been corrected. Inspect your workstation, work area, Personal Protective Equipment (PPE), tools, equipment, and materials before each job.



"To redeem your wishes, fill out all required fields, including username and password."

RIDDLES OF THE MONTH

- 1) What's white when it's dirty?
- 2) What turns everything around, but does not move?
- 3) I am a box that holds keys without locks, yet they can unlock your soul. What am I?
- 4) What 7 letter word becomes longer when the third letter is removed?

Answers on page 2 Safety Bits & Pieces

Safety Matters

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Handle with Care!

Pay attention to compressed gas rules

Compressed gases cause many workplace accidents every year—some fatal. Compressed gas hazards generally fall into one of three categories.

1. **Fire.** Some are flammable.
2. **Explosion.** Since the gases are under pressure, they can explode when ignited, heated, or knocked around.
3. **Release of toxic vapor.** Some compressed gases are poisonous.

The best place to find out about hazards is the material safety data sheet (MSDS) for that compressed gas. The MSDS will also tell you about the precautions you need to take when storing and handling compressed gas cylinders.

While there is some variation depending on the gas, all cylinders must be stored:

- ⇒ In dry, well-ventilated areas
- ⇒ At least 20 feet from combustible materials, heat sources, or electrical wiring
- ⇒ Away from stairs and elevators
- ⇒ In locations where they are unlikely to be knocked over or banged
- ⇒ Upright, secured by chain or cable
- ⇒ At least 20 feet from oxygen cylinders
- ⇒ With valves closed and valve protection caps screwed down
- ⇒ With the oldest cylinders placed so that they will be used first

The potential for accidents increases when compressed gas cylinders are moved. Take these precautions:

- ⇒ Move cylinders secured upright to a hand truck or other appropriate device.
- ⇒ Keep valve protection caps on when moving them.
- ⇒ Don't try to carry cylinders by hand, roll them, or drag them.
- ⇒ Make sure not to bump, bang, or drop cylinders.
- ⇒ Keep them away from sparks, heat, fire, and electrical circuits while moving them.
- ⇒ Avoid handling cylinders with oily or greasy hands, because oil or grease could react with the gas and start a fire.
- ⇒ Be careful of fingers and avoid pinch points.

Compressed gases can be hazardous to your health and safety. Failure to take proper precautions can cause serious injuries or even death. Don't take chances with compressed gases. Report any cylinder safety problems right away, and always follow required safety rules.

SAFETY TIPS OF THE MONTH

Consider these tips for window safety in the home:

- Tip #1- In the case of a fire, develop and practice emergency exit strategies for everyone in the family. Make sure second floor bedrooms have approved safety chain ladders.
- Tip #2 - Lock windows when not in use to protect against intruders and make it more difficult for curious young children to open windows.
- Tip #3 - Do not paint or nail windows shut. Every window in the home that is designed to be opened should be operational in case of an emergency.

Safety Bits & Pieces

EXTERIOR HOME LIGHTING

Consider exterior lighting for the safety and beauty of your home

Lighting can do more for your home than make it look awesome to people on the street. It can make it safer in many ways. Some areas to consider:

First, identify areas you use at night and check for hazards. Illuminate the steps and the door, so you can easily put your key into the lock.

Make sure walkways are lighted so no one trips on whatever you forgot to pick up. Uneven ground is also a potential for falls and should be lighted.

Think about your driveway and garage areas. Use lighting to direct people to the safest routes by placing lights along the pathways you want them to follow. Home advisor Bob Villa says areas around the pool and leading to it should be lighted as well.

Architects at the University of Kentucky have confirmed that having an area lighted helps deter crime. Check for dark spots around your home that could be used as hiding places for thieves. Test these areas by asking yourself if you would be uncomfortable walking there in the dark.

Selecting LED light bulbs is a good investment. They produce more light per watt than any other bulbs. They last up to 100,000 hours when incandescent light bulbs last only 20,000 hours. That also means you won't have to change them as often.

Stroll through local stores to find deals on exterior light fixtures.

RIDDLES OF THE MONTH ANSWERS:

- 1) A blackbird
- 2) A mirror
- 3) A piano
- 4) Lounger

ON THE LIGHTER SIDE



"Your proposal's on my desk right now, though I have to admit, I've made some significant changes."

Burn Identification and Treatment

How bad a burn is depends on how many skin layers it affects. First-degree burns are the least serious burns because they affect only the outer layer. Third-degree burns are the most serious because they go much deeper. With first-degree burns the top layer of skin gets red right away. Second-degree burns involve both reddened skin and some blistering. Third-degree burns look charred.

For first- and second-degree burns:

- ⇒ Treat with cold water for several minutes to cool the burn and relieve pain.
- ⇒ After soaking, cover with sterile gauze or a bandage to prevent infection.
- ⇒ Don't use ice, lotion, or ointment on a burn.
- ⇒ Don't break blisters that form on a second-degree burn.
- ⇒ See a doctor if the burn gets infected.

For third-degree burns:

- ⇒ Call for emergency medical assistance immediately.
 - ⇒ Lay the victim down and elevate severely burned limbs.
 - ⇒ Cut away clothing, but don't try to remove clothing that is stuck to a burn.
- The Red Cross says that critical burns need immediate medical attention. Critical burns include those that:
- ⇒ Make it difficult for a victim to breathe.
 - ⇒ Cover a significant portion of the body.
 - ⇒ Involve the head, neck, hands, feet, or genitals.
 - ⇒ Are caused by chemicals, electricity, or explosions.



QUOTATION OF THE MONTH

Live without pretending,
Love without depending,
Listen without defending,
Speak without offending.
Aubrey Drake Graham ("Drake")
Canadian Recording Artist & Songwriter



From the State of Delaware's Office of Highway Safety... Walk Smart

The Delaware Office of Highway Safety (OHS) is teaming up with the Delaware Department of Transportation (DelDOT), law enforcement, and other safety professionals to launch this year's pedestrian Walk Smart safety campaign.

Law enforcement officers will be conducting overtime education patrols in New Castle County and Sussex County all summer, stopping pedestrian violators to talk with them about safe walking and crossing practices. OHS and DelDOT are also increasing public awareness with a realistic demonstration conducted by safety officials to show life-or-death examples of how speed can make the difference between injury and death in pedestrian crashes.

Consider this:

⇒ From 2012-2013, 754 reportable pedestrian crashes occurred on Delaware's roadways. 75% of those crashes were in New Castle County.

⇒ There were 20 pedestrian-related crashes along Route 1 from Lewes to Fenwick Island from 2011-2013.

The vast majority of these crashes can be prevented if drivers reduce their speed and pedestrians use care along roadways. Follow these safe walking tips to prevent being involved in a crash:

- ⇒ Always use a sidewalk when available. If no sidewalk is available, walk as far off the roadway as possible and walk facing traffic.
- ⇒ When walking in low light conditions or at night, always carry a flashlight or wear reflective material. If motorists can't see you they will not be able to stop for you.
- ⇒ Never walk impaired.
- ⇒ Use crosswalks or cross at intersections with signals or traffic signs. These are safer areas than crossing mid-block, and motorists will expect to see pedestrians in these areas.

Pictures and video of the demonstration can be found on OHS YouTube

<http://youtube/4blq-Q-fwPM> and Facebook

<https://www.facebook.com/ArriveAliveDE> . To learn more about the campaign, visit

<http://ohs.delaware.gov/PedestrianSafety>. Walk Smart. **Arrive Alive DE.**