

## KNOW WHAT TO DO IN AN ELECTRICAL EMERGENCY

It's easy to forget how hazardous electricity can be, but you can avoid accidents and injuries by following the safety rules and being prepared to deal with an electrical mishap. Here's what to do:

### Shock:

- Don't touch the victim. Turn off the power immediately, if possible, and call for medical help. Use a stick or other nonconducting aid to move the victim away from the shock source.
- Call or send for help. Don't wait until after you've applied first aid.
- Give artificial respiration if the victim is not breathing.
- Give CPR if the heart has stopped.
- Try not to move the victim. Keep the person lying down and covered until help arrives.

### Electrical Fire:

- Do not use water or touch the burning object. If possible to do safely, unplug or turn off the current. If the fire is small, put it out with a carbon dioxide or multipurpose ABC extinguisher, or even baking soda.
- Always notify firefighters immediately. Electrical fires are tricky. They can keep burning unnoticed behind walls.

### Burns:

- For a minor burn, rinse with cool water and cover with a clean dry cloth.
- Cover a major burn with a sterile dressing and get immediate medical attention.

Remember—electricity supplies the muscle to make things run, but you supply the brain to protect yourself.



"Look, Bill—for the last time, I don't need the rubber gloves."

## RIDDLES OF THE MONTH

- 1) Why did the firefly keep bumping into things?
- 2) What goes through a door, never comes in a door and never goes out a door?
- 3) Everyone sees me without noticing me, for what they seek is beyond me... what am I?
- 4) Take one out and scratch its head, it once was black but now it's red...
- 5) This can be broken without dropping or hitting it...

Answers on page 2 Safety Bits & Pieces

# Safety Matters



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## Don't Get Zapped!

### Test your electrical safety knowledge

1. Which of these is NOT a good conductor of electricity?  
a. Metal      b. Wood      c. The human body
2. Grounding electrical equipment means:  
a. Keeping extension cords on the ground at all times.  
b. Making sure electrical equipment is properly installed.  
c. Conducting electrical current into the ground away from people.
3. The main purpose of lockout/tagout is to prevent the accidental release of energy.  
a. True      b. False
4. Even if you are not a qualified electrician, it's safe to make electrical repairs if you follow an instruction book.  
a. True      b. False
5. Unless you are qualified to work on live power lines, you should stay at least \_\_\_\_ feet away.
6. Which type of hard hat is safer when working near electrical equipment?  
a. Plastic      b. Metal      c. Both are equally safe
7. Which type of gloves protects you best from electrical shock?  
a. Leather      b. Rubber      c. Cloth
8. Which type of fire extinguisher should you use to put out an electrical fire:  
a. A (Trash, Wood, Paper)  
b. B (Liquid)  
c. C (Electrical) or ABC (multipurpose)
9. Electrical shock can cause muscle and nerve damage.  
a. True      b. False
10. What is the safest thing to do if a power tool appears to be damaged?  
a. Don't use it.  
b. Use it unless it won't work at all.  
c. Try to repair it yourself.
11. Insulation on wires protects you from heat generated by electricity.  
a. True      b. False

**Answers:** (1) b (2) c (3) True (4) False. Only trained and qualified personnel should repair electrical equipment. (5) 10 (6) a (7) b (8) c (9) True. It can also cause pain, loss of muscle coordination, internal bleeding, cardiac arrest, and death. (10) a (11) False. Insulation protects against shocks.

## SAFETY TIPS OF THE MONTH

June is National Safety Month. Consider these grilling safety tips:

- 1) Propane and charcoal BBQ grills should only be used outdoors.
- 2) Grills should be placed well away from the home/garage and deck railings and out from under eaves and overhanging branches.
- 3) Check the gas tank for leaks before using it for the first time each year. NOTE: a light soap and water solution applied to the hose is a great way to check for leaks. Propane will release bubbles when the soap and water solution is applied. If there is a leak, turn the gas and grill off. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department.

## Safety Bits & Pieces

### BACK UP!

Back injuries are one of the most common workplace injuries. A back injury can keep you off your feet—and keep you in constant pain. To keep your back healthy and pain-free, follow these tips:

*If you have to sit on the job for long periods of time:*

- Sit up straight with your feet flat on the floor and your knees bent at a 90-degree angle. If you're short, use a stool for your feet.
- Keep your lower back flat against a firm backrest. A lumbar support pillow may give added comfort.
- When reaching to the side, turn your whole body rather than twist part of it.
- Arrange your work area to avoid repeated bending and reaching.
- During scheduled breaks, get up and walk around. Gentle stretching can also help relieve tense back and neck muscles.

*If you have to stand on the job for long periods of time:*

- Place one foot on a small stool or box and alternate feet from time to time.
- Stand up straight and keep your head aligned with your back and hips.
- Turn your whole body as a unit. Avoid bending and twisting the trunk area at the same time.
- Shift position frequently. Stretch gently to loosen up the muscles in your back.

### PREVENT SLIPS, TRIPS, AND FALLS

- To prevent slips, wear sturdy shoes with nonskid soles to work.
- To prevent trips, watch where you are going and walk, don't run.
- To prevent falls, hold onto the railing when you go up or down stairs.

### READ ANY GOOD SAFETY DATA SHEETS (SDS) LATELY?

How do you know what precautions to take when you work with hazardous substances? Check the safety data sheet (SDS). SDSs give you the information you need, including the:

- Identity of the hazardous ingredients
- Hazards and health effects
- Safety procedures and equipment that will protect you

While the familiar slogan of the Amex card is Don't leave home without it, a similar slogan can be used for the SDS: Don't start working with a chemical until you've read it!

### RIDDLES OF THE MONTH ANSWERS

- 1) He wasn't very bright.
- 2) Keyhole
- 3) Window
- 4) A match
- 5) A promise

happy father's day!

**Sunday, June 21, 2015**

## Are You in for a Shock?

### When you power up, don't let down on safety

When an electrical current runs through your body, you feel a tingle or a jolt, depending on the voltage. The higher the voltage, the greater the shock—and the greater the risk to your health. So always follow these important do's and don'ts:

### DO

- Inspect each piece of equipment before you use it. Check the power cord, plug, and casing for wear or damage.
- Use three-pronged grounding extension cords with all equipment requiring three-pronged plugs.
- Match plugs with outlets. Don't use adapters that could interrupt the grounding connection.
- Use only specially approved electrical tools for work in areas that are wet or contain flammable liquids.
- Stop using a tool that sparks, smokes, or smells. Unplug it right away.

### DON'T

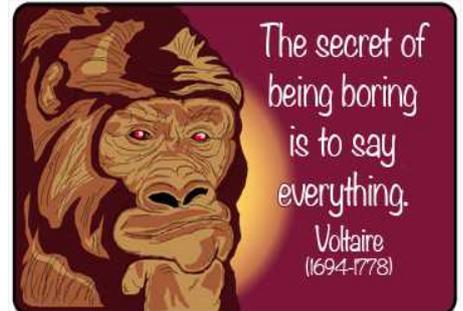
- Use damaged equipment. Tag it so no one uses it, get it repaired or replaced.
- Use cords to raise or lower equipment. You could damage the cord.
- Lay cords where someone might trip over them—for example, across aisles.
- Fasten cords with staples, nails, or other means that can damage its insulation.
- Plug or unplug equipment with wet hands. That's just asking for a shock.
- Stand on a wet floor when using electrical power tools.

### ON THE LIGHTER SIDE



"The cat just sent me a Facebook friend request. Do you think it's some kind of trick?"

### QUOTATION OF THE MONTH



### From the State of Delaware's Office of Highway Safety... See and Be Seen

Did you know that a motorcyclist is 34 times more likely to die in a crash than someone in a car? With warmer weather, motorcyclists are returning to the roads. Whether you are riding the motorcycle or driving the car in the next lane, it is important to See and Be Seen.

For the motorist: **See**

- Always look twice before turning into traffic.
- Be vigilant when changing lanes.
- Always follow the posted speed limits.

For the motorcyclist: **Be Seen**

- Wear all appropriate safety gear.
- Be aware of blind spots.
- Use proper lane position.
- Keep a safe distance from other vehicles.
- Know your bike and how it handles under different conditions.
- Be alert for debris, wet surfaces, and uneven pavement.

Remember it is always best to give the people around you an extra margin of safety in traffic. And please – never drive distracted or impaired by drugs or alcohol. Stay alert and Share the Road. For more information, go to [www.motorcyclesafetyde.org](http://www.motorcyclesafetyde.org).

**See and Be Seen. Arrive Alive DE.**