Safety Matters

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News & Notes

KEEP SAFE IN THE SUMMER SUN

Summer means outdoor activities and lots of sun. That's why July is **National Ultra-violet (UV) Safety Month**. Although sunlight is essential for the production of Vitamin D, too much UV light from the sun can be hazardous to your health in two ways:

1. UV rays can cause **skin cancer** over years of unprotected exposure.
2. They can cause **cataracts** in your eyes over time.

To protect yourself from overexposure to UV light this summer, the National Health Museum recommends these precautions:

- **Wear a hat** and sunglasses if you're going to be out in the sun for a while.
- **Limit time in the sun** during the hottest part of the day from 10 a.m. to 4 p.m.
- **Seek shade** whenever possible.
- **Use sunscreen** with a sun protection factor (SPF) of at least 15.
- **Check the UV Index every day**. You can find reports in local newspapers, on TV, or at the U.S. National Weather Service website http://www.nws.noaa.gov/.

SEVEN THINGS ABOUT PERSONAL PROTECTIVE EQUIPMENT (PPE)

No matter what kind of PPE you use, you need to know these seven things about it:

1. **When to use** PPE
2. **What type** to use for specific hazards
3. **How to inspect it,** put it on, adjust it, and wear it properly
4. **How to remove it** safely
5. **How to care for it** and maintain it
6. **What its limitations are**
7. **When to replace it** and how to dispose of it properly

RIDDLE OF THE MONTH

A bus driver was heading down a street in Colorado. He went right past a stop sign without stopping, he turned left where there was a "no left turn" sign and he went the wrong way on a one-way street. Then he went on the left side of the road past a police car. He didn't break any traffic laws. Why not?

Answer on Page 2 Safety Bits & Pieces

Burn Injuries

It's all a matter of degree

When we think of burns, we usually think of heat burns. Touch something hot, come in contact with an open flame or steam, get splashed with hot liquid or molten materials, and you're going to get burned.

But there are other ways to get burned as well. Some chemicals, like corrosives, can burn, and so can electric current if it flows through your body. And there's also one of the most common burns, the sunburn, which is a particular problem at this time of year.

The seriousness of the burn injury depends on the degree of the burn:

1. **First-degree burns** are superficial and usually heal quickly, since only the top layer of skin is affected. Most sunburns are first-degree burns.
2. **Second-degree burns** affect additional layers of skin. The burned area can swell and blister, and blisters can open and get infected. These burns may take weeks to heal completely, often leaving a scar.
3. **Third-degree burns** are very severe injuries. These burns destroy all layers of skin as well as muscle and nerve tissue underneath. Third-degree burns take a long time to heal and may require skin grafts.

Treatment for burns generally includes the following steps:

1. **Cut away loose clothing** around a burned area, but don't try to remove clothing that is stuck to the burn.
2. **Immerse the burned area in cool water** or apply clean wet cloths to areas that can't be immersed. Don't use ice or ice water—just cool, clean water.
3. **After cooling, cover the affected area** with a sterile bandage or clean cloth. If burns cover a large part of the body, cover with a clean sheet. Avoid rubbing burned areas, and do not break blisters. Never use lotion, ointment, or butter on a burn.
4. **For chemical burns, carefully remove contaminated clothing** and flush the affected area for 15 minutes.
5. **Consult your doctor for second-degree burns** and minor chemical burns. Call for emergency assistance for third-degree burns and chemical or second-degree burns that cover a large area of the body.

SAFETY TIP OF THE MONTH

Always store pesticides away from children's reach, in a locked cabinet or garden shed. Read the label first and follow the directions to the letter, including all precautions and restrictions. Before applying pesticides (indoors and outdoors), remove children and their toys from the area and keep them away until it is dry or as recommended by the label. Never leave pesticides unattended when you are using them -- not even for a few minutes. Never transfer pesticides to other containers -- children may associate certain containers with food or drink. Use child-resistant packaging properly by closing the container tightly after use. Always wear the appropriate personal protective equipment.

Safety Bits and Pieces

THREE LEVELS OF PROTECTION

One of the best ways to protect your safety and health on the job is to be aware of all the protections available to you so that you can take full advantage of them to fend off workplace hazards. Along with your common sense and alertness, there are three levels of protection.

The first is engineering controls. These are things that are built in to our facility, equipment, and processes—for example: ventilation, machine guards, emergency stop controls, ergonomically designed workstations, and vapor barriers.

The second level is administrative controls. These are procedures worked out by our safety experts and involve steps like rotating workers and limiting the amount of time a worker can perform a particular job to minimize exposure to hazards. Administrative controls also include safe work practices and work rules designed to prevent accidents and injuries.

The third level of protection is personal protective equipment (PPE). When neither engineering controls nor administrative controls—nor a combination of the two—is sufficient to reduce hazards to safe levels, then we require you to wear PPE, which serves as a personal barrier against hazards we can't completely control by other means alone.

In any work situation, make sure you always know what the hazards are and what protections are available and required.

PICNIC SAFETY

Summer picnics are a great way to have an enjoyable afternoon with family and friends. Choose food that stays safe and doesn't make anyone sick. To avoid problems:

- Pack your cooler with ice, ice packs, or bottles of frozen water so that perishable food keeps cold.
- While traveling to your picnic spot, place your cooler in the air-conditioned interior of your vehicle rather than in the hot trunk or the bed of a truck.
- Once you arrive at your picnic spot, place the cooler in the shade and keep the lid on when not removing items.
- Eat perishable foods like meat, poultry, eggs, and salads with mayonnaise first.
- Keep perishable foods on ice during the picnic and go back to the cooler for seconds rather than leaving these foods out in the heat to spoil.
- Take barbecue meat from the cooler as needed and leave the rest on ice.
- Make sure meat is properly cooked.
- Bring nonperishable snacks for later.

RIDDLE OF THE MONTH ANSWER

Because he was walking!!

Intentional Safety

Prevent accidents with smart choices

Every day when you come to work, you have a choice. You can work safely and prevent accidents, or you can be careless and take risks. The point is that safety on the job is largely based on the smart choices you and your co-workers make to protect yourselves and prevent accidents and injuries. If you look at it that way, workplace safety really is "no accident":

N ever take risks—always choose the safe and sensible way.
O bey all safety rules, safety signs, and instructions.

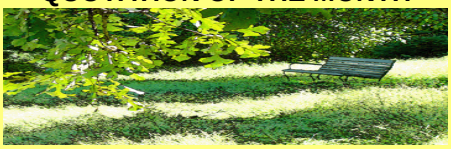
A sk your supervisor if you're unsure about any hazard, procedure, or PPE need.
C ommit to working safely every day.
C onsider what could go wrong before you start so you can take precautions.
I dentify all hazards before you start a job.
D etermine how to control hazards and avoid injuries.
E ncourage your co-workers to work safely.
N ever take shortcuts or engage in horseplay.
T ake safety training seriously.

It isn't hard to prevent accidents, but it can be very hard to deal with their consequences—the injuries, damage, and distress. So be intentional about safety. Come to work with safety on your mind and make smart choices all day long.

ON THE LIGHTER SIDE

"I'm making out my will. Is there anything you want me to leave to you, other than debt?"

QUOTATION OF THE MONTH



"Rest is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the sky, is by no means a waste of time."
John Lubbock - English Biologist - 1834-1913

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

Driving Under the Influence: Worth the risk?

Did you know that first time offenders account for nearly 70% of all Delaware's DUI arrests? And that the consequences of being arrested and convicted are severe?

Consider the following facts:

- In 2010, 38 of 101 crash fatalities (38%) were alcohol-related
- Crash data analysis revealed that males are more than three times as likely to be killed in an alcohol-related crash. Sixty-two (62)% of alcohol-related fatalities were males, with 45% of those males between the ages of 21 and 34.
- Penalties for a first offense DUI include:
  - revoked license
  - fines
  - criminal record
  - Mandatory DUI treatment classes with drug testing
  - Ignition Interlock device if applicable
  - increased insurance rates
  - attorney fees plus time off work for court appearances

Given the financial, legal and physical consequences of impaired driving, is it worth the risk to drive home after a night of drinking, regardless of the type of alcohol or the number of drinks consumed?

OHS is serious about reducing the number of alcohol-related injuries and deaths. This month we are launching our Checkpoint Strikeforce high visibility DUI enforcement campaign with weekly checkpoints from the 4th of July holiday weekend through New Year's Eve. Don't think you'll be caught? Don't risk it. Make sure you have your designated driver *before* you go out for the night. **Drive Sober. Arrive Alive DE.**