Safety Matters

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News & Notes

ELECTRICAL SAFETY MYTHS

Did you know that electricity is the fifth largest workplace killer? Perhaps that's because many people have some very dangerous misconceptions about electricity. For example:

☒ **Normal household/workplace current can cause only a mild shock.** Even 110-120 volts can be deadly. It depends largely on what resistance the person's body has to the current, the body part in contact, the duration of the exposure, and other conditions such as the presence of moisture. Resistance is measured in ohms. A person's body may naturally have a resistance of 100,000 ohms. But on a damp day, that resistance can drop to just 1,000 ohms.

☒ **All individuals are similarly affected by contact with current.** Different people may react differently to the same exposure. Especially at risk are those with heart problems. Even a mild shock can cause a heart attack, often fatal.

☒ **"If I don't touch it, I can't be hurt by it."** Electricity can jump across an air space, in what's called an arc flash, with a temperature three times that at the surface of the sun.

☒ **"A disconnected circuit is safe to work on."** Not the case if the circuit includes batteries or capacitors that store electricity and can release it suddenly even if the "plug" is no longer in the wall. This is the reason TV sets and similar devices carry "Do Not Open" warnings on their cases. Even junked sets can be dangerous.

WORD SEARCH

H	Y	B	W	A	S	H	A	K	E	G	C	N
S	A	R	O	S	T	E	G	I	L	A	I	D
S	L	O	W	R	I	U	L	S	L	G	L	D
A	P	U	X	I	E	T	L	L	T	E	A	R
P	Q	G	W	K	P	U	S	H	H	U	K	E
H	S	H	A	T	D	E	B	M	I	L	C	S
R	B	T	D	S	E	N	D	E	N	E	O	S
A	E	R	N	A	N	H	U	N	M	I	N	S
E	A	M	W	E	E	R	C	O	M	K	K	E
G	R	I	T	O	W	H	C	T	R	O	P	R
D	N	A	T	S	H	Z	I	A	A	I	V	P
D	E	T	T	A	M	S	M	K	P	R	B	E
B	R	E	A	K	B	R	O	K	E	N	A	E
U	U	A	T	O	P	S	T	E	L	D	C	K
Y	O	M	N	X	A	B	U	R	N	A	K	S
S	T	U	P	K	G	O	E	S	F	O	L	D

There are over 56 different words located in this word search. Have fun trying to discover them all!!

RIDDLES OF THE MONTH

1). What falls, but never breaks; and what breaks, but never falls?
2). What kind of table can you eat?
3). What can you throw but you can't catch?

Answers on Page 2 in Safety Bits & Pieces

Cells at the Gas Station

Real risk or urban legend?

You're at a gas station filling up. So is the driver at the next pump. Suddenly you hear his cell phone ring. As gasoline fumes waft upward from the nozzle inserted in his vehicle, he reaches to answer the call. Do you:

a. Ignore it.
b. Be concerned.
c. Dive for cover!

OK, diving for cover may be a bit extreme, but there is real risk of an explosion, says the U.S. Navy Safety Center, an organization that knows a thing or two about explosive situations.

They're not the only ones concerned. The Web page of the U.S. General Services Administration (GSA), which oversees the use of thousands of official vehicles, tells their operators, "DO NOT (their capitalization) use your cellular phones when at a gas station. Cellular use anywhere fuel is stored is hazardous." In support of its warning, GSA cites an incident in which a driver suffered burns and his car was severely damaged when he was talking on a mobile phone near a gas pump.

Other sources, however, consider all this nothing more than an urban legend. And it's true that despite pervasive cell phone use, there is no evidence that drivers are detonating at gas stations around the nation.

So what's the truth? According to the Navy Safety Center these are the facts:

☎ **Cell phones are not designed for use in an ignitable fumes atmosphere.** In fact, some owner's manuals clearly say this.

☎ **It is possible for a spark powerful enough to create an explosion to be generated.** One way this can happen, says the Safety Center, is if the phone is dropped, the battery pops out, and something bridges its terminals, creating a short. Others warn of defective circuitry inside the phone doing the same.

☎ **The chances of all this coming together at the precise same moment is "distinctly remote."** But even so, caution while fueling is advisable. Turn off your engine, don't re-enter your vehicle (a static spark might be created), don't use your phone, and above all, DON'T SMOKE!

SAFETY TIP OF THE MONTH

If someone is being shocked by electricity, then disconnect the power source by turning off the circuit breaker only. Never try to unplug the cord, move an energized line with any object, or grab the person yourself to free them. Once free, CPR should be administered to resuscitate the individual if necessary.

Safety Bits & Pieces

INDOOR GAS LEAK CAUTIONS

If you smell gas in your home or business, leave immediately and get far enough away so you no longer smell gas.

Before leaving, do nothing that could create a minor spark, which could trigger an ignition if gas has significantly accumulated.

Everyone knows better than to light a match, but these are some additional steps that should be taken:

*Don't use a phone or cell phone before leaving. If you notice the leak while talking on the phone don't hang up.

*Don't turn anything electrical, such as lights or appliances, on or off.

*Don't open or close windows.

*Don't start a vehicle if it's in an attached garage, and don't use the garage door opener.

*Call the utility company as soon as possible from a phone outside of and away from the home or business.

KEEP MINOR INJURIES... MINOR

Minor cuts and scrapes aren't the stuff of medical dramas. If not treated correctly, they could be.

Bacterial skin infections that are highly resistant to antibiotics can spread to other parts of the body. Staph infections used to be found mainly in hospitals, but newer strains have become common in some communities.

They are hard to treat but not usually life-threatening. Doctors at the Infectious Diseases Society of America, say they are only fatal in rare cases. That's one reason why any injury that breaks the skin should be properly treated.

Make sure the injury is minor. If a cut is gaping open and bleeding heavily, you need medical attention, but maybe you won't need stitches. Many doctors now use medical glue to close wounds. There's no pain involved, and the wounds heal just as well.

If the wound is minor, follow these guidelines:

* Stop bleeding with pressure using a clean cloth or sterile pad. Avoid use of paper towels and dish towels.

* Clean the wound with running water. Use soap if the wound is dirty. Don't use lake or pond water.

* Cover the wound so it's not exposed to the air. Dry wounds don't heal as well as moist wounds.

* To add moisture, apply a triple-antibiotic ointment or plain ointment.

* Use a sterile bandage and keep the wound out of the sun, which can increase scarring.

* Change the bandage daily and check for infection. If the wound is getting worse instead of better, see your doctor.

RIDDLES OF THE MONTH ANSWERS

1). Night falls, but never breaks; dawn breaks, but never falls.

2). Vege"table"

3). A party

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

Did you know that most pedestrian-related fatalities occur in low-light conditions (at dusk or dawn) or after dark? And that most involve inattentive or distracted pedestrians walking in the road or stepping into the path of a vehicle?

Preventing pedestrian crashes is easy if we follow these simple guidelines:

- Always cross at marked intersections or crosswalks when possible.
- If no sidewalk is available, walk facing traffic and walk as far from the edge of the roadway as possible.
- Wear reflective clothing or carry a flashlight when walking at night or in low light conditions – it's the law.
- If you are driving, especially at night, be on the lookout for pedestrians near the roadway who may not be crossing at the appropriate place.
- If your vehicle breaks down on an interstate or busy roadway, don't leave your vehicle and walk along the road. Instead call #77or 911 for assistance.
- Never walk when impaired by drugs or alcohol.

For more information on the Walk Smart campaign and to find materials about pedestrian safety tips and laws, please visit www.ohs.delaware.gov or follow us on Twitter at www.Twitter.com/DEHighwaySafe .

Walk Smart. Arrive Alive DE.

Will You Be Safe or Sorry?

Take the safe lifting and carrying quiz

1. The key principle of safe lifting is that:
a. Your back muscles do the work. b. Your leg muscles do the work.

2. When you start to lift an object:
a. Squat down with back straight. b. Bend with knees and back straight.

3. When you carry a load, it should be:
a. Waist high b. Chest high

4. When you unload, you should:
a. Drop the load in place. b. Slide the load in place.

5. If an object is particularly heavy or large:
a. Drag it. b. Get help or use a dolly or hand truck.

6. You're more likely to get a back injury from lifting if you are:
a. Overweight b. Skinny

7. Before you lift an object, test its weight by:
a. Bending and lifting it to waist height b. Squatting and lifting a corner

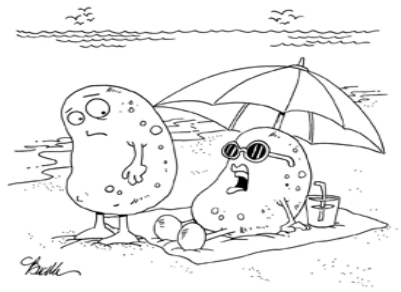
8. As you lift a load, it should be:
a. Close to your body b. At arm's length

9. When you carry a load, you should be able to:
a. See your feet under it. b. See over it.

10. Before you lift:
a. Tense muscles. b. Stretch to loosen muscles.

Answers: (1) b (2) a (3) a (4) b (5) b (6) a (7) b (8) a (9) b (10) b

ONTHE LIGHTER SIDE



"You're going to get baked out there. At least put on some butter or sour cream."

QUOTATION OF THE MONTH

"Our lives are not determined by what happens to us, but how we react to what happens; not by what life brings us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark, that creates extraordinary results."

Wade Boggs, Retired Major League 3rd Baseman for the Boston Red Sox