

News & Notes

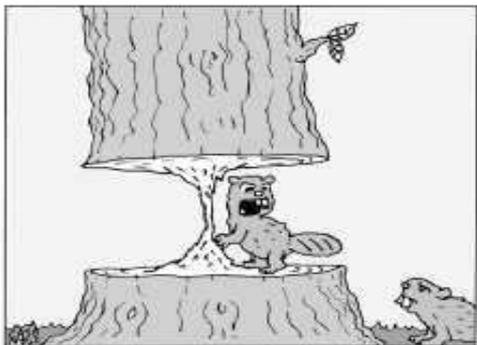
POSITIVE THINKING ABOUT SAFETY PREVENTS ACCIDENTS

When you take safety seriously and add a generous portion of positive thinking, you have a good formula for safety success. Positive thinking about safety involves a combination of attitude and objectives. It means first believing that your actions count in preventing accidents. Then it means knowing the difference between safe and unsafe actions and being determined to choose the safe way.

Here are several positive thinking statements about safety:

- I am accountable for my own safety on and off the job.
- I am responsible for looking out for the safety of my co-workers.
- I can help prevent accidents and keep everybody safe by working with co-workers to do our parts.
- I will follow all work rules designed to promote my safety and that of my co-workers.
- I'm going to do every job the best—and safest—way.
- I will make sure there are no hazards that require special protective measures before I start any job.
- I will wear personal protective equipment whenever the job requires it.
- I will follow special procedures whenever the job requires them.

In the ongoing effort to prevent accidents and injuries, one of your most powerful weapons is thinking positively about safety—and then acting positively on those thoughts.



"Have I thought this through?
What's THAT supposed to mean?"

RIDDLES OF THE MONTH

- 1) What goes up and down the stairs without moving?
- 2) Rip off my skin and I won't cry, but you will...
- 3) What goes up but never down?

Answers on Page 2 Safety Bits & Pieces



Safety Matters

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The Word on Safety

Discover the key word in accident prevention

If you had to come up with a one-word definition of safety, what would it be? Would you choose alertness, meaning always being ready for the unexpected? Would you pick skill—being able to perform all tasks correctly? Or would you settle on experience, suggesting that people who are most familiar with the job are less likely to have accidents? Would you perhaps recommend cooperation, meaning that we have to work together to prevent accidents?

All of these are good choices. Certainly alertness, skill, experience, and cooperation all contribute to safety. But they all depend on another one-word definition of safety—perhaps the best definition of all—thinking.

It's a well-known fact that most accidents in the workplace, at home, and on the road, can be attributed to unsafe acts, and failure to think before acting is the cause of practically all accidents in this category. For example:

- A carpenter removes a guard from a table saw to speed up his work. As a result, he loses a finger. This worker has not given enough thought to the purpose of the guard (to protect his fingers) and has unnecessarily suffered the consequences.
- A machine operator, again for the sake of saving a little time, fails to put on her safety glasses. And again, an injury results because of failure to think about the possible consequences of an unsafe act.
- A truck driver, exercising legitimate right of way, is nevertheless injured in an accident. Why? Failure to think of all possibilities, including that another driver wouldn't play by the rules.

Many accidents could be avoided by disciplining ourselves to think carefully about consequences before acting. When we think safety, we act safely.

SAFETY TIPS OF THE MONTH

Adopt the following workplace safety guidelines in order to avoid accidents:

- 1) Safety should be your first thought, never an afterthought.
- 2) Pay attention to your work surroundings.
- 3) Never walk where your eyes have not already been.
- 4) Know where fire extinguishers and first aid kits are located.
- 5) If you make a mess, clean it up. Never let safety be someone else's job!
- 6) Keep access clear to emergency exits, equipment and equipment shutoffs.

Safety Bits & Pieces

SCHOOL'S OUT, SAFETY'S IN

Here are seven safety tips to pass along to your kids this summer:

- Watch out for fire hazards, like leaving the oven or burners on or playing with matches. Kids who cut the grass should also be careful when refueling the lawnmower and handling gas cans.
- Wear a helmet when riding a bike, skating, or skateboarding.
- Swim only if there is a lifeguard or responsible adult on hand and only in areas approved by parents.
- Be careful crossing streets. Look both ways, and when there's a light, wait for the walk sign.
- Don't talk to strangers. Run away if you're approached and call the police. Report strangers hanging around the neighborhood or playground.
- Stay away from stray or wild animals. They may have rabies or other diseases.
- Never fly kites or balloons near power lines. Electricity can travel through the string.

LIGHTNING: MYTH VERSUS FACT

Myth: Lightning never strikes the same place twice.

Fact: Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit nearly 100 times a year.

Myth: If it's not raining or there aren't clouds overhead, you're safe from lightning.

Fact: Lightning often strikes more than three miles from the center of the thunderstorm, far outside the rain or thunderstorm cloud. "Bolts from the blue" can strike 10-15 miles from the thunderstorm.

RIDDLES OF THE MONTH ANSWERS

- 1) Carpet
- 2) Onion
- 3) Age



"Well, that proves that. Mom's phone doesn't have a 'Float' app."



Children's Eye Health and Safety Month

Look Both Ways

Make this a habit on the job, too

Looking both ways before crossing the street is probably one of the earliest safety lessons your parents drummed into you (along with not playing with matches or running with scissors). This lesson protected you from the very real and great danger of being hit by a car. It's still an important lesson today—in the street and on the job.

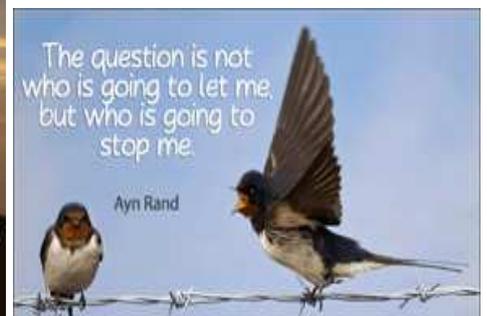
Looking both left and right, checking out what's going on around you as you work, is a good way to protect yourself from workplace hazards. Looking both ways on the job means not only looking left and right but also looking ahead and back. For example:

- Safe workers look ahead when they assemble (and check) all tools and materials they will need for the next job, or when they plan the best route and equipment for moving materials from one place to another.
- Workers and supervisors also contribute to safe operations when they look back at close calls or near misses and try to figure out what went wrong and how to correct it so that a near miss this time doesn't turn into an accident next time.

Safe habits, like looking left and right or ahead and back, are one of the most effective ways of preventing accidents and injuries on the job. So always look both ways and keep safe from workplace hazards.



QUOTATION OF THE MONTH



From the State of Delaware's Office of Highway Safety... The Other D

Not all DUIs are a criminal act. Take *Dating* Under the Influence, for example, or *Dancing* Under the Influence, or even *Dialing* Under the Influence. Sure, it can go south in a hurry. But it's not against the law. *Driving* Under the Influence, on the other hand—*that's* illegal, and not worth the risk.

From the very first drink, alcohol affects your thoughts, your words, and your actions. It can be hard to distinguish between a little too much, and a lot too much. Save yourself the embarrassment of a DUI and decide how you are going to get home before you have the first drink.

- **Always designate a sober driver.** When you make plans, decide who will be the designated driver - or - volunteer to be the designated driver yourself before the fun begins.
- **Avoid drinking too much alcohol too quickly.** Pace yourself. Eat and alternate with non-alcoholic drinks. Remember, time is the only thing that will sober you up – not coffee, not a cold shower.
- **Never let a friend drive impaired.** Don't leave a friend who has had too much to drink, and is showing signs of impairment. Take their keys and help them make other arrangements to safely get where they are going.
- **Have a back-up plan.** Be prepared for "what if". Program your phone with the number of a taxi service, family member, friend, or co-worker who will give you a safe ride home if you need one.

Delaware police are looking for impaired drivers. **Every week. Everywhere—checkpoints are waiting.** For a list of where they'll be in your area, text CHECKPOINT to 99000. For more information go to www.duirealtime.com and www.ohs.delaware.gov.

Drive Sober. Arrive Alive DE.