

YOUR ROLE IN EMERGENCIES

You may think that it can't happen here, but it can! Be prepared to respond properly and safely to these types of emergencies:

- Fires
- Explosions
- Hazardous chemical spills or leaks
- Natural disasters such as tornadoes, hurricanes, earthquakes, or floods
- Terrorist events

Know what to do in emergencies, including any assigned response tasks, such as:

- Account for employees after an evacuation
- Help others to evacuate
- Close windows and doors
- Shut down equipment
- Rescue or response tasks that require special training

Learn the basics of emergency response:

- Read, understand, and follow the Emergency Action Plan.
- Know how to evacuate the area safely.
- Know the locations of fire exits, fire extinguishers, and alarms.
- Know whom to contact in an emergency.
- Know basic first aid.
- Know how to use a fire extinguisher.

Do your part to help keep emergencies from turning into disasters!



"So, you were supposed to paint the 'Preparedness Month' signs, and you forgot the paper, the brushes and the paint?"

RIDDLES OF THE MONTH

- 1) If you cross a lion and a mouse, what will you have?
- 2) What did one cucumber say to the other cucumber?
- 3) What did one clock say to the other clock when it was frightened?

Answers on Page 2 Safety Bits & Pieces

SAFETY TIP OF THE MONTH

When using utility knives remember that blades can break or dislodge, so make sure that no one is in the path of the blade, wear safety eyewear and keep your free hand well away from the line of the cut. Since utility knife blades are brittle and can easily snap, you should avoid using them to pry open cans or loose objects.

Safety Matters

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Be Prepared!

September Is National Preparedness Month

To help workplaces prepare for emergencies, such as natural disasters or terrorist events, the Department of Homeland Security (DHS - www.dhs.gov) has set up www.ready.gov/business. What can YOU do to be prepared?

- **Know the risks.** What kind of natural disasters happen in your area? What businesses or buildings in your area (your workplace included) may be terrorist targets, such as government buildings, military bases, transportation centers, or large utility companies?
- **Know workplace procedures.** Learn the emergency plan and your role in it (see sidebar), including location of first aid and emergency supply kits, fire alarm pulls and extinguishers, essential shut-down procedures, when to leave and when to shelter in place, exit routes, and other items for your workplace.
- **Know how to communicate.** Learn where and to whom to report when you exit your workplace. Know where to get emergency information from your workplace and/or public safety announcements regarding when it's safe to return to work or to leave your building.

You also need to be prepared at home. Here's what every citizen should have in their home emergency kit:

- ✓ Water—1 gallon of water per person per day for at least 3 days, for drinking and sanitation
- ✓ Food—at least a 3-day supply of nonperishable food
- ✓ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ✓ Flashlight and extra batteries
- ✓ First-aid kit
- ✓ Whistle to signal for help
- ✓ Dust mask—to help filter contaminated air, and plastic sheeting and duct tape to shelter-in-place
- ✓ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ✓ Wrench or pliers to turn off utilities
- ✓ Can opener for food if kit contains canned food
- ✓ Local maps
- ✓ Prescription Medications (3 day supply)
- ✓ Miscellaneous Items you may wish to include: cash or travelers' checks; family documents like insurance policies; fire extinguishers and emergency reference material

Check the State of Delaware's Department of Safety and Homeland Security website for additional disaster preparedness information:
http://dema.delaware.gov/services/disaster_prep.shtml

Safety Bits & Pieces

TAKE CARE OF YOUR CAMERA

If you own an expensive movie or video camera, you take good care of it. Why, then, would you treat your personal camera—your irreplaceable eyes—as if they were less valuable than the man-made imitations?

Protect your eyes because they have no substitute if they are damaged. The cornea that shields the eye is capable of out-performing the best optics ever produced, but it is paper-thin and delicate, so must be safeguarded diligently.

First, get your vision tested. If you need prescription lenses, get shatter-resistant, properly fitted frames of a recommended type for maximum protection, and wear the glasses faithfully. Get your vision rechecked periodically.

Second, wear eye safety protection whenever work hazards require them.

Finally, follow these eye safety tips:

- ⇒ Never wear cracked, pitted, or otherwise damaged glasses or goggles; turn them in for a new pair.
- ⇒ Avoid looking directly into any source of brilliant or potentially harmful light unless your eyes are shielded.
- ⇒ Wipe your face and eyes with clean hands only, to avoid transferring dirt or other material to the eyes.
- ⇒ If something does get into the eye, do not rub it; get the proper first aid immediately.
- ⇒ If eyes are burned by heat or chemicals, flush immediately with cool water for several minutes. Seek medical attention.
- ⇒ If you feel your eyes straining, close your eyes or focus on a far distance. Hold a clean cloth wet with cool water gently over your closed eyes.

DID YOU KNOW???

The three major factors involved in electrical accidents are:

1. Lack of knowledge and precautions,
2. Ignoring hazards, *and*
3. Neglect.

Mild shocks can be dangerous? The severity of a shock is measured by three factors:

1. The quantity of current flowing through the body,
2. The path of the current as it passes through the body, *and*
3. The duration of the current.

RIDDLES OF THE MONTH ANSWERS

- 1) A mighty mouse
- 2) "If you had kept your big mouth shut, we wouldn't be in this pickle!!"
- 3) "Don't be alarmed!"

Priceless Eyesight

Protect it with the right equipment

Make sure you use the right eye and face protection to prevent eye injuries.

Check with your supervisor before starting every job.

Safety Glasses:

- Are stronger and safer than regular glasses
- Protect against flying objects
- Don't protect against hazardous fumes or gases

Safety Goggles:

- Protect against flying objects, sparks, splashes, dust
- Generally offer better protection than safety glasses
- May be indirectly ventilated to keep out splashes and dust

Helmets:

- Protect head and neck against sparks, splashes, intense light
- Resist heat and impact
- Must be worn with safety glasses or goggles

Face Shields:

- Protect face and neck against splashes, flying objects, heat, glare, light
- Don't offer full head protection
- Must be worn with safety glasses or goggles underneath

If you wear prescription glasses or contact lenses, you may need to wear special eye protection. Contact lens wearers should not wear them for certain jobs.

ON THE LIGHTER SIDE

Once, during a debate, Abraham Lincoln was accused by Stephen Douglas as being two-faced. Without hesitation, Lincoln calmly replied, "I leave it to the audience... If I had two faces, would I be wearing this one?"



QUOTATION OF THE MONTH

"It is much easier to recognize error than to find truth; for error lies on the surface and may be overcome; but truth lies in the depths, and to search for it is not given to everyone."

JOHANN WOLFGANG VON GOETHE,
The Maxims and Reflections of Goethe



From the State of Delaware's Office of Highway Safety... Free Car Seat Checks

Did you know that 3 out of every 4 parents in Delaware do not properly install their child's car seat correctly? It's true. Improperly installed car seats put children at risk of being injured or killed in a car crash. The most common mistakes reported by Child Passenger Safety Technicians are:

- The car seat is loose and not installed tightly in the vehicle.
- Babies (under age 1) are placed forward facing too early.
- Children in car seats do not have harness straps pulled snugly against their bodies.

When it comes to the safety of your child, there is no room for mistakes.

That's why OHS offers free car seat checks year round and is also partnering with Christiana Care and SAFE KIDS DE during September 20th to 25th for Child Passenger Safety Week to offer additional free car seat checks statewide. Locations are conveniently located statewide and staffed by certified child passenger safety technicians. Not only will the technician inspect the car seat for safety and correct fit, but will also show you how to properly position your child in the seat.

Remember that every one in the vehicle must be properly buckled. Children up to the age of 8 years old or 65 lbs must be in a federally approved child safety seat appropriate for their age and all children under the age of 12 must ride in the back seat where they are the safest. Keep this in mind each and every time you get in the car. Ride Safe. Arrive Alive DE. Call 302-744-2740 to schedule a fitting today!