Safety Matters

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Being Prepared Matters

As we recently experienced, natural disasters can occur at any time. So take the time now to prepare for a possible emergency situation.

Many of the steps you can take to prepare for a disaster are basic to all, regardless of whether your area is subject to tornados, hurricanes, fires, earthquakes or snowstorms. (If ordered to evacuate, do so. Never disregard an evacuation order! Possessions and homes can be replaced - you and your family are irreplaceable!)

At work: Keep a pack of personal supplies at your desk, including a pair of walking shoes.

Know the exit routes and locations of fire extinguishers and stairways. Carry a card listing important phone numbers, including an out-of-state contact.

At home: Prepare to be isolated and without power for at least three days.

Stock an extra cabinet with canned goods, dry foods, drinks, first-aid supplies and a manual can opener. When foods are on sale, buy some extra for your emergency supply.

Keep a kit in the cabinet stocked with hand tools and work gloves so you can turn off gas lines.

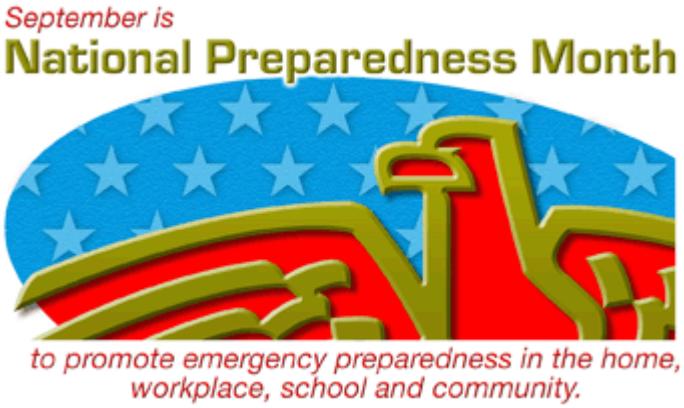
Water may be scarce. Keep two gallons per person on hand for drinking and washing. And have at least one change of clothing for each person in an accessible special place.

Keep a portable radio and extra batteries on hand and an extra battery for your cell phone in case you can't recharge.

Your car: Always maintain your gas tank at least one-quarter full. You can't buy gas during a power outage.

Your money: Stash a little extra cash in your home and a roll of quarters. Otherwise, the only money you will have is what's in your pocket. Cash machines and credit cards don't work in a power outage.

Your contacts: Because family members could be at school or work when a disaster occurs, be sure each knows the telephone number of your emergency contact, someone in another state. They can call to learn each other's locations and how they can get back together.



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

News & Notes

GET ON THE 'SAFEST-DRESSED' LIST

When you get dressed each day, you decide what to wear based on your taste, the weather, and the occasion. The weather may dictate a raincoat or umbrella, sunglasses and shorts, or boots and a heavy jacket. The occasion may call for jeans and a T-shirt or more formal attire.

At work, you have to match what you wear to the particular situation and the hazards you could face while working. For example, if there may be eye hazards, you have to wear eye protection. If there are substances that could harm your skin, you need to wear gloves, and you may also need coveralls to protect the rest of your body.

If heavy objects could fall on your head, you need to wear a hard hat. And if you could breathe harmful vapors or dust, you need to put on a respirator.

Remember, personal protective equipment (PPE) and protective work clothing provide a safety barrier between you and something that could hurt—or even kill—you. Always choose the right PPE and work clothing for the job and the hazards.

CAN YOU HEAR ME NOW?

Loud noise can cause temporary or permanent hearing loss, tinnitus (constant or periodic ringing or roaring in ears), headaches, and stress. That's why you're required to wear hearing protection on the job if you're exposed to a lot of noise. Wear hearing protection off the job, too—for example when operating power tools, chain saws, and lawn mowers.

SAFETY TIP OF THE MONTH

Test your garage door's reverse sensor regularly by placing a roll of paper towels in the door's path. If the door does not immediately reverse after contacting the roll, get the door repaired.

RIDDLE OF THE MONTH

I have forests, but no trees.
I have lakes, but no water.
I have roads, but no cars.
What Am I?

Answers on Page 2 Safety Bits & Pieces

Safety Bits & Pieces

ELECTRICAL EQUIPMENT SAFETY

When working with electrical equipment:

- Never stand on wet or damp surfaces.
- Inspect tools before using.
- Don't use a tool if it appears to be broken, defective, or in poor condition. Report it.
- Never attempt to repair or adjust portable electric tools while they're plugged in.
- Don't use them in the presence of flammable vapors or gases unless they are especially designed for such use.
- Return tools to their proper places.

GOT A QUESTION?

If you have a safety question, should you:

a. Wait for the next safety meeting?
b. Look for an answer on the Internet?
c. Ask your supervisor?

The correct answer is "c." Ask your supervisor—and do it right away! There's no shame in not knowing something. It's never dumb to ask about your safety. But it is dumb not to ask and get hurt. And it's a shame to guess and make a fatal mistake.

CLIMB LIKE A BEAR

Follow these tips when you climb a ladder:

- ➔ **Use a tool belt** to carry equipment.
- ➔ **Always have 3-point contact with the ladder,** which could be both hands and one foot, or both feet and one hand.
- ➔ **Never go above three rungs from the top on straight ladders** or the second step from the top on stepladders.
- ➔ **Climb down and move the ladder** if the work is beyond your reach.
- ➔ **Use the bear climb,** which means to move your right foot and hand simultaneously, followed by the left hand and foot. It may feel funny at first, but it could save your life. Try it!

HOW TO AVOID A TRAFFIC ACCIDENT

1. **Leave earlier** so you don't have to rush.
2. **Stay off the cell phone.**
3. **Obey speed limits.**
4. **Keep at least 2 seconds behind** the vehicle in front—and 4 seconds at night or in bad weather.

RIDDLE OF THE MONTH ANSWER

I am a map!

ON THE LIGHTER SIDE

"Have you ever considered attending an anger management workshop?"

Help Keep Violence Out

Take security seriously

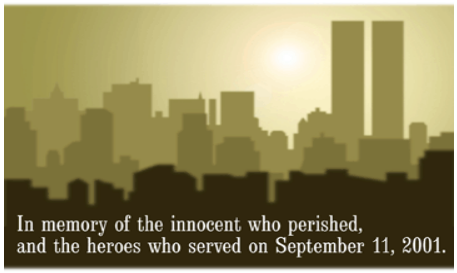
You can help keep violence out of your workplace.

- ➢ Wear your identification badge, and don't lend it to others.
- ➢ Keep security doors closed and locked.
- ➢ Escort visitors to the work area after they sign in and obtain a name tag.
- ➢ Obey rules against weapons, drugs, and alcohol at work.
- ➢ Set up a "danger signal" with co-workers.
- ➢ Know security and police phone numbers.
- ➢ Lock up purses and valuables.
- ➢ Tell security if you see a stranger with no identification in a work area.

Know how to recognize potentially violent behavior, such as someone who:

- ➢ Threatens violence
- ➢ Threatens to "get even" with you, co-workers, or supervisors
- ➢ Tries repeatedly to intimidate you or others
- ➢ Talks a lot about weapons
- ➢ States that others are out to "get" him or her
- ➢ Holds grudges
- ➢ Blames others for problems
- ➢ Displays frequent, unreasonable anger
- ➢ Combines disturbing behaviors with substance abuse

Report behavior that concerns you. You may head off violence and get people the help they need.



QUOTATION OF THE MONTH

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do… I am convinced that life is 10 percent what happens to me and 90 percent of how I react to it. We are in charge of our attitudes."

Charles Swindoll - author & educator

From the State of Delaware's Office of Highway Safety...
Would Your Child's Car Seat Pass Inspection?

Securing your children properly in age- appropriate car seats is the most effective thing you can do to protect them in the event of a crash. In fact, in motor vehicle crashes proper use of car seats and seat belts reduced the risk of fatal injury considerably.

Because booster seats and car seats save lives, all 50 states, the District of Columbia and Puerto Rico require their use. Even so, motor vehicle crashes remain the leading cause of death for children ages 1 through 12. That's because according to the National Highway Traffic Safety Administration (NHTSA), nearly 3 out of 4 car seats are not used properly, which is a tremendous risk when travelling.

The most common car seat errors are:

- The seat is not installed tightly enough
- Children are turned to face forward too soon
- Harness straps are too loose

For a car seat to do its job right, it has to be:

- Appropriate for your child's age and size;
- Installed properly; and
- Adjusted to fit your child securely.

Delaware law requires children to be in a car seat or booster seat up until age 8 or 65 lbs whichever comes first, and prohibits children under 12 from sitting in the front seat when an air bag is present. For more specifics on our law visit our website at **http://www.ohs.delaware.gov/carseat**.

If you are a parent or a caregiver, don't pass up the opportunity to have your child's seat inspected for free at one of OHS's fitting stations. Call for an appointment today!

- New Castle County (302) 434-3234.
- Kent / Sussex Counties (302) 744-2749

Buckle Up. Arrive Alive DE.