Safety Matters

Produced by the Insurance Coverage Office

State of Delaware **Issue LXXIII** **September 2012**

News & Notes

ARE YOU READY?

Are you ready for the next safety meeting or safety training session?

- Are your mind, eyes, and ears open and ready to see, hear, and learn what you need to know to prevent accidents, injuries, and illness on the job?
- Do you have a notebook or paper and a pen so you can take notes about points brought up during the meeting?
- Are you prepared to participate in the meeting or training session by asking questions, raising safety concerns, sharing your knowledge and experience, and giving your advice and suggestions when appropriate?
- Are you ready to listen to what co-workers say about the topic being discussed and to hear their concerns about safety?
- Are you willing to take what you learn back to work and put it to use right away?

If your answer to all these questions is an unqualified "yes," then yes, you are ready for the next safety meeting or training session.

DON'T BE AFRAID TO ASK QUESTIONS

Sometimes people think that they're just supposed to show up at safety meetings and training sessions to listen, that they're not supposed to talk. But that's not true.

Don't be afraid to ask questions if there's anything you don't understand. And don't hesitate to speak up if you have something useful to contribute. Participation is an important part of learning.

"For one thing, Honey, it doesn't have a garage."

Protecting Your Head

Even King Arthur's knights wore hard hats...

Today, hard hats are worn by workers in many types of jobs. They are also worn by football players, soldiers and bike riders. Whether for work or play, they have an essential role in safety.

It's not a new concept.

King Arthur's knights in shining armor wore metal helmets to protect their heads. Ancient drawings depict people in head-protecting hats in the ancient civilizations of China, Egypt, Greece and Rome.

The first protective hats made by E.W. Bullard Company, a mining equipment maker, were made of leather. When Bullard's son returned from the First World War with a steel helmet, that changed.

In more modern times, when famous writer Franz Kafka was with Workers Accident Insurance in Bohemia, he was instrumental in developing the protection hat in 1912, according to legendary management icon Peter Drucker.

In the 1933 construction of the Golden Gate Bridge, all workers had to wear safety helmets. Bullard also designed a helmet for sandblasters with a shield in front, like a window, and a hose for breathing.

In 1938, the first aluminum hard hats were made. They were very durable and fairly lightweight. These hats had one serious drawback: aluminum is a great conductor of electricity.

In the 1950s and 1960s, thermoplastics became the newer material. Manufacturers injected thermoplastic into a mold to produce a hard hat.

Helmets are now made of a high density plastic. They have features like earmuffs, extra ventilation, face-shields, sun visors, linings for absorbing sweat and extra attachments like pagers, radio, cameras or walkie-talkies.

Regardless of its composition and features, to get hard hat protection... You have to wear it!

RIDDLE OF THE MONTH

The following is called a "Magic Square." It uses the digits one (1) through nine (9) only once and each row, column and diagonal add up to the number 15:

8 1 6
3 5 7
4 9 2

Can you complete a 4x4 Magic Square using the digits 1 through 16?
HELPFUL HINT: the sum of each row, column and diagonal should be 34.
Answers on Page 2 Safety Bits & Pieces

SAFETY TIPS OF THE MONTH

Here are two personal safety tips:

- Walk in a relaxed state of awareness, which is to say that you confidently take in your surroundings, such as who's around you and how close they are. Keep your keys in your hand as you walk to your car, and when you drive, be aware if a vehicle is behind you for an extended period of time. If you ever suspect that you're being followed, continue past your house and dial 911.
- Let your inner circle know where you are, but keep your outer circle on a need-to-know basis. In other words, it's a good idea to let those close to you know where you're going and when you expect to be back. Posting your daily whereabouts on social networking sites or geographic locators is unwise.

Safety Bits & Pieces

PREVENT LOADING DOCK ACCIDENTS

Loading docks are busy places with plenty of hazards. Prevent injuries around loading docks by taking these precautions:

- **Pay attention** to what's going on around you and be constantly alert for hazards.
- **Wear required personal protective equipment (PPE).** For example:
  —Gloves that provide a good grip
  —Sturdy shoes with nonskid soles
  —Hard hat to protect from falling objects
  —Safety glasses to protect from flying objects
  —Hearing protection when there's loud noise
- **Walk, don't run,** and look where you're going.
- **Stay away from dock edges.**
- **Don't jump** onto or off the loading dock.
- **Don't indulge in horseplay.**
- **Don't clutter walking and driving areas** with containers, packing, tools, and other materials.
- **Pick up trash** and dispose of it properly.
- **Clean up or report all spills,** leaks, or wet areas immediately.
- **Report any holes, cracks, or other damage** to flooring.
- **Secure movable dockboards.**
- **Lift only what you can carry without strain;** otherwise get a co-worker to help or use a material handling aid like a hand truck or dolly.
- **Lift properly,** letting your legs, not your back, do the work.

SAFETY SENSE IS IMPORTANT - ALL THE TIME!

Your safety sense should always be on the job—even when you're not. So be careful on work breaks and other "off" time so that you are always thinking and behaving in a safe manner. Be sure to exercise good judgment wherever you go.

SPLINTERS AND ONIONS

To remove a splinter stuck under your skin, cut a small square from a fresh onion. According to ***Bottom Line Health***, you place it on the padded part of an adhesive bandage, then wrap it around the splintered skin.
Left over night, the onion will draw the splinter to the surface so you can pull it out with a tweezer.

RIDDLE OF THE MONTH ANSWER

01 15 14 04
12 06 07 09
08 10 11 05
13 03 02 16

How Can You Help?

Five ways you can help improve safety

A lot of people wonder how they can help make the workplace safer. If you're one of them, here are five simple things you can do to minimize hazards and maximize safety for you and your co-workers.

1. **Make suggestions about how we can improve our safety and health programs.** You probably know more about your job and what it takes to do it safely than anybody else. So your ideas and suggestions about how to make your job safer are important.
2. **Report potentially hazardous conditions.** Anything that doesn't look or "feel" right probably isn't. Don't ignore any potential hazards, no matter how small. Tell a supervisor right away.
3. **Help new workers learn about our safety procedures.** New workers need to know all about safety from Day One. Help them get oriented, and you'll help prevent accidents.
4. **Use information from safety meetings and training sessions on the job.** That's a sure way to improve safety.
5. **Ask questions.** Don't let any question about safety go unanswered. That answer could be the thing that saves you from an accident and injury.

ON THE LIGHTER SIDE

"It may not be a big deal now, but when your grandmother jumped over the moon, she did it without the help of any performance enhancing drugs."

QUOTATION OF THE MONTH

"Life isn't a matter of milestones but of moments."

Rose Fitzgerald Kennedy(1890-1995)

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

Share the Road

Ever experienced a close call? Perhaps someone ran a red light or made an improper turn in front of your vehicle. Ever had someone ride too close to your bumper? What if you did not have the safety of a seat belt, air bag, and crumple zones when these aggressive driving behaviors happen around you. Now imagine the risks that motorcyclists take, even when wearing their full complement of protective gear.
OHS would like to remind you that safe driving behaviors are the same whether you are driving a car, truck, or motorcycle:

- Always look twice before turning into traffic.
- Be vigilant when changing lanes.
- Be aware of blind spots.
- Keep a safe distance from other vehicles.
- Always follow the posted speed limits.
- Use proper lane position.
- Never drive under the influence of drugs or alcohol.
- Wear all appropriate safety gear – Seat belts for motorists and proper riding gear for motorcyclists.

For all who share the road, if you see someone who is driving or riding in an unsafe manner, pull over out of the way if possible, and call 911.

Share the Road. Arrive Alive DE.

For more information about motorcycle safety and other traffic safety topics, go to www.ohs.delaware.gov.