Safety Matters

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News & Notes

SORE, TIRED FEET?

Standing for long periods or doing a lot of walking on the job can cause sore, tired feet. That's not too surprising, considering that the foot is such a complex structure, with 26 delicate bones and numerous muscles, tendons, and ligaments.

How can you make your feet comfortable? One important step is to wear shoes that fit right. A properly fitted shoe should:

- ➔ "Feel right"—and not pinch or squeeze
- ➔ Provide a firm grip for the heel (otherwise the foot may slip, causing irritation and instability and possibly turning the ankle)
- ➔ Offer arch support—lack of which can cause flattening (or further flattening) of the foot
- ➔ Allow movement of the toes—a shoe that is too narrow or shallow will surely result in fatigue and pain

Furthermore, avoid undue pressure on the feet and the lower back by wearing shoes that are not completely flat or that have inappropriately high heels. The bones at the top of the foot may suffer from pressure, in which case, padding may be added under the tongue of the shoe. A shoe that laces up can give the foot extra support by tightening the laces (but be careful—overlong laces can be a tripping hazard).

Also, inspect your shoes regularly for wear or damage that could expose your feet to danger. Air your shoes between wearings. And don't wear shoes if they're wet inside (a likely forerunner of "athlete's foot").

"I don't have anything where troubles melt like lemon drops for at least three months."

RIDDLE OF THE MONTH

A man was at a restaurant feeling poor; he sees a rich man take 50's out his pocket to pay the cashier.The poor man says to the rich man "I know all the songs known to man." The rich man laughed and said,"I bet you all the money in my pocket that you can't sing a song with my daughter's name in it, Sarah Lee Greyson." The poor man went home rich and the rich man went home poor. What song did the man sing?

Answer on page 2 in Safety Bits & Pieces

Protect Yourself—

From your head down to your toes

Use this chart to choose the right Personal Protective Equipment (PPE) for the hazards you face:

Body Part	Hazard	Solution
Head	Falling objects	Hard hat
	Sunburn	Broad-brimmed hat
	Electrical hazards	Class E hard hat
Face/Eyes	UV/laser light	Glasses with special lenses
	Welding	Welding goggles with filtered lenses
	Flying chips	Goggles, safety glasses (side shields)
	Chemical splashes	Chemical goggles and face shield
	Electrical hazards	Nonmetal safety glasses or goggles
Ears	Loud noise	Ear plugs, ear muffs, canal caps
	Extremely loud noise	Ear plugs *and* ear muffs
Lungs	Dust	Dust mask
	Harmful vapors	Air-purifying respirator
	Immediately Dangerous to Life & Health (IDLH)	Air-supplying respirator
	Insufficient oxygen	Air-supplying respirator
Hands	Bloodborne pathogens	Latex or nitrile gloves
	Chemicals	Neoprene, rubber, or vinyl gloves
	Cold	Insulated gloves or mittens
	Rough surfaces, chips and sparks	Leather gloves
	Dirt and splinters	Heavy-duty cotton gloves
	Fire	Fire-resistant gloves
	Heat	Heat-resistant gloves
	Sharp objects	Metal mesh gloves
Body	Bloodborne pathogens	Lab coat and coveralls
	Chemicals	Chemical-resistant body suit
	Cold	Insulated coat and trousers
Feet	Bloodborne pathogens	Surgical booties
	Chemicals	Chemical-resistant boots
	Cold or damp	Insulated boots
	Electricity	Nonconductive boots
	Falling objects	Safety shoes (impact-resistant toes)
	Rough terrain	Hiking boots

Protect yourself from head to toe by always choosing the right PPE.

SAFETY TIPS OF THE MONTH

Here are a few miscellaneous safety tips:

1). Never walk away from a power tool that is plugged in, even for a few seconds.

2). Remember to test garage door remote controls regularly and never leave them in your car when not in use; they could give crooks easy access to your home.

3). Update your car's emergency kit for harsher winter weather. Make sure to have an ice scraper, blanket, flashlight and extra winter outerwear.

4).Clear garage floors and steps of trash, clutter, grease and spills to help prevent falls.

Safety Bits & Pieces

ACCIDENT PREVENTION

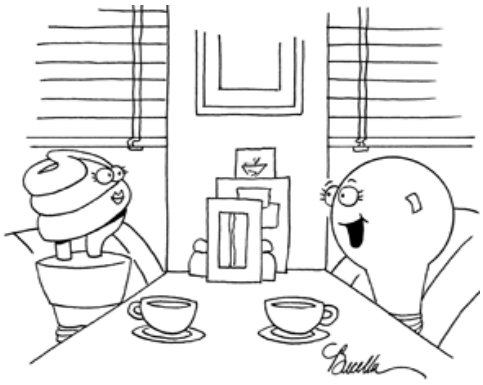
After an accident on the job, people often wonder what they could have done to have prevented it. That, of course, can help avoid similar accidents in the future. But the best way to prevent accidents is to think about prevention *before* an accident happens, not after. For example, think about:

1. What could go wrong before you start any job. Then take the necessary precautions to prevent accidents, such as eliminating hazards or wearing personal protective equipment.
2. The information, procedures, and techniques you've learned in safety meetings and training sessions that could help prevent an accident.
3. Requirements of safety rules and regulations that apply to the job.
4. The equipment, tools, materials, etc. you need to perform jobs safely.
5. Any additional steps you could take to ensure safety in your work area.
6. How you can encourage co-workers to take proper safety precautions and work more safely.
7. Ideas for improving safety performance in your department and your organization.

In addition, use your safety sense to protect you and your co-workers. That means using common sense full-time and paying attention to your "gut feelings." If something just doesn't seem right to you, it probably isn't.

RIDDLE OF THE MONTH ANSWER:

"Happy Birthday!!"



"Who does your hair?"

Happy, Safe Halloween

Keep your home and kids safe

Halloween means decorations, costumes, and trick or treating. It also means fire and safety hazards in and around the home. According to the National Fire Protection Association (NFPA), over 1,000 home fires a year are related to seasonal decorations, especially those involving candles.

Keep your home and kids safe this Halloween by following these NFPA recommendations:

- Make sure costume labels say "flame-resistant" or "flame-retardant."
- Make your own costumes out of materials that don't catch fire easily. Avoid features like long, loose sleeves, billowing or trailing capes.
- Use flashlights instead of candles—indoors and out. Even jack-o'-lanterns are more safely illuminated with flashlights.
- Be very careful when decorating with dried flowers, cornstalks, and crepe paper, all of which are highly flammable. Make sure these decorations are well clear of radiators, lightbulbs, and other heat sources.
- Teach kids how to "stop, drop, and roll" to put out flames if their costumes catch fire. Remind them to stay away from candles and other open flames.
- Make sure your children carry flashlights to light their way as they go trick or treating.

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

Drive Safely to Work Week

Every year OHS supports the Network of Employers for Traffic Safety's (NETS) yearly traffic safety campaign, Drive Safely to Work Week (DSWW). This year, join us in getting Back to Basics. Simply put, it means focusing on driving the car instead of multi-tasking. Remember when you were a young driver, and it took all of your senses to drive: both hands on the wheel, both eyes on the road, mind completely on the task of driving? NETS would like us to remember experience does not necessarily make a better driver.

What you need to know

Many employees commute in the first state. The average commute time for Delawareans is 24.3 minutes, which is nearly 50 minutes on the road each work day. Here are some interesting facts that you should know:

- 900,000 people live in the state of Delaware; of those, 653,141 are licensed drivers.
- On average, 80% of workers who commute drive alone.
- In 2011, there were 5,204 personal injury crashes and 97 fatal crashes.
- In the same year, 1 out of every 25 licensed drivers was involved in a traffic crash.

What you can do

Since the average person spends a significant amount of time driving to and from work, NETS would like to remind each of us to remember the keys of safe driving:

- Always buckle up. It only takes a few seconds to do the one thing that will keep you safest in the event of a crash.
- Drive with a clear head. Drowsy driving can be as dangerous as impaired driving.
- Avoid distractions. Distractions come in many forms, eliminate as many of them as possible.
- Know the basics of parking and backing. Many crashes can be avoided by simply being aware of blind spots.
- Review the fundamentals. Go back to the basics of safe driving, including: mirror placement, scanning the environment around your vehicle, and signaling your intentions.

For more information on DSWW and to get a free information kit, go to www.trafficsafety.org. **Drive Safe. Arrive Alive DE.**

ON THE LIGHTER SIDE

A doctor was called in to see a very busy patient. "Well, sir, what is the matter?" he asked cheerfully. "That's for you to find out" the patient snapped. "I see," said the doctor. "Well, if you'll excuse me a minute, I'll phone a friend of mine... a veterinarian. They're the only ones I know who can make a diagnosis without asking questions!"

QUOTATION OF THE MONTH

"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."

Abraham Lincoln
(1809 - 1865)