

PREVENT KITCHEN FIRES

During Fire Prevention Week, October 6 through 12, the National Fire Protection Association (NFPA) is highlighting the dangers of unattended cooking and risky kitchen habits. The theme was announced at the Fire Department Instructors Conference (FDIC) in Indianapolis, which is attended by thousands of firefighters from around the world.

Here are some good tips from NFPA:

☞ Remember that fat and oils are flammable. Most kitchen fires, and fires that burn down restaurants, start when someone is heating fat or oil and forgets about it. The oil gets increasingly hotter, smokes, and then bursts into flame.

☞ Never leave the room when you're cooking. It's easy to think you'll only be away for a minute or two to answer the door or step into the living room or bathroom, but it could take longer.

☞ Beware of deep fat fryers. Never get liquid near an oil fryer. If it spills, it instantly turns into steam, violently spraying hot oil.

☞ Remember that steam is dangerous. Steam is water vapor that is above the boiling point. It can be highly pressurized and is almost invisible, but it causes nasty burns.

☞ Have a fire extinguisher available in the kitchen and learn how to use it. The people who service your extinguishers can arrange training.

☞ If there is an oven fire, turn off the heat and keep the door closed to prevent flames from burning you and your clothing.

Safety Matters

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Fire Safety at Work

Would you know what to do in a fire?

If you've ever seen a building burn, you know how quickly fires can spread and how destructive they can be. But would you know what to do if a fire struck your workplace or your home?

Be Prepared at Work

Make sure you know the answers to these four questions about workplace fires:

- 1. Do you know your escape route?** Where are the nearest emergency exits from your area? Could you get there even if the lights were out and the place was full of smoke? Do you have at least two routes, in case one is blocked?
- 2. Do you know how to sound the alarm?** Where are the alarm boxes? Do you know how to activate them? Do you know who to call in the event of a fire?
- 3. Do you know where fire extinguishers are located?** Do you know how to use one effectively to fight a fire?
- 4. Do you know where to meet outside for roll call?** If you're not where you're supposed to be, firefighters might risk their lives trying to find you inside.

Be Prepared at Home

Make sure you can answer *yes* to these four questions about home safety:

- 1. Have you installed smoke detectors and checked them recently?**
- 2. Do you have fire extinguishers in key spots around the house? Do family members know how to operate them?**
- 3. Are emergency numbers posted by the phone?**
- 4. Do you have a family evacuation plan and do you have regular drills?**

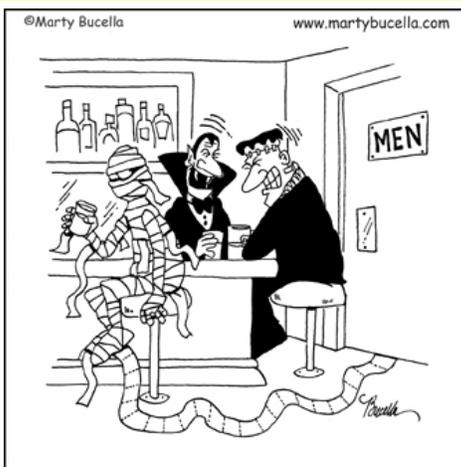
Knowing what to do in the event of a fire at work or at home will help you, your co-workers, and your family respond calmly and effectively to save lives and minimize property damage.

HALLOWEEN RIDDLES

- 1) How do you fix a jack-o-lantern?
- 2) What do you call a ghost in a torn sheet?
- 3) What do you get when you divide the circumference of a pumpkin by its radius?
- 4) What is Beethoven doing in his coffin right now?
- 5) What do ghosts wear when their eyesight gets blurred?
- 6) How do you get into a locked cemetery at night?

Answers on page 2 Safety Bits & Pieces

SAFETY TIP OF THE MONTH



Safety Bits & Pieces

DO YOU KNOW HOW TO USE A FIRE EXTINGUISHER?

Be cautious with fire extinguishers. Never attempt to put out a fire yourself unless you are trained to do so. Even then, the fire must be confined to a small area and not growing. Everyone should already be out of the building and the fire department should be on the way.

When using a fire extinguisher, remember the word **PASS**:

P = pull the pin. Hold the nozzle away from you.

A = aim. Aim low. Point the extinguisher at the base of the fire.

S = squeeze. Squeeze the lever slowly and evenly.

S = sweep. Sweep the nozzle from side to side.

INSTRUCTIONS FOR TRICK OR TREATERS

Here are safety instructions all trick-or-treaters should hear:

1. Be sure your costume or mask allows you to see in all directions. Look both ways before crossing a street.
2. Bring pets into the house before leaving, in order to keep them safe.
3. Never go into a stranger's house unless your parents are with you. Approach houses only if they have outside lights on.
4. Don't eat the contents of your bag before your parents check it out.
5. Don't take shortcuts through backyards, alleys or parks. Walk, do not run. Running in a costume through unfamiliar territory can cause slips, trips and falls.
6. If you are an older child going out with friends, make sure your parents know where you are going and with whom you are going.
7. If you take younger siblings with you, be sure to keep them safe.
8. If you can drive and are taking friends to a party, always pay attention to your driving. Be certain that you have enough gas.
9. If your parents give you a curfew, be sure you get back on time.
10. Carry a flashlight with a strong beam and good batteries.

HALLOWEEN RIDDLES ANSWERS:

- 1) With a pumpkin patch
- 2) A holy terror
- 3) Pumpkin pi
- 4) Decomposing
- 5) Spooktacles
- 6) Use a skeleton key to unlock the gate

Fire Prevention Quiz

Test your knowledge

1. Fire results from combining fuel, oxygen, and heat or an ignition source. **T F**
2. Examples of fuel are:
a. Paper, wood, flammable liquids b. Electricity c. Chemical reaction
3. To find out if a substance is flammable, you check:
a. Where it's stored b. What it's used for c. Its label and MSDS
4. Flammable liquids should be stored in:
a. Containers painted fire engine red
b. Approved containers
c. Containers with spouts
5. The most common source of workplace fires is:
a. Flammable liquids b. Chemicals c. Electricity
6. If a cord or wire has frayed or worn insulation:
a. Replace it. b. Not notice it. c. Ignore it.
7. One way to prevent machine bearings from running too hot, is to keep them lubricated. **T F**
8. Smoking only in permitted areas is a fire prevention precaution. **T F**

ANSWERS:

1. T 2. a. Paper, wood, flammable liquids 3. c. Its label and material safety data sheet
4. b. Approved containers. 5. c. Electricity 6. a. Replace it. 7. T 8. T

ON THE LIGHTER SIDE



"Honestly, do you really think anyone will be interested in what you write every day. Blog?"

QUOTATION OF THE MONTH

"He who conquers others is strong; he who conquers himself is mighty."

Lao Tzu

(6th century BC

Chinese Philosopher)



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

Hold on to the Ones You Love

Is there anything more important than the well-being of our children? From the time we place our newborn in the car seat for the first ride home, to the time we allow our teen to drive off alone, safety should be a top priority.

The safest place in any vehicle during a car crash is the passenger compartment, properly secured in an appropriate seat belt. Most adults and teens are held safely in place by a standard seat belt. For the smallest passengers, a child passenger safety seat is the best choice.

- Choose a seat that fits your car, your child, and that you will use every time.
- Seats vary by weight, height, and age. Find out what works for you and your child at <http://www.safercar.gov/parents/carseats.htm>.
- OHS offers free child passenger safety seat fitting, installation, and inspections statewide. Go to www.OHS.delaware.gov/carseats for more information and to find a location close to you.
- And remember, the back seat is the safest place for children up to the age of 12. It is worth it to take a few minutes to make sure that your child is in the appropriate seat for their size. Call 302-744-2740 to find an expert near you, today.

Buckle Up. Arrive Alive DE.