

News & Notes

USE CAUTION WITH FIRE EXTINGUISHERS

Use a portable fire extinguisher ONLY if you have been trained to do so and in the following conditions:

- The fire is confined to a small area, and is not growing.
- The room is not filled with smoke.
- Everyone has exited the building.
- The fire department has been called.

Always use the correct extinguisher for the fire you are fighting. Fires are categorized into five main classes, and all extinguishers are labeled to tell you which class of fire they are designed to fight:

Class A fires involve wood, paper, trash, rags or cloth.

Class B fires involve gases, grease or flammable liquids, such as gasoline, oil, paint and solvents.

Class C fires involve electrical equipment and wiring.

Class D fires involve combustible metals such as aluminium, sodium, magnesium or zinc.

Class K fires involve cooking oils, trans-fats or fats usually found in cooking appliances in restaurants and cafeteria kitchens.

Remember the word **PASS** when using a fire extinguisher:

P – Pull the pin and hold the extinguisher with the nozzle pointing away from you.

A – Aim low. Point the extinguisher at the base of the fire.

S – Squeeze the lever slowly and evenly.

S – Sweep the nozzle from side to side.



HALLOWEEN RIDDLES

- 1) What do goblins and ghosts drink when they're hot and thirsty?
- 2) Why did the ghost haunt the bar?
- 3) Why do ghosts go to the disco?
- 4) What do vampires call their boats?
- 5) What instruments do skeletons play?
- 6) Why didn't the skeleton tango?
- 7) Why don't mummies take vacations?

Answers on Page 2 Safety Bits and Pieces

Safety Matters



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Fire Safety Prevention

October is Fire Prevention Month. Did you know that if a fire starts in your home, you may have just two minutes to escape?

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. 60 percent of house fire deaths occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

Smoke Alarms

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Teach your children what smoke alarms sound like and what to do when they hear one.
- Test smoke alarms once a month, if they're not working, change the batteries.
- Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.
- Carbon monoxide alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and carbon monoxide alarms.

Fire Escape Planning

- Ensure that all household members know two ways to escape from every room of your home.
- Make sure everyone knows where to meet outside in case of fire.
- Practice escaping from your home at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

Follow Your Escape Plan

During a home fire, remember to GET OUT, STAY OUT and CALL 9-1-1 or your local emergency phone number.

- If closed doors or handles are warm, use your second way out. Never open doors that are warm to the touch.
 - Crawl low under smoke.
 - Go to your outside meeting place and then call for help.
- If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well website (www.redcross.org) to let your family and friends know you are safe. You may also call 1-866-GET-INFO to register yourself and your family.

Safety Bits & Pieces

TOXIC BON-FIRES

Here's when your bon-fire may be super toxic:

Summer cleanup may be all but over, but autumn is here, and that's prime time for bon-fires. You can enjoy them in your own back yard, picnic area or your camping location.

But there could be a danger caused by what you're burning. There might be poison ivy leaves and stems among the broken tree branches, garden cleanup stuff and those weeds you pulled from around the yard or growing on a tree. Just as dangerous are poison ivy's cousins, poison oak and sumac.

As they go up in smoke, make a point of not inhaling it.

Urushiol oil in poison ivy, poison oak and poison sumac, is trouble for those with breathing issues such as asthma or COPD. The smoke is especially dangerous.

It can cause a rash to break out in the lining of the lungs, which will bring extreme pain and respiratory problems that could at least require a visit to the ER. It can even kill.

HALLOWEEN RIDDLES ANSWERS

- 1) Ghoul - Aid.
- 2) For the boos.
- 3) They love to Boo-gy.
- 4) Blood Vessels.
- 5) Trom - BONES.
- 6) He had no - body to dance with.
- 7) They are afraid to unwind.



HALLOWEEN SAFETY TIPS

Here are a few safety tips to help keep your trick or treaters safe:

- 1) Plan your route in advance
- 2) Wear comfortable shoes
- 3) Stay well-lit. Use reflective tape and carry a flashlight to keep your child's path visible.
- 4) Make sure all costumes are short so that trips and falls are avoided.
- 5) Avoid masks since they can obscure vision and make breathing more difficult.
- 6) Use flexible props that won't cause injury
- 7) Check your child's candy - throw away any that is not in its original wrapper, or looks as though it has been opened.

The Big Six

Common workplace hazards and precautions

Job safety starts with hazard identification—learning to recognize and respond to situations that could cause accidents. Here are six of the most common workplace hazards along with tips on avoiding them:

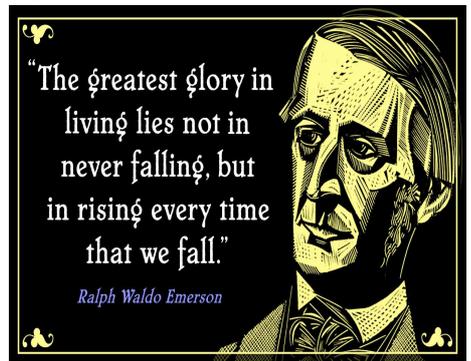
- 1. Chemicals.** Always check a chemical's label and safety data sheet (SDS) before use. Find out about the hazards, and follow instructions for protection.
 - 2. Untidy work areas.** Prevent slips, trips, and falls by keeping materials out of aisles and off stairs. Put tools and materials you're not using in their proper place. Clean up liquid spills.
 - 3. Back injuries.** Learn to lift properly so that your legs, not your back, do the work. Get mechanical or human help with large, awkward loads.
 - 4. Machinery.** Keep machine guards in place, maintain machines properly, and pay close attention while you work.
 - 5. Lack of Personal Protective Equipment (PPE).** Always use assigned PPE and inspect it before each use.
 - 6. Electricity.** Prevent deadly electrical shock by following all rules regarding safe use of electrical power equipment.
- If you're ever unsure about a hazard or a safety instruction, ask your supervisor. If you can't correct a hazard yourself safely, report it right away.

ON THE LIGHTER SIDE



"Hold it right there, buddy!"

QUOTATION OF THE MONTH



Ralph Waldo Emerson



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

Drowsy Driving

Have you ever fallen asleep behind the wheel? The National Highway Traffic Safety Administration conservatively estimates that 100,000 police reported crashes each year are caused primarily by drowsy driving and that such crashes result in more than 1,550 deaths, 71,000 injuries and \$12.5 billion in monetary losses.

That is serious business, especially when the majority of adults think it is acceptable to drive drowsy. But how do you know when you are too tired to drive? The AAA Foundation offers warning signs and a few safety tips.

Warning signs:

- Having difficulty keeping your eyes open and focused.
- Difficulty keeping your head up.
- Drifting, swerving, tailgating, and/ or hitting the rumble strips.
- Inability to clearly remember the last few miles driven.
- Missing traffic signs or driving past your intended exit.
- Yawning repeatedly and rubbing your eyes.
- Feeling irritable and restless.

Safety Tips:

- Get plenty of sleep.
- Stop driving if you get sleepy.
- Travel at times when you are normally awake.
- Schedule a break every two hours, if you are driving a long distance.
- Drink a caffeinated beverage. Then take a nap in a safe place for 20-30 minutes while you wait for the caffeine to take effect.
- Travel with an awake passenger.

Go to www.NHTSA.gov and www.AAAFoundation.org for more information and tips about Drowsy Driving. **Drive Safe. Arrive Alive DE.**