Safety Matters

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News & Notes

SAFE LIFTING Q&As

Q. What's the proper technique for lifting sacks?

A. (1) Assume the safe lifting position.
(2) Grasp the sack at opposite top and bottom corners.
(3) Power your body up with your legs and use your arms to raise the sack to rest on your hip.
(4) Fully stand and move the sack to rest on your shoulder.

Q. What's the safest way to carry long objects?

A. Carry lumber, pipe, and other long objects over your shoulder, but remember the tail end of the object. Watch where you're going and pay attention to who and what's in front *and* behind you so you don't whack someone or something.

Q. What should I do if I have to lift something off a shelf above my head?

A. (1) Use a stepstool or ladder.
(2) Climb until you're safely in position and slide the load close to you, keeping both a solid footing and a firm grasp on the object.
(3) Descend slowly and carefully, letting your arms and legs do all the work.

Q. What's the proper way to lift and carry oversized or heavy loads?

A. Use material-handling equipment or team up with a co-worker and use a two-person lift:
(1) Designate one person to direct the lift.
(2) Lift at the same time.
(3) Keep the load level when carrying.
(4) Move together smoothly and unload at the same time.

"It's for Thanksgiving. Now, you won't have to talk with your mouth full."

THANKSGIVING RIDDLES

1) Why was Plymouth Rock so brave?
2) Teddy Bears and Turkeys have what in common?
3) What do monsters have on the Thanksgiving table?
4) The Pilgrims' cows came to America on what ship?
5) Why are so many new cars sold around Thanksgiving time?
6) How much did the Mayflower weigh?

Answers on Page 2 in Safety Bits & Pieces

Healthy Back Quiz

How do you prevent back problems?

Back problems plague many American workers in all kinds of jobs. That means a whole lot of hurt and inconvenience for a whole lot of people. Take this back health quiz to see if you might be one of them. If you don't get every answer right, you could be looking at a back injury down the road.

1.	A back injury can be painful but it doesn't affect your daily activities.	**T**	**F**
2.	Poor physical condition can cause back injuries.	**T**	**F**
3.	Sitting helps relax your back.	**T**	**F**
4.	Bend at the waist when lifting.	**T**	**F**
5.	It's better to pull than to push heavy objects on a cart or hand truck.	**T**	**F**
6.	It's better to lift and carry one big load than to make several trips.	**T**	**F**
7.	Prevent back strain by shifting your position frequently, whether you're sitting or standing.	**T**	**F**
8.	Diet and exercise have little impact on back health.	**T**	**F**
9.	An important part of safe lifting is planning the lift.	**T**	**F**
10.	Back injuries can be caused by sudden twisting or frequent bending.	**T**	**F**
11.	It's safer to lift an awkwardly shaped load alone.	**T**	**F**
12.	If you're working on your back, be sure to keep your legs straight.	**T**	**F**
13.	When you carry a load, hold it close to your body.	**T**	**F**
14.	Doing stomach crunches regularly can help prevent back injuries.	**T**	**F**
15.	Stand with ears, shoulders, and hips aligned to avoid back strain.	**T**	**F**

Answers:

(1) F. Back injuries can be disabling.
(2) T
(3) F. Sitting is a major cause of back strain.
(4) F. Bend your knees, not your back, and lift with your legs.
(5) F. Pushing puts less strain on your back.
(6) F. Straining to move one big load is more likely to injure your back.
(7) T
(8) F. If you're out of shape, you're more likely to injure your back.
(9) T
(10) T
(11) F. It's safer to get help with awkward loads.
(12) F. Keep your knees bent. This will keep your back flat and cause less strain.
(13) T
(14) T
(15) T

SAFETY TIPS OF THE MONTH

- Place candles in holders that will not tip.
- Keep candles, Yule logs, Menorahs, and Kinaras away from drapes, trees or potentially flammable objects.
- Extinguish candles before leaving home or going to sleep.
- Have a professional check your fireplace and chimney every year. Soot buildup leads to house fires.
- Use kindling and wooden matches to light fires – not flammable liquids.

Safety Bits and Pieces

DID YOU KNOW...

...that every year there are approximately 93,000 stair injuries involving children younger than age 5?

An analysis in the journal Pediatrics finds that among children younger than age 5 in the United States, one is being rushed to the hospital every six minutes for a stair-related injury.

In children under age 1, 25 percent of the injuries occurred while the child was being carried up or down stairs by an adult. These children were three times more likely to be hospitalized. Researchers believe the total number of stair-related injuries is actually higher. In many instances, treatment is provided by urgent care centers, private doctors, or not treated at all. These injuries are not included in the National Electronic Injury Surveillance System database, which is operated by the Consumer Product Safety Commission.

Some tips to create a safe stairway are:

* Keep stairs free of clutter and in good repair.
* Install handrails if they aren't already in place.
* Use stair gates at both the top and the bottom of the stairs.
* When carrying a child, avoid carrying other items.
*Do not leave toys or other objects (plants, stuffed animals, figurines, etc.) on any staircase. Objects left on stairways create trip and fall hazards.

THANKSGIVING RIDDLE ANSWERS:

1) It was a little bold-er
2) Both have stuffing
3) Knives, forks and goons
4) The Moo - flower
5) It's a good time to buy an autumn-mobile!
6) A Puri - TON

"No dessert? Couldn't you have told me that before I ate my vegetables?"

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

Cell Phone in One Hand, Ticket in the Other

Did you know that drivers who use hand-held devices are 4 times more likely to get into crashes serious enough to injure themselves? It has become a common occurrence to see others talking on their hand-held cell phone or checking their smartphone while driving. You may even do it yourself. But there is more to Distracted Driving than just talking on a cell phone and texting.

What you need to know

Distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off the task of driving. Any non-driving activity you engage in while behind the wheel is a potential distraction and increases your risk of crashing.

- Nationally, an estimated 3,000 deaths each year can be attributed to distracted driving.
- In Delaware, driver inattention, distraction, or fatigue contributed to
  - *1,312 injury crashes and 5 fatal crashes in 2010; and
  - *1,264 injury crashes and 13 fatal crashes in 2011.

What you can do

OHS and Delaware Law Enforcement are teaming up to stop distracted drivers by collaborating on the enforcement and education campaign "Phone in One Hand, Ticket in the Other". Last year, nearly 10,000 citations were written for violating the state's hands free cell phone law.

- The law bans texting while driving, as well as bans the use of hand-held cell phones and the use of other mobile devices while driving.
- Drivers are required to use hands-free technology in order to use a cell phone while driving.

Since the average fine is over $100, it is best to turn off the phone and put it away until you have reached your destination. If you need to make a call, pull off to a safe location.

Remember, if you have a cell phone in one hand, you may have a ticket in the other. For more information about Delaware's cell phone law, see **www.ohs.delaware.gov/cellphone**. You can also find more information about distracted driving at **www.distraction.gov**.

Drive Safe. Arrive Alive DE.

This message is brought to you by the Office of Highway Safety, who asks you to drive safely at all times. For more information on this and other traffic safety programs, go to **www.ohs.delaware.gov**

Emergency Quiz

Test your knowledge

Circle **T** for True or **F** for False.

1. The most common workplace emergencies are weather related. **T F**
2. A fire is an example of a natural emergency. **T F**
3. If you hear the alarm, get your personal belongings and follow the recommended route to the nearest exit. **T F**
4. If a natural or weather-related emergency occurs while you are at work, you will always be told to leave for home promptly. **T F**
5. In case of a medical emergency, call 911 right away. **T F**
6. Workers trained in first aid or CPR can help the victim until emergency medical personnel arrive. **T F**

Answers:

1. F. The most common workplace emergencies are fires. **2.** F. Natural emergencies include floods, earthquakes, tornados, or hurricanes. **3.** F. Do not stop to get your personal possessions. **4.** F. Depending on the circumstances, you may be told to stay at work until existing dangerous conditions subside. **5.** T **6.** T

QUOTATION OF THE MONTH

"Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds."
Theodore Roosevelt (1858 -1919)

ON THE LIGHTER SIDE

"I always do exercises regularly in the morning. Immediately after waking I always say sternly to myself, "Ready, now. Up. Down. Up. Down!" And after two strenuous minutes I tell myself, 'Okay. Now try the other eyelid!"