

TURKEY PREPARATION SAFETY

1.Never thaw a frozen turkey on the counter. There are two options. Thaw packaged turkey in refrigerator in pan. (Thawing in refrigerator will take about five hours per pound.) Fill a cooler or large sink with cool water and submerge packaged turkey. (Thawing in cool water will take about one hour per pound.) Check temperature of water periodically making sure it remains cool.

2.Like recently released guidelines for chicken handling, never rinse a raw turkey before cooking. Any bacteria present can splash on nearby surfaces, leading to further possible food contamination and risk.

3.Stuff a turkey right before roasting. Do not stuff hours in advance as raw juices in turkey may contaminate stuffing. If stuffing doesn't get hot enough while roasting, bacteria may be present.

4.Roast a turkey at 325°F. Using 20 minutes per pound as a guideline, use a meat thermometer placed in the inner thigh (not breast) to make sure the turkey is properly cooked. A stuffed turkey should reach 180°F or 82°C. An unstuffed turkey should reach 170°F or 77°C.

5.To retain juiciness, rest turkey for 20 to 30 minutes after removing from oven. After that, remove meat from bones and serve. The time between removing turkey from oven and putting in fridge or freezer should be no longer than two to three hours. Cooked turkey will last a maximum of four days in fridge and three months in freezer.



"How embarrassing. I went the entire meeting without coming up with a single buzzword."

THANKSGIVING RIDDLES

- 1) What key has legs and can't open doors?
- 2) What do you get when you cross a turkey with an octopus?
- 3) What did the mama turkey say to her naughty child?
- 4) Which side of the turkey has the most feathers?

Answers on page 2 Safety Bits & Pieces

Safety Matters

Thank you veterans!

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Office Safety Quiz

Don't be fooled—offices have hazards, too

One of the biggest hazards in offices is that office workers don't think of their work areas as hazardous places. Consequently, they don't pay much attention to safety issues and a significant number of accidents occur in offices.

Test your knowledge of office safety by circling T for true or F for false.

- 1. There are few safety hazards to worry about at your desk. T F
- 2. It's best to sit on the edge of your chair and lean forward, with your feet tucked under your chair. T F
- 3. Position your computer screen at arm's length with the top of the screen just below eye level. T F
- 4. It's a good idea to place files and books you don't use often as well as plants on high shelves out of the way. T F
- 5. Aisles and hallways are a good place to store supplies and other materials that you need easy access to. T F
- 6. A good rule of thumb is: If you didn't spill it or drop it, you shouldn't have to clean or pick it up. T F
- 7. Close drawers when not in use so that no one trips over them. T F
- 8. Flammable and combustible materials should be stored well away from heat sources. T F
- 9. You need only one emergency evacuation route from your desk. T F
- 10. Immediately report any office hazard you can't eliminate yourself. T F

Answers:

- (1) False. There could be ergonomic and other hazards.
- (2) False. Sit up straight, close to your desk, with your back against the chair back, thighs parallel to the floor, and feet flat on the floor.
- (3) True.
- (4) False. Don't place such heavy, unsecured objects on high shelves where they could fall on someone.
- (5) False. Keep walkways clear to avoid trips and falls.
- (6) False. When you see a slip or trip hazard, remove it or report it, whether you put it there or not.
- (7) True.
- (8) True.
- (9) False. Have an alternate route in case your primary route is blocked by fire or smoke.
- (10) True.

SAFETY TIPS OF THE MONTH

A garage door is one of the largest moving objects in your home. It's used every day, giving you good reason to keep it in safe working order. Overhead Door Company gives this advice:

- * Mount the garage door opener control out of the reach of small children, at least five feet from the floor.
- * Test the garage door openers reversing mechanism by placing an object in the doors path. If the door does not reverse after contacting the object, call for repairs immediately.
- * Know how to use your garage door openers emergency release feature. Your owner's manual provides instructions.

Five steps you can take today

DECORATING FOR CHRISTMAS

Keep ladder safety in mind when decorating for Christmas. November has become the month of preference for outdoor holiday decorating.

There are two reasons: If you live where winter is cold, it's not as cold in November as in December. No matter where you live, decorating when you aren't rushed is easier and safer. Second, Thanksgiving Day is the new most-popular day to light decorations. Guests for Thanksgiving like to see your outdoor lights go on for the first time.

Whether you're decorating a big evergreen outside or placing a topper on a tall indoor tree, you will need a ladder. The first order of the day is: Don't climb alone. Have someone there to steady the ladder or help if you lose your balance.

The Home Safety Council gives these further instructions for safety:

- * Check the ladder for loose screws or rungs before taking it outside or using it.
- * Don't place your ladder on ground that is uneven or very soft. Put boards on the ground for a solid ladder base.
- * Stay in the center of the steps when you climb and don't lean too far in either direction.

- * Never step on the top of the ladder, or the rung below it, because your center of gravity will be too high. Get a taller ladder if you need one.
- * Avoid carrying too much up the ladder at one time. A study by the Bureau of Labor Statistics shows that half of ladder accidents occur because people carry too much when going up or down.
- * Always hold on to the side rails.
- * Skip the beer and cocktails. Drinking before climbing increases the likelihood that you will lose your balance and fall.

A survey by the council and Werner Ladders shows that many people don't use ladders safely, especially for Christmas decorating. Of 1,000 people interviewed, 52 percent say they have worked on uneven ground; 47 percent admitted reaching farther than they should; 38 percent said they hang decorations outside after dark; 36 percent said they use the top two steps of the ladder. About 20 percent admitted to drinking while climbing.

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THANKSGIVING RIDDLES ANSWERS

1) Tur-key

2) Enough drumsticks for Thanksgiving

3) "If your papa could see you now, he'd turn over in his gravy..."

4) The outside

1. Conduct a personal job hazard analysis.

- ☑ Identify any hazards that could cause accidents.
- ☑ Identify equipment and materials that could be hazardous.
- ☑ Identify the precautions you need to take to prevent injuries.
- ☑ Think about safer ways to work; share ideas with your supervisor/co-workers.

2. Keep alert while you work.

- ☑ Pay attention to every task as you do it and watch for what could go wrong.
- ☑ Apply the skills and information you've learned in safety meetings.

3. Conduct safety inspections regularly.

- ☑ Use a checklist so that you don't overlook anything.
- ☑ Inspect work area, equipment, Personal Protective Equipment (PPE) daily
- ☑ Correct or report any safety problems immediately.

4. Follow safety rules and regulations.

- ☑ Identify all safety rules that apply to your job and work area.
- ☑ Ask your supervisor about any that you don't understand.
- ☑ Wear appropriate PPE whenever required.

5. Report any near misses and accidents promptly.

- ☑ Never ignore a near miss—it's a warning that a real accident is on the way.
- ☑ Tell your supervisor even if nobody was hurt.
- ☑ Identify what went wrong and what you can do to prevent a repeat accident.

ON THE LIGHTER SIDE



"It says, 'Wednesday is no good, how about Thursday?'"

QUOTATION OF THE MONTH

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedy

35th President of the United States

Happy Thanksgiving



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

Are you an Aggressive Driver?

What thoughts go through your mind when you see a police cruiser in your rearview mirror?

Do you ease up on the gas, use turn signals when appropriate, and pay more attention to your lane position? Most people adjust their driving style when they see a police cruiser. But, how do you drive when you think law enforcement is not watching?

So far this year, aggressive driving behaviors account for over 40% of all fatal crashes in Delaware, surpassing even alcohol-related crashes. It is easy to spot an aggressive driver, but did you know that some driving behaviors that you have may be considered aggressive driving? Ask yourself these questions:

- Do I drive faster than the posted speed limit?
- Do I sometimes forget to signal when turning or making a lane change?
- Do I tend to roll through stop signs instead of coming to a complete stop?
- Do I cut in front of other drivers when at a stop sign or when making turns?
- Do I follow other cars too closely?
- Do I try to beat red lights?

If you answered yes to any of these questions, then you may be an aggressive driver. If you commit three traffic offenses in a single incident, you can be charged with aggressive driving. Penalties for driving aggressively are significant and include: points on your driver's license, fines and court costs, license suspension, increased insurance premiums, and a mandatory behavior modification course.

How can you avoid police lights in your rear-view mirror? Don't turn into *that guy*. Make a decision every time you get behind the wheel to follow the rules of the road and always Respect the Sign.

Respect the Sign. Arrive Alive DE.

For more information about aggressive driving behaviors, go to www.aggressivedrivingde.com and www.ohs.delaware.gov.

TIC TOC

Clocks go back an hour 2am Nov 3