Safety Matters

Happy Holidays

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News & Notes

TAKE SAFETY PERSONALLY

The two key words in Personal Protective Equipment (PPE) are "personal" and "protective." This equipment is meant to protect just you. Other kinds of safety equipment, such as machine guards and ventilation, protect everybody. But PPE is your personal barrier against workplace safety hazards. It's like the Kevlar vests police wear and the helmets soldiers wear to protect them from bullets.

If you were a cop, you wouldn't want to be without your bulletproof vest when the bad guys were shooting at you. If you were a soldier, you wouldn't go into a potential battle zone without your helmet.

So why go into a potentially dangerous work situation without your PPE?

Follow these three PPE safe use rules:

1. Always wear PPE that provides the maximum protection for the hazards you face.
2. Make sure it's in good condition.
3. Take the time to put it on properly so that it can fully protect you.

FORKLIFT REFRESHER

Remember these important forklift facts:

➲ Forklifts are heavy machines that can seriously injure or kill people; they're not like mini-cars in an amusement park.

➲ Forklifts can tip over, collide with objects and people, and drop heavy loads.

➲ Forklifts represent a fire and explosion hazard when refueling.

Follow these forklift precautions:

➔ Never exceed the rated load capacity.

➔ Always balance the load on the forks.

➔ Never ride as a passenger on a forklift.

➔ Never stand under raised forks.

➔ Never smoke when re-fueling.

Always be on the lookout for forklift safety hazards, such as unsafe operation or maintenance problems, and tell your supervisor.

"Acme Roofing? I have some great leads for you."

HOLIDAY RIDDLES

1). What do you call a bunch of chess grandmasters bragging about their games in a hotel lobby?

2). What do you get if Santa goes down the chimney when a fire is lit?

3).Where do Santa's reindeer stop for lunch?

4). What do you call people who are afraid of Santa Claus?

Answers on page 2 Safety Bits & Pieces

None for the Road

'Tis the season to party safely

December is **National Drunk and Drugged Driving Month** to highlight the dangers of driving under the influence. The statistics are disturbing. Consider these facts about drunk and drugged driving:

- According to OSHA, alcohol use is involved in 40 percent of all fatal motor vehicle crashes.
- The National Commission Against Drunk Driving (NCADD) reports that on an average day, 46 people die in alcohol-related crashes.
- It's estimated that 3 in every 10 Americans will be involved in an impaired-driving-related crash some time in their life.
- Alcohol involvement in vehicle crashes is highest at night (9 p.m. to 6 a.m.), and on weekends and holidays.
- Alcohol, certain prescription drugs, some over-the-counter medications, and all illegal drugs can affect a person's ability to drive safely due to decreased alertness, concentration, coordination, and reaction time.

Be a responsible holiday host by following this advice from NCADD:

- Urge guests to designate a driver ahead of time.
- Collect each guest's keys upon arrival. Know the condition of guests before returning their keys at the end of the party.
- Plan activities so that the focus isn't just on drinking.
- Serve a variety of foods and include nonalcoholic beverages.
- If serving a punch with alcohol, mix with a noncarbonated base like a fruit juice. This base speeds up the absorption of alcohol into the blood stream.
- Designate one person to serve as the bartender. This will help control the number of drinks and the amount of alcohol in each drink.
- Stop serving alcohol 90 minutes before the party's over. Bring out dessert, coffee, and other nonalcoholic drinks.
- Arrange a ride home for guests who've overindulged or ask them to stay over.

If you're going to drink at parties away from home, take these precautions:

- Designate a nondrinking driver ahead of time.
- Make a reservation and spend the night.
- Consume food, sip your drinks, and alternate with nonalcoholic beverages.
- Ask your server about a ride home if you've drunk too much.

SAFETY TIP OF THE MONTH

Even though they are sold in toy departments, BB guns are not toys. They are non-powdered guns. This only means they do not use gun powder to fire. Studies done on these guns have shown that the BB can travel faster than a .38 caliber handgun. Pellets and BBs can travel all the way through a small child's body. Serious life threatening injuries can occur, with injuries to the heart, lungs, and carotid arteries. If you do purchase your child a BB gun, make sure the child uses it only under adult supervision.

ON THE LIGHTER SIDE...

Customs: Open All Packages

Safety Bits & Pieces

YOU'RE IN COMMAND

Machines are hard workers. They can:

- ➔ **Cut or shear** using saws, alligator shears, and guillotine cutters
- ➔ **Shape or form** with power presses, punches, rollers, calendars, drills, boring machines, and grinding wheels
- ➔ **Assemble** by welding, soldering, riveting, inserting, pressing, or tightening
- ➔ **Handle materials** with power lifts, conveyors, and forklifts
- ➔ **Inspect** by measuring or testing completed work

But no matter what they can do or how powerful they are, there's one thing machines can't do, and that's think. You're in command when it comes to machine safety. Preventing accidents is your job. So:

1. **Understand machine hazards.** Common hazards include mechanical hazards at the point of operation and power train, electrical hazards such as shocks and fires, burn hazards from hot surfaces, and hearing hazards from noise of operation.
2. **Use machine guards and safety devices.** Never operate a machine if guards or devices aren't working properly.
3. **Wear the right personal protective equipment,** which may include eye and hearing protection, and often head and foot protection, too.
4. **Keep alert while working.** A moment's inattention could lead to a serious injury.
5. **Make sure machines are properly maintained.** Don't use a machine that isn't operating properly.
6. **Be prepared for emergencies.** Know how to activate the emergency stop.

HOLIDAY RIDDLE ANSWERS

1). Chess nuts boasting in an open foyer
2). Crispy Cringle
3). Deery Queen for a Blizzard
4). Claustrophobic

Slippery Surfaces

Be careful out there—and in here

Slipping and sliding means accidents and injuries. And even though it's winter, unless you're ice skating or skiing, you don't want to be slipping and sliding—especially around your workplace. Weather-related slips and falls become a serious hazard as winter conditions often make for wet or icy surfaces outdoors. Even wet leaves or mud can create treacherous walking conditions. And wet shoes and clothes can leave a slippery trail indoors, too, that can also lead to slips and falls.

Take these precautions to prevent falls and possible injuries:

❄ **Wear appropriate footwear** with nonslip soles on wet, icy, or snowy days.

❄ **Take extra care when walking on wet, icy, or snow-covered walkways.** Walk slowly and slide your feet on slippery surfaces. Avoid turning sharply when you walk on a slippery surface.

❄ **Hold onto the railing** when using outdoor stairways.

❄ **Be especially careful when carrying packages,** equipment, materials, etc.

❄ **Wipe your feet when entering a building** so that your wet soles won't cause you to slip on indoor flooring.

❄ **If you slip and start to fall, limit your injuries** by bending your elbows and knees and using your legs and arms to absorb the fall. Or roll into the fall, if that's more appropriate.

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

Safe Family Holiday

This year marks the 13th anniversary of the Safe Family Holiday campaign, which is OHS's major traffic safety initiative for the holiday season that includes a combination of high visibility enforcement and public awareness activities. In years past, Driving under the Influence has been the biggest traffic safety concern during the holiday, but statistics show that Aggressive Driving is becoming an even bigger problem and is responsible for more fatal crashes so far this year than impaired driving. In response, OHS is focusing enforcement and awareness efforts during the holidays on both of these serious traffic safety issues. To keep yourself and your family safe during the holidays, follow these simple tips:

- **Slow Down and Respect the Sign.** Obey the posted speed limit signs on the roadway and stop fully at stop signs. And, remember to look all directions at traffic lights before proceeding. That distracted driver may not see the red light in time to stop.
- **Always Designate a Sober Driver.** The designated driver is not the person who has had the least amount to drink, but the person who has chosen not to drink at all. If you are planning to enjoy a few cocktails at that holiday gathering, plan a safe ride home before the party begins.
- **Buckle Up.** It is your best defense against distracted, impaired, and aggressive drivers. Too many people are dying because they are not properly restrained at the time of the crash. If that isn't reason enough… it's the law.

You can find more information about these topics at www.ohs.delaware.gov. From all of us here at the Delaware Office of Highway Safety, Have a Safe and Happy Holiday.

Drive Safe. Arrive Alive DE.

QUOTATION OF THE MONTH

"There is a privacy about winter which no other season gives you...only in the winter, in the country, can you have longer, quiet stretches when you can savor belonging to yourself."
Ruth Stout (1884-1980) American Author

DID YOU KNOW?

Guns are in more than one third of all U.S. households, so they're a very real danger to children, whether you own one or not. That's why it's important to talk to kids about the potential dangers of guns, and what to do if they find one.

If you do keep a gun in the house, it's vital to keep it out of sight and out of reach of kids. The gun should be kept locked and unloaded, and the ammunition should be stored separately.