

Click It or Ticket!

Despite an all time high statewide seat belt use rate of 91%, nearly three quarters of drivers and passengers killed in Delaware traffic crashes so far this year have not been buckled up. Continuing its efforts to save lives by increasing seat belt use, the Delaware Office of Highway Safety is launching the May 2009 Click It or Ticket campaign. Click it or Ticket is a high visibility enforcement and public awareness campaign aimed at saving lives by increasing the number of Delawareans who regularly buckle up.

Starting Sunday May 10th, 30 State, County and Municipal police agencies will conduct stepped up daily enforcement in the form of traffic safety checkpoints and patrols through Memorial Day. Starting May 18th, highway safety and law enforcement agencies nationwide will join Delaware in this important safety initiative.

Enforcement will be conducted both day and night looking for those who violate Delaware's seat belt and child restraint laws. Seat belt use drops approximately 10% at night, even though a person's risk of dying in a crash triples. Since January 1st, 56% of the fatal crashes where an unbelted occupant has died have occurred in the late evening or early morning hours.

"We are truly troubled by the number of people who are not wearing seat belts and are being killed in vehicle crashes despite our high statewide seat belt use rate. So many of these tragic deaths could have been prevented if the driver or passenger had simply buckled up," said Tricia Roberts, Director of the Office of Highway Safety. National studies show that wearing a seat belt improves your chance of surviving a crash by up to 50%.

Delaware law requires drivers and all passengers, including those in the back seat, to wear a seat belt. An officer can pull over a driver if he sees any person not wearing one. Officers will be issuing citations for seat belt violations as part of a zero tolerance policy. The ticket, which goes to the driver no matter who is unbuckled in the vehicle, is a \$25.00 fine plus court administrative fees, which can eventually total as much as \$70.00.

For more information on the campaign, enforcement results and a look at updated campaign materials, please visit www.ohs.delaware.gov and click on the Click It or Ticket button on the website. (Delaware Office of Highway Safety News Release - May 8, 2009)



Road Rage in the animal kingdom...

Riddles of the Month

- 1). I am taken from a mine, shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?
- 2). What walks all day on its head?
- 3). I bind it and it walks. I loose it and it stops.
- 4). What goes into the water red and comes out black?
- 5). What holds water yet is full of holes?

Answers on page 2 **Safety Bits & Pieces**.

Safety Matters



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Road Rage

It's a serious highway hazard

There are very few drivers on the road today who haven't been annoyed by the insistent tailgater or the driver who just won't let you get around them. Sometimes, it is even tempting to retaliate with the honk of your horn or an offensive gesture. We often excuse such behavior in ourselves or in others by saying we are just letting off a little steam, so we can get back to concentrating on the road. But the best policy is just to keep on moving because an angry response could put you and other drivers around you in real danger.

Why It Happens

Behavior experts have a number of explanations for road rage. The most common theory is the stress of everyday life, both on and off the job, has become so intense that people often adopt a coping mechanism, such as...

My boss is driving me crazy. My co-workers are no help. I'm not getting the attention and support I need from my boyfriend/girlfriend, husband/wife, kids, or friends. High prices and taxes are eating up my paycheck. But when I'm in my car/truck I'm in charge, and nobody's going to push me around. So if you know what's good for you, you'd better stay out of my way.

Of course, all of this is felt, rather than spoken out loud.

What to Do About It

When road rage occurs, whether it is you or another driver, it is in your best interest to maintain composure and focus on managing your feelings rather than expressing them. Ask yourself whether the consequences of your actions or reactions are worth retaliating in the first place.

Road rage can be contagious, so remember to keep calm and keep moving along. Protect yourself from it with daily doses of common sense and safety awareness.

Safety Tip of the Month

Trucks can weigh up to 80,000 pounds and may need up to 100 yards to stop. Here are some tips to help keep you safe when you drive near trucks:

- Don't cut in front of large trucks. Trucks and buses take much longer to stop, compared to cars.
- Don't squeeze between trucks and the curb. Trucks make wide right turns, and the driver may not see you.
- When passing a truck, don't move back into your lane until you can see both truck headlights in your rearview mirror.
- Be aware of a truck's blind spots: up to 20 feet in front of the tractor, anywhere along the sides of the trailer and up to 200 feet behind the trailer.

Safety Bits & Pieces

INSURANCE COVERAGE OFFICE

Did you know that the Insurance Coverage Office is responsible for performing Job Analysis Evaluations on open positions to determine whether physical requirements testing is required before hiring potential employees? If testing is required the Insurance Coverage Office develops an inventory of the physical requirements for the position and oversees the implementation of the candidate testing process. For additional information contact the Insurance Coverage Office at 302-739-3651 or 1-877-277-4185.

A CO-WORKER STOPS BREATHING! WHAT DO YOU DO?

You have only a few minutes, so act quickly:

- 1.If it's safe to approach, kneel beside the person, tap him or her, and shout, "Are you OK?"
- 2.Shake the person to determine consciousness if there's no possibility of neck or back injury.
- 3.Call for help or ask others in the area to phone for emergency medical assistance.

If there's no response to calling or shaking, check for breathing by (1) looking to see if the victim's chest is rising and falling and/or (2) putting your ear to the person's mouth and nose to listen and feel for breathing.

If the person is not breathing, perform cardiopulmonary resuscitation (CPR):

- Lay the victim on his or her back.
- Loosen clothing around the victim's neck.
- Check that nothing is blocking the mouth or throat.
- Tilt the person's head back slightly and lift under the chin to open the airway.
- Form a seal around the person's mouth and pinch nose. Use a pocket mask if you are trained in its proper use.
- Breathe two slow breaths into the person's mouth to make the chest rise and fall.
- Give 30 chest compressions by placing both hands in the center of the victim's chest with one hand on top of the other and pressing down with the heel of your hand 1 1/2 inches to 2 inches. Press quickly at a rate of about 100 compressions per minute.
- Continue cycle of 30 chest compressions to 2 rescue breaths until help arrives.

Answers to the Riddles of the Month

- 1). Pencil Lead
- 2). A nail in a horseshoe
- 3). A sandal
- 4). A red-hot poker
- 5). A sponge

Eye on Safety

12 ways to protect your vision

Around 2,000 work-related eye injuries occur every day. That's about one every minute 24/7. And that's way too many. Protect your eyes. Follow these safety tips:

1. Identify all possible eye hazards before you start a job.
2. Ask your supervisor before beginning a job if you are uncertain about any hazards. Always be extra cautious and safe rather than sorry.
3. Obey warning signs requiring eye protection.
4. Wear the right eye protection for the job that will provide maximum protection against the eye hazards you've identified.
5. Check eye protection before use to make sure it's in good condition.
6. Wear eye protection *before* entering an area where eye hazards are present.
7. When in doubt, assume hazards are present and wear the right eye protection.
8. Make sure eye protection fits properly.
9. Know where eyewash stations are located and how to use them properly to flush eyes.
10. Know where first-aid materials are kept and how to treat eye injuries.
11. Store eye protection properly to avoid damage.
12. Report potential eye hazards.

And don't forget, more than half of all eye injuries occur at home. So take proper precautions there, too.

Quotation of the Month

*"Human beings,
by changing the inner attitudes of their
minds, can change the outer aspects of
their lives."*

William James (1842-1910)

Automobile Safety Trivia...

- 1).Seat belts were made mandatory by the National Highway Traffic Safety Administration January 1, 1968. Some automakers had installed lap belts decades earlier.
- 2).The first traffic light was installed in Cleveland in 1914. The red and green signal lights were operated by a traffic officer sitting in a nearby booth.

On the Lighter Side

A man went into a bank and withdrew 1,000 dollars in cash. To keep the bills together, he secured them with a rubber band. Then he stuffed the wad of money into his pocket and headed for the door. However, he had only gone a few yards down the street when he found to his horror that the money was missing. He was sure that he hadn't been targeted by a pick pocket and could only presume that the bundle of bills had fallen out of his pocket. He dashed back into the bank and collided with an elderly customer. "Have you lost some money tied in a rubber band?" asked the old man. "Yes I have!" "Well, I found the rubber band."

Office Safety

It's about more than just paper cuts

Here are some important points to remember about office safety:

- **Paper and materials stacked on the floor or piled precariously on desks and tables can be a hazard.** An untidy office is not only stressful, the "paper menace" also presents a fire hazard, especially if stacks are near an electrical outlet. Piles of files and other stacks of stuff can also fall off shelves and file cabinets and hurt someone. Even a single piece of paper on a hard-surface floor could create a slip hazard.
- **Electrical equipment and outlets are another fire safety concern.** Do not overload outlets. Use extension cords only for temporary purposes, not as a permanent solution. Also, keep electrical cords from walkways to avoid trip hazards. Immediately turn off electrical equipment that overheats, smokes, or sparks. Unplug it and report it to maintenance.
- **Food in the office can present a health hazard** unless basic rules are followed. Keep office refrigerators, coffee pots, microwaves, and other food-related equipment clean. Wipe down counters in food use areas with a kitchen cleanser. Dispose of food trash in proper containers.