

News & Notes

HOME HEATING TIPS

Heating equipment is a leading cause of home fire deaths. Half of home heating equipment fires are reported during the months of December, January, and February. Some simple steps can prevent most heating-related fires from happening.

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.

SAFETY TIPS OF THE MONTH

It really only takes a few simple things to make your bathroom a lot safer. To decrease the likelihood of you ever taking a fall while in your bathroom, follow these useful tips:

- Install non-slip strips or mats in the bottom of your bathtub
 - Have reachable safety handles for climbing in and out of the tub or shower, and by the toilet as well
- Keep a non-slip rug or mat on the floor at the entry/exit of the shower
 - Make sure your bathroom floor stays clean and free of spills
 - Keep a portable phone in your bathroom in case of emergencies



Take it slow
shoveling
snow!

RIDDLES OF THE MONTH

- 1) What goes up and down stairs without moving?
- 2) Give it food and it will live; give it water and it will die.
- 3) What do you fill with empty hands?
- 4) Why don't lobsters share?

Answers on Page 2 Safety Bits and Pieces



Safety Matters

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SAFE WINTER WALKING

- Wear proper footwear. Proper footwear should place the entire foot on the surface of the ground and have visible treads. Avoid a smooth sole and opt for a heavy treaded shoe with a flat bottom.
- Plan ahead. While walking on snow or ice on sidewalks or in parking lots, walk consciously. Instead of looking down, look up and see where your feet will move next to anticipate ice or an uneven surface. Occasionally scan from left to right to ensure you are not in the way of vehicles or other hazards.
- Use your eyes and ears. While seeing the environment is important, you also want to be sure you can hear approaching traffic and other noises. Avoid listening to music or engaging in conversation that may prevent you from hearing oncoming traffic or snow removal equipment.
- Anticipate ice. Be weary of thin sheets of ice that may appear as wet pavement (black ice). Often ice will appear in the morning, in shady spots or where the sun shines during the day and melted snow refreezes at night.
- Walk steps slowly. When walking down steps, be sure to grip handrails firmly and plant your feet securely on each step.
- Enter a building carefully. When you get to your destination such as school, work, shopping center, etc., be sure to look at the floor as you enter the building. The floor may be wet with melted snow and ice.
- Be careful when you shift your weight. When stepping off a curb or getting into a car, be careful since shifting your weight may cause an imbalance and result in a fall.
- Avoid taking shortcuts. Shortcuts are a good idea if you are in a hurry, but may be a bad idea if there is snow and ice on the ground. A shortcut path may be treacherous because it is likely to be located where snow and ice removal is not possible.
- Look up. Be careful about what you walk under. Injuries also can result from falling snow/ice as it blows, melts, or breaks away from awnings, buildings, etc.

SHOVELING SNOW SAFELY

- Stay on top of the snow. When there's a heavy snow, the best advice is to stay ahead of the storm. To prevent snow and ice from adhering to the sidewalk or street, clear the snow every few inches instead of waiting for the snow to stop falling before you head outdoors.
- Wear breathable layers. Layering is typical cold winter weather advice. Wear layers of loose clothing so you can peel a layer off if you get hot. Avoid wearing heavy wools, manmade materials or other materials that don't allow perspiration to evaporate. Better choices are cotton and silk.
- Watch your feet. Pay attention to what's on your feet when heading outdoors to shovel snow. Wear quality outdoor winter wear such as waterproof boots with good traction. Good traction is critical to ensuring that you don't slip and fall.
- Take a few minutes to stretch. Shoveling snow is a workout so you need to stretch to warm up your muscles particularly because you are shoveling snow in the cold weather. Stretching before you start shoveling will help prevent injury and fatigue.
- Push don't lift. If you push the snow to the side rather than trying to lift the snow to remove it, you exert less energy thereby placing less stress on your body.
- Drink up! Water that is. Take frequent breaks and stay hydrated. You should drink water as if you were enduring a tough workout at the gym or running five miles.
- Don't play in traffic. Sometimes people get so focused on the task at hand they don't pay attention to their surroundings. When shoveling snow near streets, pay attention to the traffic since vehicles may not have good traction in the snow and ice.
- Call and text. We're not suggesting that you make calls and text while shoveling snow, but it is important to have your cell phone available in case of an emergency.

Safety Bits & Pieces

10 TIPS FOR LIFTING SAFELY

- 1 It's always safe for you to test every load before you lift by pushing the object lightly with your hands or feet to see how easily it moves. This exercise will provide you information on the weight of the load. If it's too heavy for you, do not try to lift it; seek additional help.
- 2 Do not judge by the size of the load as even small loads might be heavy to lift. Release the object on the way if you feel any kind of muscle pain or irritation.
- 3 Use proper gears that support you well for every lift. Wear shoes with good traction and solid gripping gloves which will help you to hold the object for a longer period of time.
- 4 Avoid standing too far from the load as it might not provide you the needed grip to hold the object properly; always stand close to the object. Align yourself properly over the load with your feet and shoulders wide apart, This will give you the exact balance needed to hold the load while lifting it.
- 5 The best technique to lift heavier loads is to keep your back straight, bend your knees to the floor and grab the load. For heavier loads, try lifting with your full breath, and tighten your abdominal muscle too for added support.
- 6 Make sure you lift with a slow, steady force. This will help you avoid muscle strains from having to counter an unbalanced load.
- 7 Make use of the handles applied to the object or box as this might also provide an accurate grip and will further moderate the weight. Do not bend yourself or by any ways twist the body. This will certainly cut off your momentum and cause muscle strain.
- 8 Always identify the path on which you will be going with the load and clear all obstacles from your intended path. Take smooth and small strides with much heavier loads to avoid muscle strain from overcompensating for shifting loads.
- 9 Try to avoid taking loads over slippery or uneven surfaces.
- 10 Consider breaking heavy/oversized loads into smaller loads instead of carrying bigger loads. Better to make more trips with lighter loads.

RIDDLES OF THE MONTH ANSWERS

- 1) Carpet
- 2) Fire
- 3) Gloves
- 4) They're shellfish!!



Happy New Year!

To make this year your safest year ever, resolve to:

- Use your knowledge, skills, and common sense to avoid accidents and injuries.
- Wear appropriate personal protective equipment (PPE) whenever it is necessary to protect you against workplace hazards.
- Keep alert for safety hazards, and report any hazards you spot that you can't safely eliminate yourself.
- Pay attention to safety signs and safety rules.
- Use safe lifting techniques.
- Handle hazardous chemicals safely.
- Operate machinery and equipment correctly.
- Warn co-workers of the risks when you see them doing something unsafe.
- Attend all safety meetings and training sessions.
- Take the safety information you learn at work home with you and teach your family how to prevent accidents and injuries.

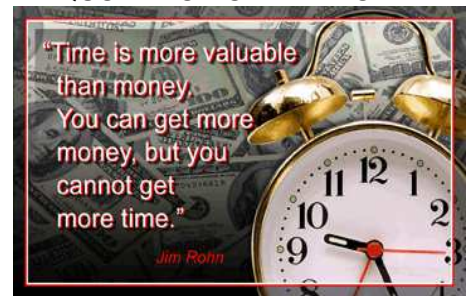
You can probably think of many more safety resolutions that apply to your job and the specific hazards you face when you work. Add those to the list, and review your resolutions frequently during the coming year. Stay safe in 2017!

ON THE LIGHTER SIDE...



"I think I'm going to watch this in Grog's cave. His cave drawings are in HD."

QUOTATION OF THE MONTH



When Stranded While Driving In Winter...

- Call 911. If you have access to a telephone call 911 to summon help. When you talk to authorities, be prepared to:
 - Describe the location, condition of your companions and the trouble you are experiencing. Listen for questions.
 - Follow any instruction. You may be told you should stay where you are to guide rescuers or to return to the scene.
 - Do not hang up until you know who you have spoken with and what will happen next.

After summoning help:

- Stay in your vehicle. Walking in a storm can be very dangerous. You can lose your way, wander out of reach, become exhausted, collapse and risk your life. Your vehicle itself is a good shelter.
- Avoid overexertion. Attempting to push your car, trying to jack it into a new position or shoveling snow takes great effort in storm conditions. You could risk heart attack or other injury.
- Calm down and think. The storm will end and you will be found. Don't work enough to get hot and sweaty. Wet clothing loses insulation quality making you more susceptible to the effects of hypothermia.
- Keep fresh air in your vehicle. It is much better to be chilly or cold and awake than to become comfortably warm and slip into unconsciousness. Freezing-wet or wind-driven snow can plug your vehicle's exhaust system causing deadly carbon monoxide gas to enter your vehicle.
- Don't run the engine-unless you are certain the exhaust pipe is free of snow or other objects. Keep the radiator free from snow to prevent the engine from overheating. Run the engine at 10 minute intervals for heat.
- Turn on the dome light at night, but only when running the engine.
- Keep your blood circulating freely by loosening tight clothing, changing positions frequently and moving your arms and legs. Huddle close to one another. Rub your hands together or put them under your armpits or between your legs. Remove your shoes occasionally and rub your feet.
- Don't expect to be comfortable. The challenge is to survive until you're found.
- Make yourself visible to rescuers. Tie a bright cloth to your antenna or door handle.