

News & Notes

DANGER IN THE ROUTINE

Has this happened to you: you get in the car, drive to work, arrive at work then wonder how you got there? You may have no memory at all of the trip you take every day.

When you do the same tasks many times, awareness of the moment may slip away. It might not be so important if you are vacuuming the rug, but situational awareness is crucial in the workplace.

Routines are actually good for productivity and performance. For example, workers routinely don their personal protection gear, check into work and begin their jobs. According to a 2011 study by Hebrew University, this type of routine behavior confers feelings of safety and confidence. But the reality is that even routine tasks have different hazards and risks every day, and a feeling of safety can be misleading. This was first noticed in 1935 in the aerospace industry. The most experienced pilots were introduced to new, more complex aircraft. Flying a plane was routine, but as the pilots concentrated on the dials and lights of new technology, suddenly there were a series of crashes.

According to Susan L. Koen, CEO of RoundtheClock Resources, it turned out that the pilots completely forgot to attend to basic protocols of aircraft operation. In response, Boeing developed a checklist to be completed by pilot and co-pilot before takeoff.

Koen told Safety and Health Magazine, "It's not the step-by-step checklist alone that produces performance reliability in aviation. Rather, it's the recognition among pilots that they're fallible. It's the commitment to not operate from memory, because human memory is not reliable."

According to Colorado insurance group Circa, individuals should take personal responsibility for safety in the workplace. Don't assume safety is someone else's job. Personally respond to unsafe situations and help others with potentially hazardous tasks.

Take note of the work conditions and the people around you. Don't take shortcuts. Shortcuts introduce a new risk into a routine task.



"Mobile devices are robbing you of the experience of staring into space for countless hours of your life."

Riddle of the Month

My life is a volume of grief, your help is needed to turn a new leaf. Stiff is my spine and my body is pale. But I am always ready to tell a new tale. What am I?

Answers on Page 2 Safety Bits & Pieces

Safety Matters



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HEAT SAFETY

Tips for work and home

Being active while in the summer heat requires water and pacing yourself and the activities you are involved in. When the day is hot, it's time to take precautions at work and at home.

Though heat-related deaths and illnesses are preventable, heat led to 37 work-related deaths and 2,830 nonfatal occupational injuries and illnesses involving days away from work in 2015, according to the Bureau of Labor Statistics.

Muggy or humid conditions add to discomfort. Excessively hot and dry conditions can create an even more dangerous situation.

To deal with the summer heat, the Centers for Disease Control (CDC) recommends:

- * Drink plenty of fluids regardless of your activity level. During heavy work in a hot environment or strenuous activity of any kind, drink two to four glasses of cool fluids each hour. Don't drink alcohol, beverages with a high sugar content or very cold drinks.

- * Replace salt and minerals lost through sweating by drinking a sports beverage. Discuss what beverages are appropriate for you with your doctor if you are on a low-salt or special diet.

- * Wear appropriate clothing. At home, wear as little as possible. When going out, choose light-colored, loose-fitting clothing. Wear a wide-brimmed hat and sunglasses with UVA and UVB protection.

- * Wear shoes with soles sufficiently thick and insulating so burning hot pavement does not harm your feet.

- * Use sunscreen. Sunburn affects the body's ability to cool itself. It causes a loss of body fluids, skin damage and pain. Apply a product rated SPF 15 or higher 30 minutes before going out.

- * Pace yourself. When working or playing sports in a hot environment, begin slowly and pick up the pace gradually. If your heart begins to pound and you begin gasping for breath, STOP all activity immediately. Move to a cool area or at least into the shade to rest, especially if you feel lightheaded or weak.

- * Watch each other. When working in the heat, monitor the condition of co-workers and have them do the same for you. Be wary of confusion.

- * Stay cool indoors. If you don't have air conditioning, go to a place that does. Even a few hours in air conditioning can help you stay cooler when you go back into the heat.

- * Don't depend on a fan to cool yourself. When the temperature is in the high 90s, fans will not prevent heat-related illness. Cool showers do help.

SAFETY TIP OF THE MONTH

Next time you are alone in your car, turn it off and count to 60. Within one minute your car's internal temperature can increase by ten degrees. Under no circumstances should your child be left in a car. Even the very best parents and caregivers have been known to forget about a sleeping child in the backseat. A good rule of thumb is to keep a small stuffed animal in the car and every time you get in, place the small stuffed animal in your lap to remind you that your child is in the car. Or place your purse/laptop bag in the backseat with your child, so you have to get in the backseat before leaving your car. This is especially useful in the mornings. This could save your child's life.

Safety Bits & Pieces

PET SAFETY TIPS FOR SUMMER

- Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot or humid outdoors. Make sure your pets have a shady place to get out of the sun, be careful not to over-exercise them, and keep them indoors when it's extremely hot.
- Know the symptoms of overheating in pets, which include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse. Symptoms can also include seizures, bloody diarrhea and vomit along with an elevated body temperature of over 104 degrees.
- Animals with flat faces, like Pugs and Persian cats, are more susceptible to heat stroke since they cannot pant as effectively. These pets, along with the elderly, the overweight, and those with heart or lung diseases, should be kept cool in air-conditioned rooms as much as possible.
- Never leave your animals alone in a parked vehicle. Not only can it lead to fatal heat stroke, it is illegal in several states!
- Feel free to trim longer hair on your dog, but never shave your dog: The layers of dogs' coats protect them from overheating and sunburn. Brushing cats more often than usual can prevent problems caused by excessive heat.
- When the temperature is very high, don't let your dog linger on hot asphalt. Being so close to the ground, your pooch's body can heat up quickly, and sensitive paw pads can burn. Keep walks during these times to a minimum.

RIDDLES OF THE MONTH ANSWERS

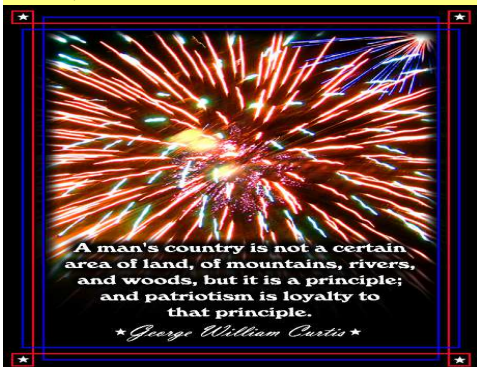
A Book!

ON THE LIGHTER SIDE...



"Other than your choice of ring tone, I can't find anything wrong with you."

QUOTATION OF THE MONTH



A man's country is not a certain area of land, of mountains, rivers, and woods, but it is a principle; and patriotism is loyalty to that principle.

* George William Curtis *

GRILLING AND BEACH SAFETY TIPS

GRILLING SAFETY: Every year people in this country are injured while using backyard charcoal or gas grills. Follow these steps to safely cook up treats for the backyard barbecue:

- Always supervise a barbecue grill when in use.
- Never grill indoors – not in your house, camper, tent, or any enclosed area.
- Make sure everyone, including the pets, stays away from the grill.
- Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to keep the chef safe.
- Never add charcoal starter fluid when coals have already been ignited.
- Always follow the manufacturer's instructions when using grills.

BEACH SAFETY: If someone's visit to the shore includes swimming in the ocean, they should learn how to swim in the surf and only swim at a lifeguarded beach, within the designated swimming area. Obey all instructions and orders from lifeguards. Other safety tips include:

- Keep alert for local weather conditions. Check to see if any warning signs or flags are posted.
- Swim sober and always swim with a buddy.
- Have young children and inexperienced swimmers wear a Coast Guard-approved life jacket.
- Protect the neck – don't dive headfirst. Walk carefully into open waters.
- Keep a close eye and constant attention on children and adults while at the beach. Wave action can cause someone to lose their footing, even in shallow water.
- Watch out for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants and leave animals alone.



Getting birds of a feather together



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

Pedestrian Safety

The Delaware Office of Highway Safety (OHS) wants to remind all Delawareans that choosing safe behaviors behind the wheel or while walking across our roadways can save lives. We all have one thing in common: at some point, everyone is a pedestrian. There are some common sense steps everyone can take to reduce the number of pedestrian injuries and fatalities:

FOR DRIVERS:

- * Follow pedestrian safety laws - always stop or yield for pedestrians in the cross walk where signs are posted, and when the crosswalk signal is on.
- * Never pass vehicles stopped at a crosswalk.
- * Slow down and look for pedestrians.
- * Never drive or walk under the influence of alcohol and/or drugs.
- * Follow the posted speed limit; slow down around pedestrians.
- * Stay focused and slow down where children may be present, like in school zones and neighborhoods.

FOR PEDESTRIANS:

- * Walk on a sidewalk or path when one is available.
- * If no sidewalk or path is available, walk on the shoulder, facing traffic.
- * Stay alert; don't be distracted by devices that take your eyes (and ears) off the road.
- * Never assume a driver sees you. Make eye contact with drivers as they approach. When in doubt, wait until traffic passes.
- * Be predictable. Cross streets at crosswalks/intersections when possible.
- * Be visible. Wear bright clothing during the day and wear reflective materials (especially on the arms, legs, feet) or use a flashlight at night.
- * Avoid walking around traffic when your senses and reflexes are impaired.