

## News & Notes

### FOUR COMMON TYPES OF WORKPLACE HAZARDS

Did you know workers in all industries are exposed to one or more workplace hazards every day? Workplace hazards are costly, but if the right precautions are taken, they can be prevented. Below are the four common types of hazards you should be aware of at work.

#### Physical Hazards

This is the most common type of workplace hazard. Examples of physical hazards include slips, trips, falls, exposure to loud noises, working from heights, vibrations, and unguarded machinery.

#### Ergonomic Hazards

Every occupation places certain strains on a worker's body. Ergonomic hazards occur as a result of physical factors that can harm the musculoskeletal system. This type of hazard is not easily identified. Examples of this hazard are poor lighting, repetitive motion, awkward movements, and poor posture.

#### Chemical Hazards

Chemical hazards are present anytime workers are exposed to chemical substances. Examples include cleaning solutions and solvents, vapors and fumes, carbon monoxide and any other gases.

#### Biological Hazards

Healthcare professionals are at most risk for this type of hazard. Biological hazards occur due to working with people, animals or infectious plant material. Examples include blood or other bodily fluids, animal care, insect bites, bacteria or viruses.

The biggest threat to worker health and safety is their work environment. Please take necessary precautions to protect yourself and by maintaining a safe work environment.



"I'll need your username and password..."

### RIDDLES OF THE MONTH

- 1) Why don't mummies go on summer vacation?
- 2) What's brown, hairy and wears sunglasses?
- 3) What happens when the dog stands in the hot sun?
- 4) Why did the banana wear sunscreen?

Answers on Page 2 SAFETY BITS & PIECES

# Safety Matters

HAPPY FATHER'S DAY!

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## Improving Hazard Recognition: Five Tips to Improve your Ability to See Hazards

Hazards are the source of personal injuries and damage to vehicles, equipment, and property. Hazards are found at home, work and play. The problem: we don't see them until they hurt us. It's no joke when someone says "I didn't see it coming!" Recognizing a hazard requires a trained brain that quickly analyzes the risk and the consequences posed by the situation. It's not unusual to find that a worker involved in an incident/accident was trained to control hazards associated with his or her work, but had not been specifically trained to see the hazards. This is all a part of the gap between knowing and doing: people know what to do when they recognize the hazard, they just don't see it.

Hazard control is the key to preventing injuries and damage, yet to control the hazard, employees at all levels must be trained to recognize them. When you consider this, you'll start to see the problem in many places. Without the ability to see hazards, people will put themselves in positions that can lead to personal or co-worker injury or equipment damage.

### Five Steps to See the Unseen Hazards

It's important to recognize that we all have trouble seeing hazards sometimes, yet there are several things you can do to improve your "hazard vision":

- 1) Discuss and list the typical hazards associated with your site or your job. Be sure to examine all areas of your job site from when you first report to work until you leave for the day.
- 2) Explore potential "what if" scenarios of your work area. This will help identify any hazards you may have missed.
- 3) Work with other people from time to time and ask them what hazards they see in their work environment – then determine if you see the same ones in your area.
- 4) Examine and review a new work site several different times with the intent of finding hazards that you missed on previous inspections.
- 5) Acquaint yourself with the types of accidents co-workers have sustained to continuously learn about new hazards.

Perhaps the most important thing you can do to train yourself to recognize hazards is to learn everything you can about controlling the various hazards in your work area. From that perspective, you'll discover information that you can apply to keep yourself and others injury-free both at work and at home.

**Be a SAFETY Champion!**

### SAFETY TIP OF THE MONTH

It's true that people are often safe inside a car during a lightning storm, but the reason for that is dangerously misunderstood. All-metal cars (not convertibles) can provide protection. This is because of the Faraday Cage effect: Electricity is directed throughout the metal exterior, instead of inside the vehicle. The charge then exits to the ground. This isn't because of the car's rubber wheels. In fact, there are important limitations to the protection inside a metal car. Don't touch metal objects in the car. Current can travel through the electrical systems, including radios, cell phone chargers, GPS units, foot pedals, door handles and the steering wheel. If a lightning strike disables the car's electrical systems, the air bag can deploy. Lightning can also spark fires in the car's electrical system.

Best advice: Shelter in a substantial building - not in your car. If this isn't possible, pull the car over, turn on the emergency lights and put your hands in your lap. Windows should be up.

# Safety Bits & Pieces

## COMPLACENCY

**Webster's Dictionary defines complacency as:** *self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies.*

Complacency is perhaps one of the biggest problems we face in completing our day to day tasks. We are "used" to things being a certain way each time and unless the obvious comes right out and hits us . . . we can be oblivious to it all. This state of mind can affect many things such as productivity, quality and safety.

### Here is an example:

Accodrning to a rscheearch at Cmabrigde Uinervtisy, it deosn't mittaer in waht oredr the ltteers in a wrod are, the only iprmoentn tihng is taht the frist and lsat ltteer be at the rghit plcae. The rset can be a toatl mses and you can siltll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

You probably didn't have much trouble reading that paragraph. It probably took you back at first, but then you were able to zip right through the text and understand the content. This is an example of how complacency works with our mind. We get used to words starting with certain letters and being a certain length and we skip right over it "thinking" we know what the word is. In reading paragraphs it's not a big deal, however when it comes to safety, complacency can be a literal "killer" on the job. Each moment we are working, whether it be a large production machine, forklift, automobile, power tools, electricity or even walking, we must keep focused on the task at hand.

There is much danger in going into "autopilot" when working on the job. All too often we don't realize how complacent we are until we have a near miss or close call. Those events tend to jump start our hearts and focus our attention, at least for a little while, on the task at hand.

One technique found to be effective in battling complacency in your own actions is to watch the actions of others while they work. This has a dual-fold effect in that it raises your awareness as you examine the actions of a co-worker as they are working and it may raise your co-worker's awareness if you share with them some of the observations you made that would allow them to do their job in a safer manner. It can be a win-win.

Try this technique today as you are working and feel yourself going into the complacent state of auto-pilot. You'll find it truly can work well . . . for everyone.

## RIDDLE OF THE MONTH ANSWER

- 1) They're afraid to relax and unwind!!
- 2) A coconut on summer vacation!
- 3) The dog becomes a hotdog.
- 4). He doesn't want to peel.

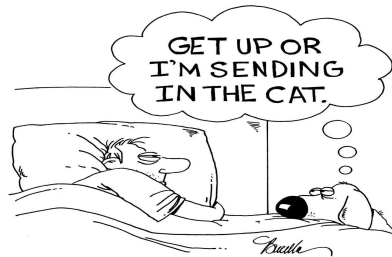


# Personal Responsibility for Safety

Personal Responsibility for Safety is about each one of us working safely. It's about caring for the safety of our coworkers, family, friends and everyone else we come in contact with. It's about intervening when we observe unsafe behaviors or conditions. The following behaviors are critical to ensure the safety of ourselves and those around us:

1. **Clear Expectations.** Make safety important, follow the rules and procedures and ensure you understand what is expected of you and your coworkers.
2. **Effective Communication.** Where possible use face to face communication. Always listen carefully, ask open questions, and check understanding.
3. **Personal Leadership.** Lead by example and praise safe behavior. Have courage to do the right thing and do not tolerate unsafe behavior whether at work, home or leisure.
4. **Personal Risk Awareness.** Stay aware of your surroundings, remain alert to changes and never put yourself or others at risk. Contribute to discussions about risks on the job.
5. **Planning.** Take time to fully familiarize yourself with the safety aspects of the job and question anything that is not completely clear to you.
6. **The Right and Duty to Intervene.** Challenge any unsafe acts or conditions and praise positive and safe behavior. Welcome intervention from others.
7. **Accountability.** Accept responsibility for your actions and their consequences and offer solutions to prevent accidents. Follow the rules, they are there to keep you safe. Take responsibility and ownership for safety in the environments that you live and work in, take action and offer solutions to prevent accidents, take time to think about the positive and negative consequences of the actions of yourself and your teammates.
8. **Self-Evaluation.** List your personal commitments to safety and share them with your coworkers. Regularly request feedback.
9. **Develop, Encourage and Sustain Safe Behavior.** Start every day by thinking of how you can keep yourself and others safe. Practice hazard recognition. Consistently do things the safe way at work and at home. Share good practice and intervene to change bad practice. Give and act on positive and negative feedback. Continually look for opportunities to learn from others. Keep communicating the benefits of sustained safety! When you apply these techniques daily, then the right results will come your way.

## ON THE LIGHTER SIDE



## QUOTATION OF THE MONTH



## From the State of Delaware's Office of Highway Safety... Motorcycle Awareness Tips

- Slow down, assess your surroundings, and don't rush when crossing intersections, entering the roadway from a parking lot or driveway, or turning left. Always give yourself enough time to thoroughly check for motorcyclists.
- When turning left, ensure there is enough time and space for the motorcyclist to clear the roadway before you initiate the left turn.
- Don't follow motorcyclists too closely and allow sufficient braking cushion between your vehicle and the motorcycle in front of you to give your vehicle room enough to come to a complete stop without a collision. Remember, a motorcyclist's brake lights might not always be engaged when a motorcycle decelerates.
- Always double-check your blind spots when changing lanes or starting to enter or exit the roadways. Adjust your rear and side view mirrors and use them properly.
- If someone you know drives a motorcycle, tell them to always wear a helmet - even if the law doesn't require it. According to NHSTA, an estimated 740 lives could have been saved in 2015 if all motorcyclists had worn helmets.

For more information, please visit

<https://www.arivealivede.com/Motorcycle-Safety>