



Safety Matters

State of Delaware

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SAFETY TIPS FOR THE SUMMER HEAT

Consider the following extreme heat safety tips from The Farmer's Almanac:

1. Stay hydrated with plenty of water—even if you're not thirsty. Hot weather causes you to sweat, and it's vital to replenish the lost fluids or you'll overheat. Have a water bottle within reach as you go about your day to avoid dehydration.
2. Never leave children or pets alone in hot vehicles—even for a second. Keep your pets indoors and make sure they have access to a cool space and plenty of water.
3. Stay inside during the hottest part of the day (10 A.M. to 4 P.M.) and limit time outside in the Sun. Avoid strenuous activity and postpone outdoor games and events.
4. When you're in the outdoors, make sure you stay out of direct sunlight as much as possible. Wear a hat or even carry an umbrella. Wear sunscreen and reapply it as frequently as needed!
5. Set your air conditioners to a lower temperature and use curtains or blinds to keep direct sunlight out. If A/C is not available, stay indoors on the lowest floor in a well-ventilated area with fans. Keep shades and blinds closed. If you don't have air conditioners, place a tray or dish of ice in front of a fan and it'll help to cool your room.
6. Don't drink alcohol, sugary soda, coffee, energy drinks, or other caffeinated beverages, as they dehydrate you! That's the last thing you need during a heat wave.
7. Eat small meals and eat more often. Eat food with nutrients (not empty carbs) and also food with higher water content (fruits and vegetables).
8. Wear light, loose-fitting, airy, light-colored clothing and a hat made of breathable material. Tight clothing traps heat.
9. Check on family and friends who are elderly or more susceptible to heat related illness (those with chronic medical issues), especially if they may have lost A/C. If you or someone you know is experiencing heat-related issues (rapid heartbeat, dizziness, fainting, headaches, muscle cramps, vomiting, diarrhea), call the doctor. Excessive heat can and does kill!
10. If you feel overheated, cool off with wet washcloths on your wrists and neck or take a cool sponge bath or shower. Carry a cold water bottle spray or cooling facial mist with you, and spritz cold water on your pressure points to bring your body temperature down.

During heat waves, tune to a National Oceanic and Atmospheric Administration (NOAA) radio station and listen for weather updates from the National Weather Service (NWS).

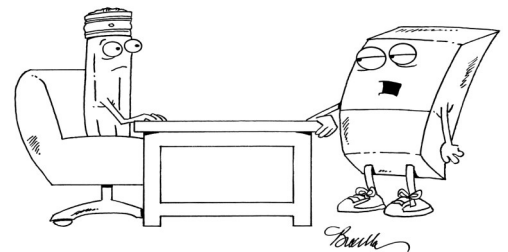
Too hot at the house? Go to the library or a designated public shelter if your home loses power during periods of extreme heat. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 19904).

You may want to print out this list and place it with your First Aid Kit so you're better prepared when extreme heat arrives.

SUMMER HEAT PREPARATION IDEAS

Here are some ideas on how you might prepare for the summer heat:

1. Properly install window air conditioners, sealing any cracks and insulating as necessary.
2. Check A/C ducts for proper insulation and clean filters.
3. Install awnings, blinds, or light-colored drapes and keep them closed to keep sunlight and heat out.
4. Upgrade your windows and weather-strip doors to keep heat out and cool air in.
5. Make sure your first aid kit is updated and get trained in first aid relief. Learn the signs and types of heat related illnesses and the appropriate response to each.
6. Have a plan for wherever you (and your family members/pets) spend time during a heat wave—home, work, and school—and prepare for power outages. Discuss heat safety precautions with members of your household.
7. Check the contents of your emergency disaster kit in case a power outage occurs.
8. Be aware of weather forecasts and the upcoming temperature changes.
9. Remember, it's not just the high temperature. The heat index is the temperature the body feels when the effects of heat and humidity are combined. You need to be aware of both the heat index and the temperature.
10. A backup whole house generator is the safest and most reliable solution to power outages. Power outages are common during heatwaves because the need for A/C puts too much pressure on the power grids. A standby whole house generator, which uses an alternate power source other than electricity, automatically keeps the A/C running, the lights on, food and medicine from spoiling, and medical devices operating. All whole house generators should be installed by a qualified and certified electrician.



"Yeah, I can clean up your mistakes, but it's gonna cost you."

RIDDLES OF THE MONTH

1. What was the most popular dance in 1776?
 2. If you crossed a patriot with a curly haired dog, what would you get?
 3. What ghost haunted King George III?
 4. What does our flag and a sad candy cane have in common?
 5. Who was the biggest jokester in the Continental army?
- Answers on Page 2



Happy Birthday U.S.A.!

SEVERAL BEACH SAFETY GUIDELINES...

Enjoying the beach is probably a favorite summer activity for many. Staying safe near the water is an important part of enjoying your beach outing.

Be sure to use sunscreen, follow all beach rules and regulations, avoid drinking alcohol if you're swimming or boating and keep an eye on your children at all times. Here are several more guidelines for staying safe:

Find and follow posted beach rules

At the beach, it's important to find and follow posted signs and flags. This is for your safety.

There may be lifeguards or other beach patrol officers on duty. They may make announcements over a loudspeaker, or you can ask them about beach conditions.

Follow their guidance and instructions. This applies to when you're on the sand or in the water. They are there to help keep your family safe and ensure everyone has a good time.

Where to look

You can typically find beach rules posted at the entrance or near the lifeguard stand or tower. The following are rules that you may see posted:

Look for flags set up on the beach.

Know where lifeguard stations are.

Look for signs and postings near the entrance or lifeguard tower.

Talk with lifeguards for tips and information about the beach and water conditions.

What do beach flag colors mean?

The list below outlines what the colored flags you'll see posted at the beach generally mean. **Your local beach may differ slightly, though.**

Ask a lifeguard or beach patrol if you aren't sure what the flag means before entering the water.

Double red flag: water closed, no public swimming

Red flag: high hazard of surf and/or currents

Yellow flag: medium hazard or moderate surf and/or currents

Purple flag: dangerous marine life such as jellyfish, stingrays, or dangerous fish

Green flag: low hazard, calm conditions

Black and white checkered flag: set up along the beach, usually as a pair, to indicate separate sections to help keep swimmers and surfers safely apart in the water

Know how to swim

Everyone in your party should be a strong swimmer. They should also have experience swimming in the ocean or other large body of water before entering the water. Beach safety swimming courses may be available at your local Red Cross chapter or YMCA.

When you enter the water, always go in feet first. Avoid diving.

Ocean swimming hazards

Swimming in the ocean or a large body of water is different than swimming in a pool or most small lakes. You'll need to watch out for:

tides and undercurrents

unexpected changes

water depths at drop-offs

rocks, debris, and other hazards and obstacles

whether there's local marine life that can sting or bite

boats, ships, and other watercraft that may be in the water at the same time

bad weather in the area, such as lightning or thunderstorms

tsunami warnings

Is it safe to bring your kids to the beach?

Yes, it's safe to bring kids to the beach. Be sure to supervise them at all times. Don't rely on a lifeguard who's likely watching the entire beach to keep an eye on your child. If kids want to play in the water, show them the boundaries of where they can go. For younger kids, they may just enjoy sitting in the sand or dipping their toes in the waves. Older children should be strong swimmers. It's important that they learn how to safely swim in large bodies of water before they go out on their own. Even strong swimmers can get pulled underwater.

Make sure your kids are using the buddy system and know their limits.

SAFETY TIPS OF THE MONTH

Consider these yard work safety tips:

1. Wear protective clothing such as jeans, pants, gloves, boots, hearing and eye protection. A majority of lawn care injuries occur by simply not being protected.
2. Beware of the outside temperature and the heat index. Take the necessary breaks and be sure that you are properly hydrating with water while working.
3. Turn off the lawn mower before you gas it up.
4. Never leave lawn care equipment running while you are not around to operate it.
5. Do not let children or animals around you while you are performing your yard work. Also, do not let children ride along with you if you have a riding mower.
6. If you need your lawn mower blade sharpened, take it to a professional.
7. Do not take a riding mower across a steep incline. It can cause you to lose control and roll over.
8. If you are using a push behind mower, always keep all four wheels on the ground.
9. If you use an electric mower, never use it when it is wet or raining.
10. Make sure you clean off the top of your mower. If grass accumulates on top and you continue to mow, the engine heat could ignite a fire.
11. Make all height adjustments to the mower while it is off.
12. When you are finished mowing, let the engine cool down before you begin your cleaning process.
13. Walk around your yard and pick up any debris (small rocks, limbs, etc) before you mow.
14. If an injury occurs, stop mowing and treat the injury. If professional help is needed to treat the injury, call 911 or go to the emergency room as soon as possible.
15. Make sure all your lawn mower fuel is stored properly in approved containers.



"OK, you win the staring contest. Now, let's see how long we can talk without using a buzzword."

RIDDLES OF THE MONTH ANSWERS

1. Indepen-Dance
2. Yankee Poodle
3. The Spirit of 1776
4. They are both red, white and blue!
5. Laugh-ayette

July is juicy!



National Watermelon Month

"America was not built on fear. America was built on courage, on imagination, and an unbeatable determination to do the job at hand."

PRESIDENT
HARRY S. TRUMAN