

News & Notes

GARAGE DOOR SAFETY

A garage door is one of the largest moving objects in your home. It's used every day, giving you good reason to keep it in safe working order. Overhead Door Company gives this advice:

- Mount the garage door opener control out of the reach of small children, at least five feet from the floor.
- Test the garage door opener's reversing mechanism by placing an object in the door's path. If the door does not reverse after contacting the object, call for repairs immediately.
- Know how to use your garage door opener's emergency release feature. Your owner's manual provides instructions.

STAIR SAFETY

An analysis in the Journal of Pediatrics finds that among children younger than age 5 in the United States, one is being rushed to the hospital every six minutes for a stair-related injury, resulting in over 93,000 stair injuries a year.

In children under age 1, 25 percent of the injuries occurred while the child was being carried up or down stairs by an adult. These children were three times more likely to be hospitalized. Researchers believe the total number of stair-related injuries is actually higher. In many instances, treatment is provided by urgent care centers, private doctors, or not treated at all and not included in the above data.

Remember the following stair safety rules:

- Keep stairs free of clutter and in good repair. Leaving toys on a staircase creates a hazard.
- Install handrails if they aren't already in place.
- Use stair gates at both the top and the bottom of the stairs.
- When carrying a child, avoid carrying other items.



THANKSGIVING RIDDLES

- 1) What kind of music did the Pilgrims like?
- 2) What did the turkey say to the turkey hunter?
- 3) Who is not hungry at Thanksgiving?
- 4) Why did the student get such low grades after Thanksgiving?
- 5) What would you get if you crossed a Pilgrim with a type of cracker?
- 6) What do you get when you cross a turkey with an octopus?

Answers on page 2 Safety Bits & Pieces

Safety Matters



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Tips for being Safe at Work

Being safe at work is something we all want yet many of us do not always do the things we can do to help stay safe while at work. Here is a simple list of things people can do to stay safe at work:

- Keep your purse, wallet, keys or other valuables with you at all times or locked in a drawer or closet.
- Follow all safety procedures in the performance of your job. Do not take shortcuts!
- Wear appropriate PPE (Personal Protective Equipment) for the job you will be doing.
- If you are unsure about a certain procedure, ask your supervisor for direction.
- Check the identity of any strangers who are in your office. If anyone makes you uncomfortable, inform management or security immediately.
- Try to avoid being alone in the office after hours. Create a buddy system for walking to parking lots or public transportation after hours. If a security guard is available ask to be escorted. Before leaving call someone close to you and let them know what your destination is and when you should arrive there.
- Report any broken or flickering lights, dimly lit corridors, broken windows and doors that don't lock properly.
- If you notice signs of potential violence in a fellow employee, report this to the appropriate person. Report any and all incidents of sexual harrassment.
- Know your agency's emergency plan. Know the exit routes and evacuation routes for your facility. Be able to escape in the dark by knowing the number of desks or cubicles between your workstation and two of the nearest exits.
- Make sure there is a designated meeting location and that you and your fellow employees know where it is.
- Keep your own emergency supplies kit in a desk drawer (flashlight, walking shoes, water bottle, battery operated radio, nonperishable food, etc.).
- Volunteer to assist co-workers who are disabled or may require assistance during an emergency.
- Never lock fire exits or block doorways, halls or stairways. However, should a fire break out, be sure to keep fire doors closed to slow the spread of smoke and fire.
- Have a printed list of important phone numbers at your desk. Do not rely on electronic lists, such as direct-dial phone numbers, etc.

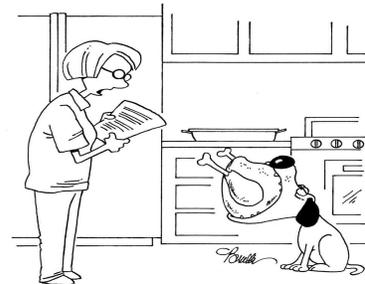
SAFETY TIPS OF THE MONTH

Here are some home safety tips:

- 1) Before the fall weather sets in, call a heating and cooling company to service the furnace. A specialist can inspect the furnace for leaks and make sure everything is in working order.
- 2) If you are using a fireplace, be sure to use a fireplace screen to keep sparks from flying out of it. Also, never leave a burning fire unattended. Completely put out the fire before going to bed.
- 3) Always clear driveways and walkways of fallen leaves. Wet leaves are not only a hazard for pedestrians in the fall but also later in the season when they mix with snow and increase the risk of falling even more.
- 4) Be sure to change the batteries in smoke alarms and carbon monoxide detectors when the clocks are turned back for Daylight Savings Time.

VETERANS DAY

NOV. 11



"Let's go over this again. Anything that hits the floor is yours, with the following exceptions..."

Safety Bits & Pieces

MORE HOLIDAY TRAVEL SAFETY TIPS...

Download the Red Cross First Aid App. The app provides users with quick, expert advice on what to do in case of an emergency. See all the Red Cross apps at redcross.org/mobileapps.

If winter weather threatens and you become stuck in the snow, these tips are for you:

- Stay with the car. Do not try to walk to safety.
- Tie a brightly colored cloth (preferably red) to the antenna for rescuers to see.
- Start the car and use the heater for about 10 minutes every hour. Keep the exhaust pipe clear so fumes won't back up in the car. Keep your eye on the gas gauge and adjust your usage accordingly.
- Leave the overhead light on when the engine is running to help rescuers see the vehicle.
- Keep one window away from the blowing wind slightly open to let in air.
- Carry an emergency preparedness kit in the trunk.

THANKSGIVING MEAL SAFETY TIPS

- 1) Have a master plan - particularly how you will keep hot foods at 140 degrees and cold foods at 40 degrees.
- 2) Cook to the proper temperature (165 degrees) and use a food thermometer.
- 3) Refrigerate leftovers within two hours of preparation.
 - 4) Properly defrost your turkey in the refrigerator (allowing 24 hours for every 5 pounds), or buy a fresh one.
 - 5) Wash your hands thoroughly and often - before, during and after food preparation.
 - 6) Thoroughly wash all fresh produce.
 - 7) Reheat all leftovers to 165 degrees. Since microwaves heat unevenly it is a good idea to check all reheated food with a food thermometer.
- 8) Keep guests (and sticky fingers) out of the kitchen to avoid the spread of bacteria as kitchen guests usually nibble at the food.

THANKSGIVING RIDDLES ANSWERS

- 1) Plymouth Rock!
- 2) Quack! Quack! Quack!
- 3) The turkey because he's already stuffed!!
- 4) Because everything is marked down after the holidays!
- 5) A pilgrim!
- 6) Enough drumsticks for Thanksgiving!

ON THE LIGHTER SIDE...



HOLIDAY TRAVEL SAFETY TIPS

Millions of people will travel to visit loved ones during the upcoming holiday season. The American Red Cross offers these tips to help people have a safe trip over the upcoming holidays.

If you plan on traveling by car, check the weather along your route and plan for travel around any storms that may be coming. Watch weather predictions for your entire route so you know what to expect along the way.

- Buckle up, slow down, don't drive impaired.
- Be well rested and alert.
- Follow the rules of the road.
- Use caution in work zones.
- Don't follow another vehicle too closely.
- Observe speed limits – driving too fast or too slow can increase your chance of being in a collision.
- Avoid distractions. Give your full attention to the road. If you must use your cell phone use the hands free device only. Never text while driving.
- Make frequent stops. During long trips, rotate drivers. If you're too tired to drive, stop and get some rest.
- Clean your headlights, taillights, signal lights and windows to help you see, especially at night.
- Turn your headlights on as dusk approaches, or if you are using your windshield wipers due to inclement weather.
- Don't overdrive your headlights.
- If you have car trouble, pull off the road as far as possible.



QUOTATION OF THE MONTH

The more generous we are,
the more joyous we become.
The more cooperative we are,
the more valuable we become.
The more enthusiastic we are,
the more productive we become.
The more serving we are,
the more prosperous we become.
William Arthur Ward



From the State of Delaware's Office of Highway Safety... Teen Involved Crash Statistics

A new report from the Governors Highway Safety Association (GHSA) shows that while much progress has been made in reducing teen driver-involved traffic crashes and deaths over the past decade, teen drivers are still 1.6 times more likely to be involved in a fatal crash than their adult counterparts, and teen-involved crash deaths spiked 10 percent in 2015.

Fortunately, in Delaware, teen-involved crash fatalities decreased in 2015 by 20%. More than 3,200 crashes involved teen drivers last year with 840 of those crashes resulting in injuries. Sixteen crashes resulted in fatal injury to the teen driver in 2015; twenty crashes resulted in fatal injury to the teen driver in 2014. Licensed teen drivers (16- to 19-year-olds) made up 4% of the licensed driving population in 2015.

The report, *Mission Not Accomplished: Teen Safe Driving, the Next Chapter*, calls on State Highway Safety Offices and teen driving advocates to carefully monitor what is happening with teen-involved motor vehicle fatalities while expanding their focus to address the heightened crash risk for older teens. The 2015 data from the National Highway Traffic Safety Administration (NHTSA) showing the jump in teen-involved crash deaths is troubling, but this is the first uptick since 2006 and the report recommends actions that could be taken to avoid a full reversal of the downward trend seen over the past 10 years. For more information on these and other traffic safety programs, go to www.ohs.delaware.gov.

Drive Safe. Arrive Alive DE.