

News & Notes

FIRST AID FOR BURNS

February is National Burn Awareness Month. Here are some important treatment reminders of what to do since you or a loved one could be injured from a burn at any time.

Immediate first aid for burns

- First stop the burning to prevent a more severe burn.
- Heat burns (thermal burns): Smother any flames by covering them with a blanket or water. If your clothing catches fire, do not run; **stop, drop, and roll** on the ground to smother the flames.
- Cold temperature burns: Try first aid measures to warm the areas. Small areas of your body (ears, face, nose, fingers, toes) that are really cold or frozen can be warmed by blowing warm air on them, tucking them inside your clothing, or putting them in warm water.
- Liquid scald burns (thermal burns): Run cool tap water over the burn for 10 to 20 minutes. Do not use ice or butter.
- Electrical burns: After the person has been separated from the electrical source, check for breathing and a heartbeat. If the person is not breathing or does not have a heartbeat, call 911.
- Chemical burns: When a chemical burn occurs, find out what chemical caused the burn. Call your local **Poison Control Center** or the **National Poison Control Hotline (1-800-222-1222)** for more information about how to treat the burn.
- Tar or hot plastic burns: Immediately run cold water over the hot tar or hot plastic to cool the tar or plastic.
- Always check for additional injuries. The burn may not be the only injury.
- Remove any jewelry or clothing at the site of the burn. If clothing is stuck to the burn, do not remove it. Carefully cut around the stuck fabric to remove loose fabric. Remove all jewelry because it may be hard to remove it later if swelling occurs.
- Cover the burn with a clean, dry cloth to reduce the risk of infection.



"Why aren't I in school? I have an app that does that for me."

HAPPY VALENTINES DAY

Safety Matters

February

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Eight General Safety Tips

Implement the following general safety tips to help create and promote a safer work environment:

- 1. Observe and practice the correct procedures established for your job.** Review the safety procedures required of your position and make sure you are following them correctly. If you have a question or concern, contact your supervisor or manager for further instruction, guidance, or training.
- 2. Report any unsafe conditions or acts to your supervisor.** If you see anything out of place or someone doing something incorrectly, tell your supervisor or management. It is important that hazardous conditions and acts are reported immediately to prevent accidents and injuries to yourself and co-workers.
- 3. Report any injury to your supervisor immediately.** This is just as important as reporting unsafe conditions or acts. If you are injured on the job, no matter how minor, you should tell your supervisor right away. Your safety should be your number one priority, so don't take any injuries lightly. Near misses are just as important to report, so our organization can build on lessons learned.
- 4. Keep your work space clean and organized.** Whether you have a desk job or you work in a warehouse, keeping your area neat and tidy is important for workplace safety. Keep items off the floor, monitor floor conditions continually (addressing spills and hazards), put all personal items in a safe and secure place, and keep any and all distractions to a minimum.
- 5. Ensure a clear and easy route to emergency exits and equipment.** Do not block fire extinguishers or alarms. Make sure all emergency exits are easily and readily accessible. Both emergency equipment and emergency exits should be regularly maintained to ensure they are in proper working order. It is also important to practice fire drills and talk about what to do in the event of emergencies of any type.
- 6. Be attentive at all times to your work surroundings.** Remain awake and alert in your workspace. Being attentive and alert can prevent any workplace related injuries. Be conscious of others around you and what they are doing so you don't pose a hazard to them and vice versa.
- 7. Dress appropriately for your specific work space and/or task.** If your position or a certain task requires you to wear personal protective equipment (PPE), make sure you have and wear safety glasses, protective headgear and foot gear, safety vests, safety harnesses, etc.
- 8. Make safety a team effort.** Make sure everyone is educated about the safety requirements of your workplace. Participate in all workplace safety training and work together to develop emergency plans and procedures. Remember to always keep communication lines open with your co-workers, employers, and employees. Open communication helps promote and maintain a safe work environment. Safety is no accident! It is a lifestyle, and it begins with you!

VALENTINE'S DAY RIDDLES

- 1) What did the paper clip say to the magnet on Valentine's Day?
- 2) What do you call a small Valentine?
- 3) What happens when you fall in love with a French chef?
- 4) What did the caveman give his wife on Valentine's Day?
- 5) What did the painter say to her boyfriend on Valentine's Day?
- 6) Did you hear about the nearsighted porcupine?
- 7) Do skunks celebrate Valentine's Day?

Answers on page 2 Safety Bits and Pieces

SAFETY TIPS OF THE MONTH

Follow these safety tips to avoid microwave oven burns:

- ⚡ Plug the microwave oven directly into the wall outlet - never use an extension cord.
- ⚡ Make sure the microwave oven is at a safe height, within easy reach of all users.
- ⚡ Open food slowly, away from the face. Hot steam or the food itself can cause burns.
- ⚡ Food heats unevenly in microwave ovens. Stir and test before eating or giving to children.
- ⚡ Never heat a baby bottle in the microwave. Instead warm a bottle in a bowl of warm water or by running it under the tap.

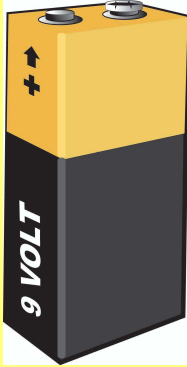
Safety Bits & Pieces

9-VOLT BATTERY SAFETY

9-Volt Batteries power our smoke alarms, household items and toys and can be found in most homes. These batteries can be a fire hazard if not stored safely or disposed of with care.

The Problem

• 9-Volt batteries can be dangerous as the positive and negative posts are very close together. If a metal object touches the two posts of a 9-volt battery, it can cause a short circuit which can make enough heat to start a fire.



• It is unsafe to store 9-volt batteries in a drawer near paper clips, coins, pens, batteries or other metal objects. Do not store common household items such as steel wool, aluminum foil and keys near 9-volt batteries. If these items touch the two posts, there is a greater risk of a fire starting.

• Weak batteries may have enough charge to cause a fire. Some fires have started in trash when 9-volt batteries were thrown away with other metal items.

Storing 9-Volt Batteries

• Keep batteries in their original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct or electrical tape. Prevent the posts from coming in contact with metal objects.

• Keep them someplace safe where they won't be tossed around and store batteries standing up.

• 9-Volt batteries should not be stored loose in a drawer. Do not store them in containers with other batteries.

Safe Disposal

• 9-Volt batteries should not be thrown away with trash as they can come in contact with other batteries or pieces of metal.

• 9-Volt batteries can be taken to a collection site for household hazardous waste.

• To be safe, cover the positive and negative posts with masking, duct or electrical tape before getting rid of batteries.

VALENTINE'S DAY RIDDLES ANSWERS

- 1) I find you very attractive.
- 2) A Valentiny.
- 3) You get buttered up!
- 4) Ughs and kisses!
- 5) I love you with all my art!
- 6) He fell in love with a pin cushion.
- 7) Sure, they're very scent-imental!!

Maintaining Safe Exit Routes

Maintaining safe exit routes is imperative for all safe workplaces. To do so, please follow these guidelines each day:

- ⚡ Be certain that designated emergency exit doors always remain unlocked from the inside while the building is occupied.
- ⚡ Report any doors or hardware, like door-knobs or jambs, that are broken or malfunctioning so that they can be repaired or replaced.
- ⚡ Never place or store any equipment, materials or other obstructions in front of an exit door, nor within any aisle or other pathway designated for escape during an emergency.
- ⚡ Keep equipment and materials away from the outside of emergency exit doors also. Blocking an exit door or path from the outside can prevent people from being able to get out of, and away from, the building during an emergency. The outside of emergency exits should be cleared of snow and ice during the winter months.
- ⚡ Do not place curtains, signs, decorations or similar obstructions over emergency exit doors or across designated aiseways, as these items can make exits difficult to locate during an emergency.
- ⚡ Report any emergency exit signs/lighting fixtures that are not working or appear to be broken, so they can be repaired or replaced.
- ⚡ Avoid placing containers of flammable liquids or other combustible materials under or alongside stairways, ramps or other pathways used for emergency egress.
- ⚡ Let your supervisor know about any doors that could be mistaken for emergency exits so that they can clearly be marked: "Not an Exit."
- ⚡ Most importantly, know the location of the nearest fire exits to your workstation.

QUOTATION OF THE MONTH

"Getting over a painful experience is much like crossing the monkey bars. You have to let go at some point in order to move forward."

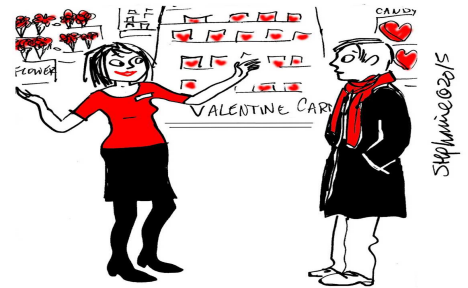
C.S. Lewis (1898-1963)

British novelist, poet and author



FEBRUARY IS HEALTHY HEART MONTH

ON THE LIGHTER SIDE



"We've got cards, candy and flowers. We may be a drug store, but on Valentine's Day, we're more of a Love Emporium!"



From the State of Delaware's Office of Highway Safety... Winter Driving Tips

The Delaware Office of Highway Safety (OHS) offers these winter safety driving tips:

- ⚡ Avoid driving when you're fatigued.
- ⚡ Never warm up a vehicle in an enclosed area, such as a garage. Carbon monoxide fumes can be trapped in the area and create health issues.
- ⚡ Make certain your tires are properly inflated.
- ⚡ Never mix radial tires with other tire types.
- ⚡ Keep your gas tank at least half full to avoid gas line freeze-up.
- ⚡ If possible, avoid using your parking brake in cold, rainy and snowy weather.
- ⚡ Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- ⚡ Always look and steer where you want to go.
- ⚡ Use your seat belt every time you get into your vehicle.
- ⚡ Accelerate and decelerate slowly.
- ⚡ Drive slowly giving yourself time to maneuver.
- ⚡ The normal dry pavement following distance of three to five seconds should be increased to eight to ten seconds.
- ⚡ Know your brakes. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- ⚡ Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning.
- ⚡ Don't stop going up a hill. Get some inertia going on a flat roadway before you take on the hill.
- ⚡ Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can.

For more information on traffic safety, visit www.ohs.delaware.gov.

Arrive Safe. Arrive Alive DE.