

CAUSES OF SLIPS, TRIPS AND FALLS

In general, slips and trips occur due to a loss of traction between the shoe and the walking surface or an inadvertent contact with a fixed or moveable object which may lead to a fall. There are a variety of situations that may cause slips, trips and falls.

- Wet or greasy floors
- Dry floors with wood dust or powder
- Uneven walking surfaces
- Polished or freshly waxed floors
- Loose flooring, carpeting or mats
- Transition from one floor type to another
- Missing or uneven floor tiles and bricks
- Damaged or irregular steps; no handrails
- Sloped walking surfaces
- Shoes with wet, muddy, greasy or oily soles
- Clutter
- Electrical cords or cables
- Open desk or file cabinet drawers
- Damaged ladder steps
- Ramps and gang planks without skid-resistant surfaces
- Metal surfaces – dock plates, construction plates
- Weather hazards – rain, sleet, ice, snow, hail, frost
- Wet leaves or pine needles

Are any of these circumstances/conditions present in your surroundings? If so, what can you do to help eliminate the situation and reduce the potential for injury? Take those preventive measures today... you may save yourself or your coworker an unnecessary and preventable injury.



RIDDLE OF THE MONTH

- 1) What begins with "e", ends with "e", and has one letter "e" inside it?
- 2) Which car is spelled the same forwards and backwards?
- 3) What can you "catch" but not throw?
- 4) What are the two strongest days of the week?

Answer on Page 2 Safety Bits & Pieces

Safety Matters



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Slip, Trip and Fall Prevention

According to the U.S. Department of Labor, slips, trips and falls make up the majority of general industry accidents, which account for:

- 15 percent of all accidental deaths per year, the second-leading cause behind motor vehicles
- About 25 percent of all reported injury claims per fiscal year
- More than 95 million lost work days per year – about 65 percent of all work days lost

These sobering statistics are a stark reminder that workers need to know how to prevent slips, trips and falls. Consider the following differences between slips and trips, and advice on how to prevent slips, trips and falls and stay safe.

Slips and trips

Slips happen when there isn't enough friction or traction between your feet and the surface you're walking on. Common causes of slips include wet or oily floors, spills, loose or unanchored mats, and flooring that lacks the same degree of traction in all areas.

Trips happen when your foot strikes an object, causing you to lose your balance. Workers trip due to a variety of reasons, including clutter in walkways, poor lighting, uncovered cables, drawers being left open and wrinkled carpeting or rugs.

To help prevent slips and trips:

- Clean up spills immediately. If a spill can't be cleaned up right away, place "wet floor" warning signs for workers.
- Keeps walkways and hallways free of debris, clutter and obstacles.
- Keep filing cabinets and desk drawers shut when not in use.
- Cover cables or cords in walkways.
- Replace burnt-out light bulbs promptly.
- Consider installing abrasive floor mats or replacing worn flooring.
- Encourage workers to wear comfortable, properly fitted shoes that are appropriate for the work tasks being performed.

Falls

The Centers for Disease Control and Prevention states that falls can happen in all occupational settings, and "circumstances associated with fall incidents in the work environment frequently involve slippery, cluttered or unstable walking/working surfaces; unprotected edges; floor holes and wall openings; unsafely positioned ladders; and misused fall protection."

To reduce the risk of falling at work, pay attention to your surroundings and walk at a pace that's suitable for the surface you're on and the task you're performing. Additionally, walk with your feet pointed slightly outward, make wide turns when walking around corners and use the handrails on stairs.

SAFETY TIPS OF THE MONTH

Consider these grilling tips from the NFPA (National Fire Protection Association):

Propane and charcoal BBQ grills should only be used outside.

Grills should be placed well away from the home and deck railings and out from under eaves and overhanging branches.

Always make sure your gas grill lid is open before igniting.

If you smell gas while cooking, immediately move away from the grill and call the fire department. Do not move the grill.

Keep your grill clean by regularly removing grease or fat buildup from the grates/trays below.

If the flames go out for any reason, turn the grill and gas off and wait at least 15 minutes before relighting it.

Safety Bits & Pieces

ACTIVE SHOOTER SAFETY

As the number of active shooters in public spaces rises worldwide, government, industry and educational institutions have focused on training people to act immediately during a shooting.

Remember most active shooters do not have a specific target in mind. They will shoot at random. Follow these guidelines in an active shooter scenario:

Run, escape if the path is accessible.

Hide, in less obvious places.

Fight. As resort of last hope, attempt to disrupt, distract or incapacitate an active shooter.

If you believe you have a chance to escape, don't pause to urge others to follow you. Act immediately. Get out and do not stop to help injured people.

According to the Department of Homeland Security, if you can't escape, then find either cover or concealment. Cover might protect you from gunfire. Concealment will hide you from the view of the shooter.

When law enforcement arrives, they will be focused on the shooter. They will not have time to help injured people until the threat is over. Officers might shout orders and everyone must be prepared to follow the orders immediately. Officers might push people to the ground to get them out of the line of fire or even out of the way of responders.

As officers arrive, you must put down any items in your hands, raise your hands, and prepare to follow instructions.

RIDDLES OF THE MONTH ANSWERS

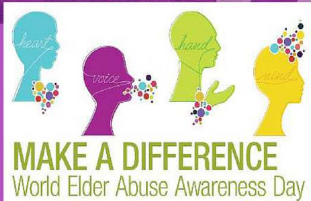
1) An envelope

2) Race car! (r-a-c-e-c-a-r)

3) A cold (If you get sick, you "catch a cold")

4) Saturday and Sunday, because the other days are weekdays (or, "weak" days)!

**June is
Elder Abuse
Awareness Month**



Elder Abuse can be physical, emotional, sexual, financial, verbal or through neglect. Please report suspicions of elder abuse to the State of Delaware's Adult Protective Services staff at 800-223-9074.

Yard Work Safety Tips

Here are the top 10 yard work safety tips that can help you — and your family — avoid a trip to the emergency room.

1- Know your equipment. Before operating a new lawn mower read the owner's manual and all of the safety information. Ditto for your weed trimmer. Check with the manufacturer of your tools to make sure there haven't been any safety recalls.

2- Practice Ladder Safety. You've heard it again and again, but always check to make sure your ladder is firmly set on a level surface. Never set ladders on boxes or other objects to make the ladder reach higher areas. Lock or barricade any doors that may open toward ladders. Also, never stand on the top rung or step of a ladder — your balance could be jeopardized.

3- Watch your children. Every year, thousands of children nationwide are injured by lawn-care tools. That's why we recommend keeping small children inside while you're mowing or trimming. At a minimum, do not allow children younger than 12 to operate a push lawn mower and anyone under the age of 16 to operate a driving lawn mower. Do not take children on rides with a riding mower.

4- Check your extension cords. Before use, check your extension cords for cracks and seal them with electrical tape. If you find any frayed wires, replace the cord. And remember, never run extension cords through puddles.

5- Protect your body. This one is simple: wear protective gear. We all know that lawnmowers hit rocks, sticks and other items that can be turned into flying projectiles. Wear long pants to protect your legs from flying objects and wear non-slip, closed toe shoes instead of sandals. Don't forget your eyes and ears! Sunglasses will protect you from sun and earplugs can eliminate loud noises from machinery that could cause a substantial amount of hearing loss.

6- Store tools and materials in safe places. A range of injury can be caused by stepping on, landing on or being hit with garden tools like shovels, rakes and trowels. Do not use these tools when in close proximity to children. When not in use, store them in safe, enclosed areas. If you have small children or pets, weed killer or lawn fertilizer can be deadly. Seal bags and store at heights where small children cannot get in to potentially harmful materials.

7- Don't dig without approval. Check with your local utility companies before you dig trenches, holes or any other cavity in your yard. You do not want to be responsible for accidentally hitting gas, electrical or sewer lines — the results of which can be extremely hazardous, not to mention expensive.

8- Be conscious of electricity. Don't leave electrical tools plugged in while not in use. When ready to use a tool, make sure equipment is in the off position before you plug it in. And, as is obvious, always turn equipment off and unplug it from an outlet before you attempt to fix the machinery.

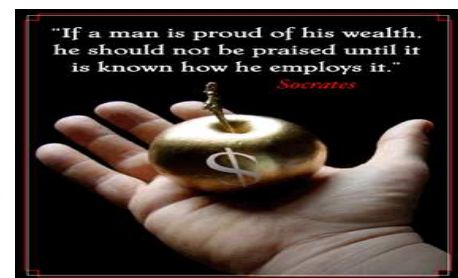
9- Get green smart. Before you or your children do any "hands on" weed removal, be sure you know how to identify poison ivy, sumac, oak and similar toxic plants. Find out ahead of time how to treat the rashes they cause to reduce the irritation.

10- Be Smart. It's obvious. Never operate lawn machinery or use heavy garden tools while under the influence of drugs or alcohol.

ON THE LIGHTER SIDE



QUOTATION OF THE MONTH



FOCUSING ON FATIGUE

According to the National Safety Council (NSC), more than 37% of workers are sleep deprived; that goes double for night shift workers. What's more, people become less focused on safety as they become more tired. Fatigued workers cost employers about \$1200 per employee annually. The perils of driving while fatigued are perhaps the most obvious.

According to the NSC:

* A driver is 3 times more likely to die in an accident if the driver is fatigued.

*Drowsy driving takes the lives of more than 5,000 people each year.

*Losing two hours sleep has the same impact on driving as two beers.

*Being awake for more than 20 hours is the equivalent of being drunk.

The cost of fatigue is not just felt in driving and work activities, however. The cost of sleep deprived living is poor health. Sleep deprivation has been linked to obesity, depression and cardiovascular disease. Stay safe with a minimum of 7 hours sleep every night. Make it a priority.