

# News & Notes

## COMPLACENCY

The dictionary defines complacency this way: "self-satisfaction accompanied by unawareness of actual danger or deficiencies". Numerous accidents have occurred when we allow ourselves to become over confident and complacent in our everyday activities both on and off the job.

Working safely is not easy, nor is it automatic. We have to consciously work at it.

Many of our jobs are repetitive in nature, and the more we do it, the better the chance that we are becoming complacent without even realizing it.

Frequently when we take shortcuts, if nothing bad happens, we become more lax about our personal safety. In other words we become complacent. "Feeling safe all the time", could be the biggest threat to our wellbeing, because then we tend to drift into that complacent mode.

Personal safety is not like a light switch that you can turn on or off. The personal safety switch must continuously be in the on position, whether at work, home or somewhere in between.

One successful key to avoid the complacency trap is to form "safety habits". Habits that you do over and over until they become your normal and default behavior.

Adopt successful safety habits such as:

\*Self-safety audits where you examine your own safety performance and attitude to determine if your personal safety and the safety of your coworkers really is a number one priority in your daily regimen

\*Wearing the appropriate personal protective equipment (PPE) such as gloves, safety glasses, proper foot wear, safety harness and safety vests

\*Searching for, correcting or reporting hazardous conditions such as slip and fall or tripping hazards

\*Attending safety meetings and paying attention

\*Following all safety guidelines, policies and procedures

\*Remember that it only takes one accident that occurs in a second to change your life and the lives of the ones you love. That should be the greatest antidote for complacency.



"I've got one arrow left, I'm going to close my eyes and shoot and see who it hits ... Could be good for a few laughs."



GROUND HOG DAY  
FEBRUARY 2

# Safety Matters



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## General Safety Precautions

The following are some general safety precautions that would benefit each employee if they were adopted as part of each employee's daily job performance:

- ✔ **Your safety is your personal responsibility.**
- ✔ **Always follow the correct procedures.**
- ✔ **Never take shortcuts.** Shortcuts lead to accidents and injuries.
- ✔ **Take responsibility** and clean up when you make a mess.
- ✔ **Clean and organize** your workspace. Clean and organized workspaces help prevent accidents and injuries.
- ✔ **Ensure a clear and easy route** to emergency exits and all emergency equipment, such as first aid kits, fire extinguishers, emergency notification systems (horns and strobes, pull stations, etc.).
- ✔ **Be alert and awake** on the job. Guard against becoming complacent in the performance of your job.
- ✔ **Be attentive** at all times to your work surroundings. If you discover workplace safety hazards that you cannot address or correct, be sure to immediately report them to management for correction.
- ✔ **When in doubt,** contact your supervisor or manager for instruction, guidance, or training.
- ✔ **Never take risks** when it comes to safety.
- ✔ **Obey** all safety signs, stickers and tags.
- ✔ **Take short breaks** when you keep up a repetitive motion for a long period of time; always sit, stand, or walk with good posture.
- ✔ **Report all injuries immediately** to a supervisor and get emergency assistance when necessary.
- ✔ **Keep things in perspective.** Hazards may be limitless, so focus on the most likely risks you may encounter in your job first. For example: Strained backs may be more frequent occurrences in your workspace than would the risk of flooding (as in a basement office) or the risk of wild animals cutting loose (as in a zoo).

### SAFETY TIPS OF THE MONTH

Several personal safety tips:

- 1) Keep your car keys on your night table. If, like millions of Americans, your key-fob contains a panic alert button, and your car is in range of your bedroom, pressing the panic button will cause the horn to blast and the headlights to flash -- potentially saving lives during a home invasion by scaring criminals away, alerting neighbors to the fact that an emergency situation is unfolding, and helping police to more quickly find your home.
- 2) Cameras are recording everywhere. Block people's view of your hand when entering alarm codes, PIN numbers, etc.
- 3) Never rely on door chain locks for safety. They can usually be circumvented with ease.

### VALENTINE'S DAY RIDDLES

- 1) What did the elephant say to his Valentine on Valentine's Day?
- 2) What did the drum say to his Valentine on Valentine's Day?
- 3) What did the squirrel say to his Valentine on Valentine's Day?
- 4) What did the train say to his Valentine on Valentine's Day?
- 5) What did the paper clip say to the magnet on Valentine's Day?

Answers on page2 Safety Bits and Pieces



# Safety Bits & Pieces

## NATIONAL BURN AWARENESS WEEK

Scalds are the most common burn injury among young children and one of the leading causes of accidental death in the home for children under age four. U.S. hospitals treat an estimated 110,000 people under 19 for scalds every year.

While thousands of scald burns occur annually, increased awareness of the dangers can prevent injuries. To help people be mindful of scald burns, the American Burn Association has declared the first week of February National Burn Awareness Week.

Following a few simple precautions will help keep you and your little ones safe from potential burns:

1. Cool a burn under cold running water for 10-15 minutes and call 9-1-1 for serious burns.
2. Always supervise children in the kitchen and dining areas.
3. Create a "No Child Zone" while preparing and serving hot foods and beverages.
4. Don't carry or hold a child while cooking on the stove. Instead, place the child into a high chair or other safe area while cooking.
5. Children love to reach, so to prevent hot food or liquid spills, simply use the back burner of your stove and turn pot handles away from its edge; also, keep hot foods away from the edge of your counters.
6. Keep clothing from coming in contact with flames or heating elements.
7. A small adjustment to your water heater can give you one less thing to worry about. To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting.
8. Make a habit of placing matches, gasoline, and lighters in a safe place out of children's reach and avoid novelty lighters as they may look like toys in a child's eyes.
9. When filling the bathtub turn on cold water first then mix in warmer water carefully.

## VALENTINE'S DAY RIDDLES ANSWERS

- 1) "I love you tons!"
- 2) "My heart beats for you!"
- 3) "I'm nuts about you!"
- 4) "I choo...choo...choose you!"
- 5) "I find you very attractive!"



# It's Your Decision

People are not perfect and even the best can make mistakes. Most of us like to get our work done with the least amount of effort, and as quickly as possible. We all want to get the most work out of the energy we use on the job. This is good because it often results in discovering newer and more efficient ways of getting our job done. This energy-saving attitude can also be bad if we make a wrong decision and take dangerous shortcuts. All of us at one time or another have exposed ourselves to possible injury by taking a shortcut when, with a little extra effort, we could have done it the safe way. The safe way usually takes some extra effort while the unsafe way often appears to be more efficient at the time. When we are faced with these situations, each one of us will make a conscious decision about what actions we will take next.

Sometimes we talk ourselves into taking an unsafe shortcut by using flawed reasoning. We convince ourselves that it is worth taking the risk because we're in a hurry and can probably get away with it this time without being injured. After all, we have done it before and were not injured then.

Remember, you always have a choice, but only you can decide to do it the safe way. The safe way is usually not the shortest or quickest way... but it is the BEST way.

## QUOTATION OF THE MONTH

"The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves."

Victor Hugo

French poet, novelist and dramatist of the Romantic movement (1802 - 1885)

## ON THE LIGHTER SIDE



"Make sure you remove all the cookies when you're done."

American Heart Month



## From the State of Delaware's Office of Highway Safety... WINTER DRIVING TIPS

### Navigating Around Snow Plows

- o Don't crowd a snow plow or travel beside it. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently.
- o The road behind an active snow plow is safer to drive on. If you find yourself behind a snow plow, stay behind it or use caution when passing.
- o When you are driving behind a snow plow, don't follow too closely. A snow plow operator's field-of-vision is limited; if you can't see the mirrors, the driver can't see you. Also, materials used to de-ice the road could hit your vehicle.
- o Snow plows can throw up a cloud of snow that can reduce your visibility to zero in less time than you can react. Never drive into a snow cloud – it can conceal vehicles or hazards.

Remember, the best tip for driving in wintery weather is simply to stay home and let the highway workers clear the roads.

### More Winter Driving Tips

Winter driving can be dangerous. Every vehicle handles differently, especially on wet, icy, or snowy roads. Here are more tips from NHTSA:

- o Know Your Car
- o Plan Your Travel and Route
- o Stock Your Vehicle with a snow shovel, broom, ice scraper and other applicable winter survival items
- o Get Your Car Serviced
- o Check Your Cooling System
- o Fill Your Windshield Washer Reservoir
- o Check Your Windshield Wipers and Defrosters
- o Check Floor Mat Installation for Pedal Clearance
- o Inspect Your Tires
- o Stay Vigilant While Driving

### Tire Pressure:

Important to check when the temperature changes. (Tire pressure drops by about 1 pound per 10 degrees of temperature.)

**STOMP** on antilock brakes;  
**PUMP** non-antilock brakes.