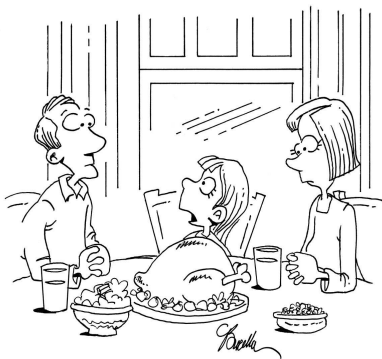


TEN LADDER SAFETY TIPS

Adopt the following ten ladder safety tips when using any ladder at work or home:

- Carefully inspect the ladder for defects, checking for cracks, corrosion and that bolts and rivets are secure. Tag and remove unsafe ladders from service.
- Make sure the ladder's feet work properly and have slip-resistant pads.
- Use a fiberglass ladder if there is any chance of contact with electricity.
- When setting the ladder, look for a safe location with firm, level footing and rigid support for the top of the ladder. Be sure to set it at an angle per the manufacturer's guidance. Follow the 4 to 1 rule: for every 4 feet of height you have to climb, move the base one foot away from the wall.
- When climbing off a ladder at an upper level, make sure the ladder extends 3 feet above the landing.
- When climbing the ladder, use three points of contact — keep 1 hand and both feet or both hands and 1 foot in contact with the ladder at all times.
- Never carry any load that could cause you to lose balance.
- Avoid using the last several steps of a ladder. Never stand on top of a ladder.
- Don't pull, lean, stretch or make sudden moves on a ladder that could cause it to tip over. A scaffold or other safe working surface may be a better choice for your task.
- Avoid setting the ladder near exit doors, near the path of pedestrian or vehicular traffic.



"Again? Weren't we thankful enough last year?"

THANKSGIVING RIDDLES

- 1) What can never be eaten at Thanksgiving dinner?
- 2) What's the favorite food of mathematicians for Thanksgiving?
- 3) What is hard, oddly-shaped and brings you good fortune on Thanksgiving?
- 4) If roses are red, violets are blue, what is stuffed, brown and blue?
- 5) I get stuffed and I get dressed on Thanksgiving. What am I?
- 6) What is red and has feathers all over?

Answers on page 2 Safety Bits & Pieces

Safety Matters



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Safety Tips for Fall

Here are some safety tips for fall from the safety experts at Underwriters Laboratories:

Check around the furnace before turning on the heat for the first time. Make sure there's nothing near it that's flammable. It's also a good idea to have your furnace inspected before winter sets in. (If for some reason you can't, take a look at it yourself. Make sure the flame is blue, not yellow or orange. Check the pipe from the furnace to the chimney to be sure it doesn't have rust spots and isn't disconnected at either end.) If you have radiators, remove anything that's sitting on top of them before the heat comes on.

Dress kids in light-colored clothing to help drivers see them on their way home from after-school activities or when they are outside after school.

Change batteries when you "fall back." Smoke alarms most often fail to sound an alarm because of missing, dead or disconnected batteries. Replace the batteries twice a year when you change the clocks (or whenever the alarm "chirps," indicating the battery is getting low). Also change the batteries in your CO detectors.

Use space heaters safely. Remember to keep combustibles "three feet from the heat" or "a meter from the heater." If you're using a fuel-powered heater, open a door or window slightly to allow fresh air to circulate. Remember to turn off your heater if you leave the house and before you go to bed.

Buy your winter storm supplies now. Buy a good supply of ice melting compound now. If you'll need your driveway plowed, book a snow plow contractor now. Don't wait until the snow starts. Check and make sure you have adequate shovels and other snow and ice removal tools available.

Add outdoor lighting to dark places. These lights serve a dual purpose: discouraging intruders and protecting against falls. Motion sensor lights are most important around doors and near steps.

Clean leaves out of your gutters frequently in the fall. When you do, make sure you're using the right ladder for the job and using it properly (See sidebar article "Ten Ladder Safety Tips" this page). More than 90,000 people get emergency room treatment for ladder-related injuries every year. If the gutters are hard to reach, install a leaf guard to keep most of the leaves out.

Have your chimney inspected before the weather tempts you to use your fireplace. If you use your fireplace every year, you should have the chimney cleaned every year to prevent a chimney fire. If your chimney needs repair, don't try to do it yourself; this is a job for a professional.

Get your car ready for winter. Stock the trunk with a blanket, hat and gloves, a bag of salt, sand or non-clumping kitty litter for traction, plus extra windshield fluid, an ice scraper and shovel. Throw in a brightly colored cloth to tie to your antenna in case you get stuck. Also toss in a few snacks, like granola bars and unsalted canned nuts, as well as bottled water (dump some of the water so the bottles are only two-thirds full in case they freeze). Have all fluid levels checked. Finally, make sure your tires are ready for bad weather.

SAFETY TIPS OF THE MONTH

Here are some safety tips to prevent falls:

- Stay clutter-free - Boxes, files and other items piled in walkways create a tripping hazard. Be certain all items are properly stored at all times.
- Step on up - Standing on chairs is a significant fall hazard. Workers who need to reach something at an elevated height should use a stepladder correctly.
- Maintain a clear line of vision - Workers can collide making turns in hallways. Convex mirrors can reduce collisions.



Safety Bits & Pieces

THANKSGIVING SAFE FOOD HANDLING

The U.S. Department of Agriculture (USDA) offers these tips for a food safe Thanksgiving:

Tip 1: Don't wash that turkey! USDA does not recommend washing raw meat and poultry before cooking. Washing raw meat and poultry can cause bacteria to spread up to three feet away. Cooking (baking, broiling, boiling, frying or grilling) meat and poultry to the right temperature kills any bacteria that may be present, so washing meat and poultry is not necessary.

Tip 2: Use the refrigerator, the cold-water method or the microwave to defrost a frozen turkey. There are three safe ways to defrost a turkey: in the refrigerator, in cold water and in the microwave oven. Thawing food in the refrigerator is the safest method because the turkey will defrost at a consistent, safe temperature. It will take 24 hours for every 5 pounds of weight for a turkey to thaw in the refrigerator. To thaw in cold water, submerge the bird in its original wrapper in cold tap water, changing the water every 30 minutes. For instructions on microwave defrosting, refer to your microwave's owner's manual. Cold water and microwave thawing can also be used if your bird did not entirely defrost in the refrigerator.

Tip 3: Use a meat thermometer. The only way to determine if a turkey (or any meat, poultry or seafood) is cooked is to check its internal temperature with a food thermometer. A whole turkey should be checked in three locations: the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast. Your thermometer should register 165°F in all three of these places. The juices rarely run clear at this temperature, and when they do the bird is often overcooked. Using the food thermometer is the best way to ensure your turkey is cooked, but not overdone.

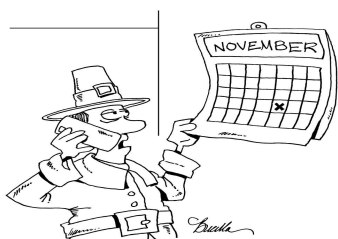
Tip 4: Leftovers are good in the refrigerator for up to four days. Take the turkey off the bone and refrigerate it as soon as you can, within 2 hours of the turkey coming out of the oven. Leftovers will last for four days in the refrigerator, so if you know you won't use them right away, pack them into freezer bags or airtight containers and freeze. For best quality, use your leftover turkey within four months. After that, the leftovers will still be safe, but can dry out or lose flavor.

THANKSGIVING RIDDLES ANSWERS

- 1) Thanksgiving breakfast and lunch!
- 2) Pumpkin Pi
- 3) A wishbone
- 4) A turkey holding its breath!
- 5) The Thanksgiving host!
- 6) A blushing turkey!



ON THE LIGHTER SIDE



"The fourth week? I'm good every day except Thursday."

SAFE LIFTING REMINDERS

Always use both hands when lifting a heavy or cumbersome object.

Adopt a proper stance for lifting: put the strain on your legs, not your back (crouch at your feet, keep your back straight, and don't bend at the waist).

Test the weight before you lift something up completely; it might be too late if you realize a few seconds later that it's too heavy or cumbersome for you. An easy way to do this is to nudge it with your foot first. If you can move it with your foot it should be safe to pick up properly.

Move your feet, not your back, when you want to travel or turn while carrying a heavy load.

Lift slowly and smoothly.

Keep your burden close to your body; this means less strain on you.

If your load is too heavy for you to handle alone, don't be shy—ask for help!

Ensure ladders are secure and steady before climbing aboard.

Never climb on improvised ladders. Shelves and storage units are poor substitutes. Don't be lazy, and find a proper solid ladder.

Don't let appearances fool you. Railings might appear solid and fixed, but they might be improperly secured; at least, test them first.

Use safety harnesses if your job includes heights.

Eliminate distractions when working on a roof, scaffold, or other elevated platform. More than ever, stay focused and alert!

Keep an eye out on the floor to ensure it's free of obstacles and spills. If it isn't, get cleaning!



QUOTATION OF THE MONTH



From the Delaware Office of Highway Safety PEDESTRIAN SAFETY TIPS

Pedestrian fatalities are on the rise, in Delaware and nationally. Between 2013 and 2017, 150 pedestrians were killed in Delaware. Remember these pedestrian safety tips:

When walking:

Use a crosswalk when available. If you are close to a crosswalk remember that it is safer than crossing mid-block, especially on busy roadways.

Be patient when crossing. It may take a couple of minutes for the traffic signal to change. Wait for the pedestrian signal to direct you.

Use sidewalks when available. It is safer to separate yourself from traffic. Using the sidewalk can provide a buffer from vehicles.

When walking at night, always use a flashlight or reflective items. Lack of visibility is a key factor in pedestrian fatality crashes. Making drivers aware of your presence will let drivers know when you are in or near lanes of travel.

Walking under the influence is dangerous. Like driving, walking under the influence of drugs and/or alcohol can be a dangerous situation. It is always encouraged to plan a safe ride home through a designated driver or ride share program.

When driving:

Yield to pedestrians in crosswalks. Pedestrians are vulnerable on the roadway and don't have any protection. Remember that everyone is a pedestrian and take extra caution.

Slow down when pedestrians are around. Speed is THE biggest factor in severity of injury. If you see pedestrians along the roadway, slow down.

Always be alert. Just because there is no crosswalk, doesn't mean a pedestrian won't be there. Keep your eyes on the road at all times, and be aware of your surroundings.