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SAFETY TIPS FOR THE EXTREME HEAT

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Remember:

- Extreme heat can occur quickly and without warning.
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids, especially water.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

Prepare NOW

- Find places in your community where you can go to get cool.
- Learn to recognize the signs of heat-related illness.
- Keep your home cool:
 - ◊ Cover windows with drapes or shades.
 - ◊ Weather-strip doors and windows.
 - ◊ Use window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
 - ◊ Add insulation to keep the heat out.
 - ◊ Use attic fans to clear hot air.
 - ◊ Install window air conditioners and insulate around them.

Be Safe DURING

- Never leave a child, adult or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.
- Do not use electric fans when the temperature outside is more than 95 degrees, as it could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities.
- Check yourself, family members and neighbors for signs of heat-related illness.

RIDDLES OF THE MONTH

- 1) Where was the Declaration of Independence signed?
- 2) What kind of tea did the American colonists thirst for?
- 3) What quacks, has webbed feet, and betrays his country?.
- 4) Why did Paul Revere ride his horse from Boston to Lexington?
- 5) Why were the early American settlers like ants?
- 6) Did you hear the one about the Liberty Bell?

Answers on Page 2 "RIDDLES OF THE MONTH ANSWERS"

News & Notes

RECOGNIZE AND RESPOND

Know the signs of heat-related illness and how to respond to them.

HEAT CRAMPS

Signs: Muscle pains or spasms in the stomach, arms or legs

Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION

Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting

Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE

Signs: Extremely high body temperature (above 103 degrees) taken orally; Red, hot and dry skin with no sweat; Rapid, strong pulse; Dizziness, confusion or unconsciousness

Actions: Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

ADDITIONAL HEAT SAFETY TIDBITS

Here are some additional heat safety tips:

- Stay on the lowest level of your building whenever possible
- Eat well balanced, light and regular meals
- Cool beverages are good for cooling down the body, while alcoholic, carbonated or caffeine drinks can impair the body's ability to regulate its temperature and lead to dehydration
- The hottest hours of the day are typically from mid-morning to mid-afternoon.
- Properly supervise children during outdoor play, being sure to monitor them closely and frequently
- Use small appliances like slow cookers and tabletop grills rather than your traditional oven or stove to keep kitchen heat to a minimum.
- Verify that seat belts and car seat restraints are not too hot before buckling yourself or anyone else into a car.
- If you must work outside during extreme heat, pace yourself. Slow down and work at an even pace. Know your limits and your ability to work in the heat.
- Schedule frequent breaks. Take time for rest periods and water breaks in a shaded or air-conditioned area.
- Know your body's best cooling points, such as your wrist and neck. By applying ice cubes wrapped in a towel to these pulse points you'll cool down more quickly and effectively.



"I'll say it was good. There were times I even stopped looking at my phone."

TEN GRASS CUTTING SAFETY TIPS

Wear the proper footwear

Sandals are not proper footwear for mowing the lawn, and it's not because a spinning blade couldn't slash through a leather shoe or boot, because it could. The reason sandals are a poor choice is that they're less stable, and a trip, slip or stumble could cause you to come in contact with moving or hot parts. Sandals also increase the odds of pinching or stubbing a toe when mounting a riding mower or zero-turn mower.

Watch out for kids

Driving or pushing a mower around the yard is not the place for young children to show their parents how well they can "help." Keep toddlers inside when mowing, and don't let kids under 12 operate a push mower or kids under 16 run a rider. And avoid the temptation of giving your grandson a spin around the yard—lawn tractors and zero-turn mowers are designed for one person.

Avoid yard missiles

If you prefer *non-shattered* windows on your home and neighbor's car, then pick up stones, branches, toys, sprinklers and other items before you start mowing. And if you do miss something and notice it while you're mowing, don't wait until you mow over to the spot. Pick it up right away. You may forget or be daydreaming when you do get there, and then BAM! Just in case you miss something, always wear protective eyewear when cutting the grass!

Don't mow gravel

Never cross over a gravel driveway with the blades engaged. And if you live on a gravel road, mow grass near gravel only when there are no cars or pedestrians passing by. Launching rocks at your neighbors is not a good way to build relationships.

Don't pull backward

Whenever possible, try not to pull a lawn mower toward you. If you slip, you could end up pulling the mower right on top of you. This is a real hazard and no amount or type of personal protective equipment will be able to protect you from the damage that moving blades can do!

Ditch the key

Lawn mowers look like a big toy to kids. They love to sit on them and pretend they're really driving, which makes for a precious photo opportunity. But it's not so adorable when you forget to remove the key and little Johnny is suddenly cruising down the lane. Some lawn mower manufacturers are offering a new keyless ignition system that allows the mower to be started with a simple code rather than a key.

Remove the spark plug before changing blades

It sounds goofy, but always remove the spark plug when working on the blade. If the piston happens to be at the top of the compression stroke, a little bump to the blade might force the piston over the "hump" and into the power stroke. This could cause the blade to lurch forward, possibly whacking your hand in the process!

Mind the hills

Most riding lawn mowers are more likely to tip over sideways than forward or back, so mow up and down the hill. Mow hills side to side with push mowers. That way, if you do slip, you won't fall toward the mower or have the mower roll back at you. Also, mowing wet grass on hills increases your chance of having an accident no matter which type of machine you're using.

Wear hearing protection

According to the Centers for Disease Control and Prevention, listening to sounds over 85 decibels for extended time periods can cause hearing damage. Lawn mowers can produce more than 100 decibels—wear hearing protection.

Keep clear of moving blades

If the blades are spinning, don't unclog the chute, adjust the wheel height, inspect the blades or do anything that would bring your appendages in harm's way. The reasons are pretty obvious. And never disable the kill switch or tie down the safety lever.



SAFETY TIPS OF THE MONTH POOL SAFETY ESSENTIALS

- Make sure everyone knows how to swim. New swimmers should be accompanied by an individual who is familiar with life-saving skills.
- Never allow a child to swim alone.
- Keep lifesaving equipment in the pool area (throwing rope with rings, reaching pole, rescue hook, etc.).
- Don't allow bottles, toys, and other potential hazards near the pool area.
- Keep electronics away from the pool and/or wet surfaces.
- Have secure fencing around the pool with a self-locking entrance. Make sure a child cannot climb or squeeze through the fence.
- Store pool chemicals in a safe area away from the pool area and out of reach of children.
- Maintain a clean pool. A dirty pool can cause sickness and infection (not to mention the fact that no one will want to swim in it!).
- Never allow anyone who has been drinking alcohol to use the pool.
- Stay out of the pool during rain and lightning storms.
- Don't allow children to swim when they are tired or have just finished eating.
- Use door alarms, locks, and safety covers when the pool is not in use.
- Never leave toys or floats in the pool when it is not being used. These cause a deadly temptation for toddlers who will try to reach the object in the pool..

ON THE LIGHTER SIDE...



"Your cubicle is on back order, so for the time being, work within these chalked lines."

QUOTATION OF THE MONTH

"Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another."

Alfred Adler (1870—1937)

Austrian medical doctor and psychotherapist

RIDDLES OF THE MONTH ANSWERS

1. On the bottom.
2. Liberty.
3. Beneduck Arnold.
4. It was too far to walk and the horse was too heavy to carry.
5. Because they lived in colonies.
6. It cracked me up.

