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First Aid Basics

An accident requires prompt action to help employees who are injured. For example, if you are in the company of one of your co-workers who trips and starts bleeding, your knowledge of simple first aid basics may be essential.

Bleeding

Should you or a co-worker receive a cut, the most important action is to stop the bleeding immediately. Have the victim lie down, then apply direct pressure on top of the wound with a sterile pad or the cleanest piece of cloth you can find. If the cloth becomes saturated with blood, keep adding more pads or cloth and secure them with a bandage.

If the wound is on an arm or a leg, and the blood flow is particularly hard to stop, you can try pressing on the brachial or femoral arteries to reduce the flow. Always seek immediate medical attention for any profuse bleeding.

Chemicals

You may also need to work with chemicals from time to time. Whenever possible, put on appropriate personal protective equipment (PPE), including goggles and gloves. Should chemicals get into the eye, use the emergency eyewash station. If one is not provided or nearby, dilute the chemical by pouring water into the eyes. Pour at least a quart of water into the corner of the eye so that it runs over the surface and flows out the other side.

If chemicals get onto the skin, wash the area repeatedly with large amounts of water. Remove any contaminated clothing. Check the label on the chemical to see if any additional steps should be taken.

Call 9-1-1 if dizziness, nausea, chest pains or shortness of breath are present.

Particles

If a foreign particle gets embedded into the eye, do not try to remove it like you would a chemical. Instead, have the victim lie flat, place a sterile pad over the eye, bandage it in place, and get medical help immediately. Avoid movement that could drive the particle deeper into the eye. If the particle is under the eyelid or floating on the surface of the eyeball, you can try removing it with the corner of a clean piece of cloth. But never rub the eye to get it out.

Shock

An accident often brings on a condition called shock. A person suffering from shock may exhibit the following symptoms:

- Weakness
- Confusion
- Cold, pale, clammy skin
- Nausea
- Vacant eyes with dilated pupils

(First Aid Basics continues in the sidebar of this page)

First Aid Basics (continued)

To help someone in shock, place the victim on his/her back with feet elevated, unless head or chest injuries are present. Then, raise the head and shoulders with pillows. Next, place blankets over and under the body to conserve body heat. Don't administer any fluids unless expert medical help is delayed for at least 30 minutes. If that is the case, then give him/her half a glass of plain, lukewarm water every 15 minutes. Discontinue fluids if the person becomes nauseated.

Remember, first aid is the best immediate response to an injury, but you should always seek appropriate medical attention afterwards.

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Happy Father's Day!

JUNE RIDDLES

1. When do you go at red and stop at green?
2. What do frogs like to drink on a hot summer day?
3. What did the grape say when it was stepped on?
4. Where does a ship go when it's sick?
5. What do you get when you combine an elephant and a fish?

ANSWERS ON PAGE 2



IT'S NO ACCIDENT

Accidents can happen at any time in the workplace, often when you least expect them. However, many on-the-job accidents can be avoided by focusing on safe practices and taking necessary safety precautions.

Know the Hazards

The cause of accidents can almost always be traced to a dangerous act, an unsafe condition or a combination of the two. In most instances, an accident could have been avoided by following proper safety precautions.

In order to avoid accidents, it's important to understand what can cause them. There are countless unsafe acts and conditions that can lead to accidents, but some common hazards include:

- Using defective or broken equipment
- Performing tasks without training
- Failing to wear proper PPE
- Unsafe handling, storage or disposal of materials
- Injuries due to poor housekeeping
- Horseplay

Safe Steps to Avoid Accidents

The first step to keeping yourself and co-workers safe is to stay alert on the job and not let routine or familiarity lure you into carelessness. Always observe safety precautions before and during a task, even if those precautions make the task more inconvenient or take longer to complete. Cutting corners may not seem like a big deal but doing so is a primary cause of accidents.

Next, know your job. The more you know about your job, the safer you'll be. Know the proper procedures and safety precautions for any task you do, and if any questions arise during your workday, be sure to talk to your supervisor.

And finally, make a personal contribution. A good way to start this is to follow safety rules. Certain rules in the workplace are made for your protection, so follow them. Just because an unsafe act is not specifically listed as being prohibited, it doesn't mean you should do it. Use your common sense when evaluating if an act is safe or not – there may be a very easy way to make it safer if you stop to think it through.

Focus on Good Habits

It's human nature to work yourself into habits, and when you break a safety rule, you've taken the first and most influential step in forming a bad habit — a habit that can lead to an injury. Good habits, such as following safety precautions and noticing unsafe conditions, are just as easy to form.

Develop a safe attitude. This is probably one of the most difficult things to recognize because most of us have the mistaken notion that it's always someone else who gets hurt, never us. If we all do our share in observing safety rules and staying alert for unsafe conditions, everyone will benefit.

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Life is **never** fair,
and perhaps it is a
good thing for most
of us that **it is not.**

OSCAR WILDE

JUNE RIDDLES ANSWERS

1. When you're eating watermelon!
2. Croak -o- cola!
3. Nothing. It just made a little wine!
4. To the DOCK!
5. Swimming Trunks!

Summer Starts June 21

GRILLING SAFETY

If you like to grill out, you aren't alone. Millions of people grill out on holidays and some grill all year round, but take care to handle grills safely.

According to the National Fire Prevention Association (NFPA), U.S. fire departments responded to 10,600 home structure and outdoor fires involving all types of grills during 2014 to 2018. An average of 10 deaths and 160 injuries occur annually, causing \$149 million in direct property damage.

About 46 percent of the fires involved structures.

Four out of six home fires caused by grills are caused by gas, while 12 percent were caused by charcoal or another solid fuel.

One of the key reasons for gas grill fires was leaks.

* Always take the gas grill outside in the open to check for gas leaks. Make sure the grill is at least four or five feet away from the house. Get some soapy water in a spray bottle and spray on the connections. If bubbles appear, you have a gas leak. Fix the connections before you turn on the gas.

* Checking for leaks is essential. In one case reported by the NFPA, a 48-year-old woman suffered burns to her face and hair when the gas line disconnected.

* Always lift the lid to light the grill. If you turn the knobs on the gas grill while the lid is closed, gas can accumulate and ignite.

* If you turn on the knobs and your gas grill doesn't immediately light, then turn off the gas and wait two or three minutes. This allows the gas to dissipate. According to NFPA, this happened to a 32-year-old man who suffered burns to his face and arms when, at first, a gas grill did not ignite, but then it burst into flames.

It's not just gas grills that cause fires, either. That little hibachi or small charcoal grill can be very dangerous if not monitored.

* Never use gasoline to light a grill.

* Always tend a grill. About 29 percent of structure fires occur when a grill is used on a balcony or terrace and not watched.

* Make sure it is out of the traffic area. According to the NFPA, thermal burns from grills are not uncommon when children or adults run into them while running or playing.

