

Safety Matters

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**August: Great for swimming,
but keep this warning in mind**



The lovely days of August are perfect for swimming and as you keep a watchful eye on swimmers, keep in mind that drowning rarely looks dramatic.

In fact, unlike what you see on television, people do not flail around and yell for help when they are drowning.

Instead, a child drowning may make no movement at all. He could simply sink to the bottom of a pool, arms out to the side.

It usually isn't the noisy swimmers who are having a problem. It is the quiet ones. The Instinctive Drowning Response has five qualities, according to Francesco A Pia, an American lifeguard whose doctoral studies focused on unobserved drowning:

1. No calls for help. Breathing becomes primary and drowning victims will have no chance for speech.
2. Mouths sink below the surface and then reappear. Victims exhale, inhale but have to time to make noise.
3. Arms extended to the side. Naturally this helps victims press down on the surface to lift mouths out of the water. But they can't wave for help.

4. They can't reach for rescue equipment or move toward a rescuer.
5. Bodies are upright with no kicking. A drowning person can struggle on the surface from 20 to 60 seconds before totally submerging.

There is a pre-drowning moment when a victim may be able to scream, wave and reach for life-saving equipment so thrashing in water should not be ignored.

In a boating situation, a person in the water sometimes appears to be treading water. The best way to be sure they are not in trouble is to simply ask them if they are okay. If they don't answer, they are not okay. Experts say rescuers have about 30 seconds to get to them.

A drowning person who is quiet and unmoving in the water may have their head low with water at mouth level. Or their head could be tilted back with the mouth open. Eyes may be closed. Hair may be over the eyes or forehead. They may be vertical in the water but not using legs.

A drowning person may also be moving, appearing to slow climb an invisible ladder. They may be trying to swim, but not getting anywhere. They may try to roll over on their back.

August's Riddles

(answers on page two)

1. This belongs to you, but everyone else uses it.
2. Why did the spider get a job in IT?
3. What has many keys but opens no locks?
4. What has a neck but no head, two arms but no hands?

Safety Focused

Here's what to do if you witness an accident at work

Seeing someone injured on the job can be frightening and maybe even leave you feeling confused.

But for better or for worse, you are a witness, and you will play a role in an accident investigation.

Some witnesses may be concerned about what information they should give. They may not want to put a fellow worker at fault or think their own position will be in jeopardy.



It's important to gather your thoughts independent of the conversation around you and regardless of your fears. Consider exactly what you saw and the circumstances surrounding the accident. Remember that accident investigations are fact-finding missions, not fault-finding ones. The object is to prevent future injuries.

There are two types of witnesses: Those who actually saw or heard what happened, and those who can shed some light on the incident. In either case, it's important to volunteer as a witness right away. If your information isn't taken very soon, important details could be forgotten.

If you are interviewed, give your complete version of what happened. Even small bits of information about circumstances and equipment can fill gaps and lead to a safer workplace.

In such an interview, you would be asked for your opinion on how the accident could have been prevented. Give your opinion freely because you are an important partner in the investigation process.

Inquiries will ultimately lead to a higher level of safety. If you see an accident, take these steps:

1. Render aid if you can. Call for medical help.
2. Shut down machinery, if necessary. Make the accident scene safe.

3. Don't move things, if you can help it. Don't clean the scene.
4. Note details in your mind of where you were, what you were doing, and the circumstances.
5. Report the incident to a supervisor.

SAFETY DO's and DON'Ts

Review this checklist frequently to keep safe.

A safe workplace requires the care and attention of everyone. Safety regulations and rules are implemented, steps are designed to reduce risks, personal protective equipment is made available, and employees are trained to help make the workplace safe. You can do your part by paying attention to the following:

DO:

- Treat safety as a priority and one of your most important job responsibilities.
- Think ahead all day, every day, no matter what you're doing.
- Think about what could go wrong and how you'll prevent accidents.
- Take all safety training seriously and apply what you learn to your job.
- Inspect tools and equipment before you use them, and keep safety rules in mind while you work.
- Pay attention to your work and avoid distractions, and know what to do in an emergency.
- Ask questions when you're unsure about what to do or how to do it.

DON'T:

- Don't ignore any safety hazard – remove it, repair it, or report it.
- Don't ignore other people's unsafe actions – correct them or report them.
- Don't bypass safety procedures or let others talk you into doing so, and don't forget to use Personal Protective Equipment (PPE).
- Don't work on hazardous jobs without a buddy; don't take shortcuts; and don't fool around.



August's Answers

- 1) Your Name
- 2) He/She was a great web designer
- 3) A piano or keyboard
- 4) A shirt