

# Safety Matters



State of Delaware Insurance Coverage Office Issue CCXXXIV

## That’s right, UV Safety Month is here!

July is Ultraviolet Safety Awareness Month, a time when UV levels often peak from moderate to high and require extra attention to protect yourself from harmful UV radiation.

So, when you head outside to work, play, or relax, remember these steps to keep yourself and your family safe.

- Use a broad-spectrum sunscreen
- Wear light-weight clothes and light colors, along with a hat and sunglasses
- Stay hydrated
- Reapply sunscreen after swimming and every two hours
- Seek shade whenever possible
- Protect children by planning breaks to reapply sunscreen and hydrate
- Check whether your medications increase sun sensitivity
- Be aware of reflected UV rays from water and other surfaces
- Avoid sun exposure during peak hours
- Check the UV Index before going outside

Go to [EPA.gov/sunsafety/uv-index-1](https://www.epa.gov/sunsafety/uv-index-1)

### UV Index

| Exposure Category | UV Range |
|-------------------|----------|
| Low               | < 2      |
| Moderate          | 3 to 5   |
| High              | 6 to 7   |
| Very High         | 8 to 10  |
| Extreme           | 11 +     |



### Mortar Shells: The most dangerous fireworks

Fireworks injuries jumped 52 percent in 2024, with about 14,700 emergency room visits and 11 deaths, according to the U.S. Consumer Product Safety Commission. One device is behind a disproportionate share of the damage: the reloadable mortar shell, which fires a shell from a launch tube. Mortar shells make up only about 14 percent of fireworks cases but more than half of hospitalizations. Several recent deaths involved teens holding lit mortars or leaning over the tube.

**Never look into a mortar tube and never hold one.** There is a reason many states ban them entirely.

Article appears courtesy of Pagesmag.com

### National Safety Council recommendations:

- Use only legal fireworks
- Provide adult supervision
- Use away from people, homes, flammables
- Keep a bucket of water and hose nearby
- Never hold lighted fireworks

# Safety Focused

## This Month's Safety Myth

“Slips and falls primarily occur outside, in bad weather conditions.”

**Fact:** Most slips and falls occur indoors. Weather is a major contributor and slips and falls spike in the wintertime, but most hazards come from routine indoor conditions, loose carpeting or mats, clutter, dust, debris, and spills on dry surfaces.

## Ready for a summer getaway?

Use these tips for a safer and happier vacation get away:

- Let a trusted neighbor or friend know your travel plans
- Verify the current status of your destination, search for alerts, warnings, and conditions
- Complete routine maintenance before you go
- Have a plan for pets and plants
- Have emergency information and documentation on hand
- Get your home ready, clean the fridge, set the temperature, secure the doors and windows, set the alarm
- Pack all necessary medications in their original containers
- Will you need a first aid kit, flashlights, bottled water, or other essential items at your destination?
- Think about protection from the sun and excessive heat, have a plan

## Did you know that driving hours are at their highest in the summer months between Memorial Day and Labor Day?

Ergonomic considerations are important while driving, here's some best practices to reduce strain on muscles and bones while driving.

- Remove items from back pockets
- Place frequently used items closer
- Seat back support should typically be tilted between 100 and 110 degrees
- The headrest should be level with the top of the head
- Raise the seat as high as possible while still providing headroom and comfortable access to the pedals
- Shift hand positions frequently
- Avoid jumping down from higher vehicles, use running boards or steps as needed
- Use hand grips to assist with entering or exiting vehicle.
- Take breaks while driving to stretch and activate muscles

## Upcoming Webinar

The ICO conducts monthly webinars on various safety topics open to all employees.

Please join our monthly webinar on “Heat Safety Awareness and Prevention” July 23 at 9:00 a.m. Search the title in the DLC, or register using the link below.

[Webinar Registration - Zoom](#)