

Safety Matters

State of Delaware Insurance Coverage Office Issue CCXXXVI



September is National Preparedness Month



12 WAYS TO PREPARE

☐ Sign up for Alerts and Warnings	☐ Make a Plan	☐ Save for a Rainy Day	☐ Practice Emergency Drills	☐ Test Family Communication Plan	☐ Safeguard Documents
☐ Plan with Neighbors	☐ Make Your Home Safer	☐ Know Evacuation Routes	☐ Assemble or Update Supplies	☐ Get Involved in Your Community	☐ Document and Insure Property

Go to [Ready.Gov](https://www.ready.gov) to find the resources you need to prepare for, respond to and mitigate disasters and emergencies. This site is designed to help you stay informed, make a plan, and get involved.

How to get through a multi-day power outage

It does not take a tornado or a hurricane to leave a house dark for days. A summer thunderstorm or an overtaxed grid can do it -- and a little planning turns a dangerous ordeal into a manageable inconvenience.

Start with food and water. According to the U.S. Department of Agriculture, an unopened refrigerator keeps food safe for about four hours, and a full freezer holds its temperature for roughly 48 hours. Keep the doors shut, and when in doubt,

throw it out. Store at least one gallon of water per person per day.

Light the house with flashlights, not candles, which are a leading cause of house fires during outages. Keep phones charged, and add a power bank and a battery-powered radio so you can still reach family and follow the news.

Plan ahead for anyone who depends on electricity. Have a backup for power-dependent medical devices, know that refrigerated medicines such as insulin should be replaced if an outage runs long, and check on older neighbors, who are the most vulnerable when the heat or air conditioning stops.

Keep some cash on hand, too. When the power is out, card readers and ATMs go dark along with the lights.

Article appears courtesy of Pagesmag.com

Why do we need to review our workplace Emergency Action Plan again?

Because: Staff turnover and role changes
New equipment and site renovations
Contact information changes
Hazards and risks evolve and change over time

Safety Focused

This Month's Safety Myth

"If the equipment is turned off, it's safe."

FACT: Even after equipment has been shut down, breakers are turned off, and supply valves are closed, residual energy often remains in electrical, mechanical, hydraulic, pneumatic, and thermal machinery. Lockout/Tagout procedures and programs exist to ensure stored energy is released and controlled. Remember, "Off" is not the same as "Safe" zero-energy.

September is known as a transitional month for many reasons. The school year starts for millions of children and college students, the weather can change drastically, changes in daylight hours occur, and many businesses prepare for their final quarter of the year. All of these changes impact worker safety; they create stress in the workplace, stress leads to shortcuts, and shortcuts often lead to mishaps and injuries.

Well thought out preparation and prevention strategies help keep this time of year accident free, consider these tips:

- This is a great time of year for preventive maintenance on equipment, systems, and facilities.
- Layered clothing allows workers to adjust to temperature changes throughout the day.
- Checking and maintaining outdoor lighting in parking lots, walkways, and loading docks helps reduce slips and falls.
- The leaves will begin to fall, have a plan to remove them from walkways, entrances, and exits.
- Seasonal changes can disrupt sleep and cause worker fatigue.

Did you know?

September 18th is
National Concussion
Awareness Day

National
Concussion
Awareness
Day



Concussion Symptoms

The U.S. Centers for Disease Control and Prevention estimates that 4 million people experience concussions every year. These injuries can lead to long-term damage, so it's important to recognize the symptoms of concussions to ensure prompt and effective treatment. Although each concussion can exhibit different symptoms, here are some common warning signs:

- Severe headaches
- Dizziness
- Vomiting
- Trouble concentrating

In the workplace, supervisors should be trained to enforce protective gear usage, spot head injuries, and learn what to do when a head injury occurs.

Get more information about brain injuries at [CDC.GOV](https://www.cdc.gov)

Upcoming Webinar

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

Please join our monthly webinar on "Fire Prevention and Extinguisher Use" September 17 at 9:00 a.m. Search the title in the DLC, or register using the link below.

[Webinar Registration - Zoom](#)

Stay safe this September!