Safety Matters



State of Delaware Insurance Coverage Office Issue CCXXXVIII

It's Time for Frost

The first frost of the year is a dangerous event, and everyone should be prepared for the risks. A thin coating of frost on surfaces such as wooden decks, sidewalks, concrete paths, metal steps, and ladders create an extremely slick surface. When you add in wet leaves the situation can be treacherous. Slip, trip, and fall injuries will occur during this event. Here are some things you can do to prevent injuries.

- Get out and inspect the area, pay close attention to places that receive less sunlight (north facing or shaded zones) and where water normally accumulates. Mark hazardous areas.
- If you have workers accessing elevated areas such as scaffolding, ladders, steps, and rooftops, talk over your mitigation plans before you get started.
- When possible, wait to enter frosted areas until after the sun has come up and melted the frost.

ALSO, the cold will cause fluids to thicken in vehicles and equipment so follow proper start-up and warm-up procedures to avoid mechanical failures and the hazards they can create. Always scrape the frost off vehicle windows to allow maximum visibility.

DELDOT and the Delaware Strategic Highway Safety Plan remind you:



The National Sleep Foundation reminds everyone that *Drowsy Driving Prevention Week* is observed November 1-7, 2026.

Go to their website to get valuable information related to safe driving.

Be aware of the effects of the time change

Even though falling back in the fall is considered less impactful than springing forward, there are still some associated risks. Keep these considerations in mind as you adjust to the new daily cycle:

- Changes to your exposure to sunlight can shift your circadian rhythm, causing changes in sleep patterns, hormone levels, and mood.
- Decreases in motivation and alertness, and increases in irritability are common.
- A sudden change to early darkness requires extra attention from drivers around cyclists and pedestrians.
- Hazards associated with decision-making and fatigue can creep into your workplace.

What can you do?

- Schedule time for natural sun exposure when you can during breaks or lunch.
- Focus on the basics; hydration, nutrition, sleep, exercise, and stress reduction.
- Avoid major schedule changes during the DST adjustment period.
- If you suffer from seasonal depression or seasonal mood/behavior issues, activate your treatment plan right away.

Safety Focused

This Month's Safety Myth

"Now that the weather has changed, we can forget about heat stress."

FACT: Cooler temperatures outside do not eliminate heat hazards inside the workplace. Heat stress is driven by more than just the weather — it's created by indoor heat sources, physical exertion, PPE, and poor ventilation, all of which remain year-round.

Employees often relax their guard in fall and winter, assuming heat illness is a summer-only risk. This leads to missed symptoms, skipped breaks, and reduced hydration — all of which increase the likelihood of heat exhaustion or heat stroke.

6 things you should never plug into a power strip

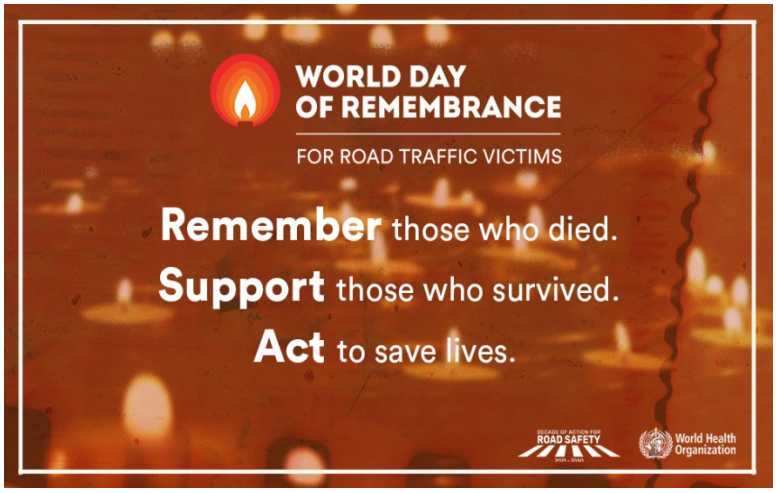
Powerful appliances should never be plugged into a power strip, here's a list of some other potential electrical system over loaders:

- Space heaters
- Microwaves
- Slow cookers
- Toasters and Toaster Ovens
- Hairdryers, Curling Irons
- Coffee Makers

A typical power strip rated for 1,800 watts (15 amps at 120 Volts) is made to accommodate low-to-moderate load electronics such as computers and TVs. The devices on this list typically exceed this rating.

These devices function by drawing lots of power, that current generates more heat; common power strips are not designed for this high-watt load. Their draw can quickly overwhelm power strips and create a fire or electrical hazard. Plug them directly into a wall outlet.

Article appears courtesy of Pagesmag.com



The World Health Organization encourages everyone to observe "World Day of Remembrance for Road Traffic Victims." November 15, 2026

- Use seatbelts and proper child car seats
- Drive at safe speeds and following distances
- Do not drive under the influence
- Avoid distractions and maintain focus
- Be a visible pedestrian or cyclist
- Wear a helmet when riding a motorcycle
- Maintain your vehicle in good condition
- Be properly trained and licensed for the vehicle you are driving

Upcoming Webinar

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

Please join our monthly webinar on "Accident Investigation and Reporting" November 12 at 9:00 a.m. Search the title in the DLC, or register using the link below.

Webinar Registration - Zoom