

**WHAT KIND OF PERSONAL PROTECTIVE EQUIPMENT (PPE) DO YOU NEED?**

PPE can be a lifesaver. There are so many cases where employees have been saved from serious injury or death because they were wearing the right PPE. So what kind of PPE do you need and when should you wear it? You may need:

**Head protection** to protect against:

- Bumps
- Falling objects
- Electricity

**Hearing protection** to protect against loud noises (generally above 85 decibels)

**Eye protection** to protect against:

- Flying particles, sparks, and other objects that can hit the eyes
- Splashing hazardous liquids
- Hazardous vapors, gases, fumes, and dust
- Molten metal and hot liquids
- Harmful light radiation

**Hand protection** to protect against:

- Sharp objects
- Splinters, rough surfaces, or dirt
- Chemicals
- Sparks, molten metals, and hot liquids
- Extreme heat or cold
- Electricity
- Bloodborne pathogens and other biohazards

**Foot protection** to protect against:

- Falling objects
- Sharp objects
- Heat or cold
- Electricity
- Slips and falls

We'll provide you with the right PPE. But you need to wear it!!



**"Bummer... I don't think my PPE was made for this!"**

**Riddle of the Month**

- The first two letters
- Signify a male
- The first three letters
- Signify a female
- All four letters
- Signify a brave person

**Answer on Page 2 Safety Bits and Pieces**

# Safety Matters



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## Personal Protective Equipment (PPE) Does a Body Good

### Don't get caught without protection

*Imagine you're the first person to set foot on Mars. You're about to step out of the landing craft and plant your feet on the red soil of Mars. Do you say, "Nah, I don't think I'll bother with that bulky spacesuit. I'll just go out in my jumpsuit and a pair of sneakers." Not likely!*

*Now let's come back down to earth. Imagine you're a firefighter about to enter a burning building. Black, choking smoke is pouring from the windows. Do you say, "That SCBA (self-contained breathing apparatus) is so heavy and hot. What the heck, I'll skip it." If you do, you're in big trouble the minute you take a breath inside.*

*Maybe as a kid you used to dream of being a sports star. Let's say you're a hockey goalie trying to stop a puck flying at you at high speed. Do you say, "I'm a tough guy. I don't need the pads, the gloves, or the mask." I don't think so!*

OK, now you're you again starting your work shift. Let's say you're required to wear safety glasses, a hard hat, and safety shoes on the job. Do you say, "Who needs all that stuff. I'll be careful." If so, you could find yourself in a situation where personal protective equipment (PPE) would have protected you from injury.

Why chance it? PPE is specially designed by engineers and safety experts just to protect you. It's specially assigned for you to wear to protect your safety. Why would you choose not to use it anymore than the astronaut, the firefighter, or the hockey goalie would decide not to use their PPE? It doesn't make sense, does it?

So remember:

- Always use assigned PPE.
- Make sure it fits properly.
- Inspect it first to make sure it's in good condition.
- Replace it when it's damaged or wears out.
- Check with your supervisor before starting a job if you're not sure if PPE is required or which kind to use to protect against the specific hazards you face.
- Keep your PPE clean and store it where it won't get damaged.

### Safety Tip of the Month

Be aware that carbon monoxide poisoning may be the cause of flu-like symptoms such as headaches, tightness of chest, dizziness, fatigue, confusion and breathing difficulties. Because CO poisoning often causes a victim's blood pressure to rise, the victim's skin may take on a pink or red cast. Install a UL Listed CO detector outside sleeping areas. A UL Listed CO detector will sound an alarm before dangerous levels of CO accumulate. CO indicator cards and other devices are also intended to detect elevated levels of CO, but most are not equipped with an audible alarm, and cannot wake you at night, when most CO poisonings occur.

## Safety Bits & Pieces

### INSURANCE COVERAGE OFFICE

Did you know that the Insurance Coverage Office (ICO) serves as a property liability insurance carrier for all state owned property, including public school districts? The ICO provides reimbursement of damage claims repairs after agencies have met the statutory deductible and depreciation stipulations.

### STRETCH BREAKS ARE ESSENTIAL

These stretching exercises can help keep you flexible and prevent strain and pain.

#### Neck stretches:

- Lower head toward the chest, stretch neck gently, and raise head slowly.
- Turn head gently from side to side.
- Tilt head slowly first toward one shoulder, then the other, then backward.

#### Shoulder stretches:

- Shrug shoulders and roll them in circles.
- With elbows out, move arms back to bring shoulder blades together.
- Reach arms overhead, stretch, and bend gently from side to side.

#### Arm and wrist stretches:

- Place arms out in front of your body. Lace fingers together and rotate hands so that palms are facing out. Straighten elbows and push palms gently away from body for a few seconds.
- Place arms out in front of your body. Turn wrists so that palms turn out. Then turn wrists back so that palms turn in.
- Place arms out in front of body. Bend wrists up for a few seconds, and then bend them down for a few seconds.

#### Hand stretches:

- Make a fist and then extend and stretch your fingers.
- Touch thumb to little finger and hold.

#### Lower back stretches:

- Stand with knees slightly bent and place hands on lower back just above hips. Gently bend backwards (just a little!).

### CLIMB LIKE A BEAR

Follow these tips when you climb a ladder:

- **Use a tool belt** to carry equipment.
- **Always have 3-point contact with the ladder**, which could be both hands and one foot, or both feet and one hand.
- **Never go above three rungs from the top on straight ladders** or the second step from the top on stepladders.
- **Climb down and move the ladder** if the work is beyond your reach.
- **Use the bear climb**, which means to move your right foot and hand simultaneously, followed by the left hand and foot. It may feel funny at first, but it could save your life. Try it!

### RIDDLE OF THE MONTH ANSWER:

Hero

## Useful but Dangerous

### Follow these power handsaw safety tips

Power handsaws are a useful tool for construction and maintenance work, but they also present many hazards.

The most common are “cut-by-blade” injuries. But other injuries include:

- Hit by saw falling from above or being dropped while used or carried
- Fall from tripping over the saw or an extension cord
- Struck by a flying piece of broken blade
- Struck in the eye by flying particles from the material being cut
- Electric shock or burn

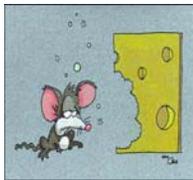
To prevent such injuries, keep alert and follow safe work practices.

- **Wear safety goggles** and keep your head away from the path of particles thrown up by the blade.
- **Make sure the guard is in good working condition** and blow sawdust away from time to time, especially in the guard area.
- **Place material to be cut on a firm rest** such as a sawhorse.
- **Wait until the blade stops before lifting the saw from the cut**, and make sure the guard is closed before you set the saw down.
- **Don't carry a saw with your finger on the trigger switch.**
- **Disconnect the power before cleaning** the saw, changing blades, or making adjustments.

### On the Lighter Side...

A man bought a mousetrap. When he brought it home, he discovered that he had no cheese to bait it with. So he found a picture of some cheese, and put the picture in the trap.

The next morning he went to the trap to see if it had caught anything. The picture of the cheese was gone. In its place was a picture of a mouse.



### Quotation of the Month

*"The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity."*

**Francis Maitland Balfour**

## Hidden Hazards

### One you might not have considered

There's one workplace hazard most people don't think about. That hazard is other workers who are not following safety rules.

For example, say a worker up on a ladder tosses a tool down to the ground without looking to see that someone is walking below. It isn't the tool that is responsible for the head injury to the guy on the ground. It's the guy up on the ladder who was careless and ignored the common sense safety rule that says you should wear a tool belt when you go up on a ladder so you can keep your tools in the belt when you're done with them, not toss them to the ground.

Most workplace accidents are caused by people doing foolish, dangerous things. But you can help change that.

- **Don't take risks.** Make sure you know the safe way to do a job. If you're not sure, check with your supervisor before you start to work.
- **Talk to co-workers about safety**—yours and theirs. We're interdependent when it comes to safety. No one is truly safe if some people aren't working safely. Team up to make sure everybody knows and follows all the safety rules.
- **Make safety a priority.** Get involved in safety training and learn how to work safely. Make suggestions for ways to improve safety. Be a safety booster, not a hidden hazard.