

SKIN SAFETY

Did you know that:

- ⊗ You have approximately 2,880 square inches of skin to protect your body?
- ⊗ It consists of two layers—the epidermis, or top layer, and the dermis, or underlying surface with nerve endings and sweat glands?
- ⊗ Your skin repels most germs, wind, cold, and heat?
- ⊗ Hazardous substances can enter through pores or even penetrate the skin?

Types of skin hazards on the job include:

- ⊗ Mechanical—cuts, bruises, and other wounds that can lead to infection
- ⊗ Physical—heat and cold
- ⊗ Biological—bacteria, fungus, insects, or viruses
- ⊗ Botanical—poisonous plants
- ⊗ Chemical

To keep your skin healthy, you need to:

- ⊗ Know what can harm your skin and how to protect yourself from these hazards.
- ⊗ Keep your body and work clothes clean.
- ⊗ Wash promptly and thoroughly with soap and water after working with skin hazards.
- ⊗ Avoid using chemical solvents to clean skin.
- ⊗ Wash and treat cuts and abrasions with antiseptic and then bandage them.
- ⊗ Keep your work area and changing areas clean.
- ⊗ Use proper protective clothing and equipment to create an effective barrier between hazards and your skin. Always remember this when working outside in the sunlight.

If you have had a skin condition, you could be prone to other skin problems on the job. Prevent problems by telling your supervisor about your pre-existing skin conditions. This will help ensure that you can safely perform the job you are assigned to do.



"I don't know what it means, but sales have skyrocketed since I put the 'i' in front of it."

**August is National Immunization Awareness Month**

**Vaccinations save lives!**

# Safety Matters

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## Sizzling Summer Temps

### Watch out for heat-related illness

It's hot and humid, and the temperature's still climbing. Unless you're in an air-conditioned environment, you're sweating and uncomfortable. You're probably tiring more easily, and you may be working and moving more slowly, too. But what you really need to be concerned about is the heightened risk of heat-related illness.

Every summer more than a few people end up in the emergency room suffering from heat illness. That's why you need to be able to recognize the symptoms and know what to do about them.

- ⊗ **Heat cramps** are painful muscle spasms in arms, legs, or intestines that are caused by losing salt while sweating.

What to do: Cool down and drink water, clear juice, or a sports drink that contains electrolytes.

- ⊗ **Fainting** may be a problem in the heat, especially if you spend a lot of time standing in one place.

What to do: A brief period of lying down usually helps. Also moving around, rather than standing still, reduces the risk of fainting in the heat.

- ⊗ **Heat exhaustion** can make you feel weak and possibly dizzy and/or nauseous. Other symptoms include chills, clammy skin, and profuse sweating.

What to do: Rest in a cool spot, preferably with feet slightly elevated, and drink plenty of fluids. If your condition doesn't improve, seek medical attention. Also take it easy for a few days following an incident and reduce your pace of activity—especially if excessive heat continues to be a factor.

- ⊗ **Heatstroke** is life-threatening. Emergency medical attention is required. A victim of a heat stroke stops sweating, causing the body to overheat. Symptoms include hot and flushed skin, poor coordination, and confusion, possibly followed by loss of consciousness.

What to do: While waiting for the EMTs to arrive, move the victim to a cool place, sponge with cold water, apply ice packs or cold drink cans, or immerse in cold water. Offer drinking water only if the person is conscious.

### SAFETY TIPS OF THE MONTH

Here are several tips that may help prevent heat exhaustion and dehydration during summer activities:

- ⊗ Drink lots of water. After every third glass of water, drink a glass of electrolyte solution (Gatorade, Pedialyte, other Sports Drinks will work). This helps replace electrolytes such as sodium and chloride that are lost during the sweating process.
- ⊗ Restrict your caffeine intake. Caffeine decreases your cooling ability and will cause you to urinate more frequently and in greater amounts, thus predisposing you to greater water loss.
- ⊗ Invest in a cheap wide brim hat. This provides more sun protection than a cap.

### RIDDLE OF THE MONTH

A man is given the following test to solve. He is placed before a completely enclosed room. He is standing outside the only door to this room. Next to the door are three light switches. The door is closed. Inside the room are three light bulbs corresponding to the three light switches on the outside. The objective is to match each switch to its corresponding lightbulb. He is told that he can fiddle with the switches any way he would like, but that he may open the door and enter the room only once and then when he exits he must immediately tell which switch matches which light. The door is positioned so that he cannot open it and see or touch the switches while it is open. What should he do?

### **OLDER KIDS ENCOURAGE SIBLINGS TO BUCKLE UP**

While children are safest when riding with an adult, a new study by State Farm Insurance and the Children's Hospital of Philadelphia shows that their risk of being injured when a teenager is driving is reduced by 40 percent when the driver is an older brother or sister.

Kids are more likely to buckle up when an older sibling is driving, say study authors. But it can't hurt to remind the driver to have little passengers fasten their seat belts.

### **STORM? DON'T TRIM THE TREES!**

Your electric utility company wants you to call to report all outages.

What they don't want you to do is try to help them after a storm is over by trimming trees or clearing debris away from downed power lines or utility poles.

Always assume that the lines and poles are energized and potentially deadly. Never approach the wires, whether they are in trees or on the ground.

Let the professionals handle fallen or low-hanging lines. Always stay away from electric transformers.

### **SAFER TO USE AC ON THE ROAD**

People are using all kinds of tactics to save gas. Turning off the air conditioner increases mileage by only 1 percent per gallon, according to Consumer Reports. If you drive with a window open, you'll burn more gas than you save. Also, keeping cool helps to make you a safer driver.

### **PREVENT FALLS AT HOME**

\* Have a secure handrail by steps and stairs.

\* Porches, halls, and stairwells should be well lighted.

\* Use night lights in halls and bathrooms after dark.

\* Don't leave anything on the steps.

\* Use nonslip mats in tubs and showers; installing grab bars is a plus.

\* Keep floors dry. Wipe up spills.

\* Choose throw rugs with non-skid backs to reduce chances of slipping.

\* Use a sturdy stepstool with hand rails when climbing is necessary.

\* Follow medication directions to avoid weakness or dizziness.

### **RIDDLE OF THE MONTH ANSWER**

Turn on switch 1 and leave it on for awhile. Turn it off. Turn on switch 2. Go in the room. The bulb which is on corresponds to switch 2. Of the two that are off, one will be hot corresponding to switch 1, the cool one is for switch 2.

# The Skinny on Sunburns

## Symptoms and solutions

Sunburns are usually not serious, but they're often painful, with the worst pain occurring 6 to 48 hours after exposure. Sunburn usually develops 4 hours after exposure, worsens over the next 24 to 36 hours, and goes away in 3 to 5 days. Skin peeling begins 3 to 8 days after exposure. Symptoms include:

- Red, warm, and tender skin
- Swollen skin
- Blistering
- Headache
- Fever
- Nausea
- Fatigue

Know that some drugs—including thiazides, diuretics, tetracycline, doxycycline, sulfa antibiotics, and anti-inflammatory drugs such as ibuprofen—increase sensitivity to sunlight and the risk of getting burned. If you do get burned:

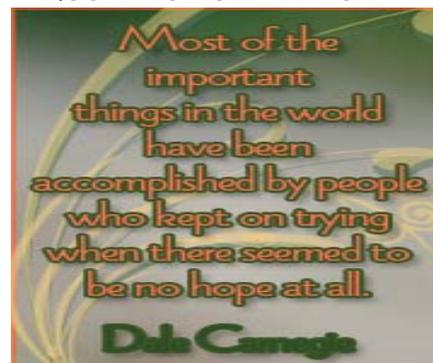
- ☼ Take aspirin or acetaminophen to relieve pain and headache, and reduce fever.
- ☼ Drink plenty of water to replace lost fluids.
- ☼ Take cool baths or gently apply cool wet cloths to the burned area.
- ☼ Apply moisturizing cream, aloe, or hydrocortisone cream.
- ☼ Lightly bandage blisters with gauze to prevent infection. Don't pop blisters, because this slows healing and increases infection risk. When blisters do pop and skin peels, remove skin fragments and apply antiseptic ointment or hydrocortisone cream.
- ☼ Avoid further exposure until the burn has healed.

### **ON THE LIGHTER SIDE**



"You're making us all look really bad. Couldn't you just once not do a super job?"

### **QUOTATION OF THE MONTH**



## **From the State of Delaware's Office of Highway Safety...**

### **Practice Patience Behind the Wheel**

Aggressive driving is a serious traffic safety concern. And, it is more than just speeding. It's a whole series of traffic violations including:

- Speeding
- Tailgating
- Failing to yield the right of way
- Running stop signs and red lights
  - Making unsafe lane changes
  - Passing on the shoulder
- Overtaking a stopped school bus

When a driver commits three of these specified offenses in a single incident, that person will be charged with an aggressive driving violation. Try to pay attention to the way you drive today. Do you find yourself exceeding the speed limit at times? Rolling through a stop sign? Following too closely? OHS suggests practicing patience behind the wheel. The next time you are driving, give these positive behaviors a try:

- Give yourself plenty of time to reach your destination.
- Always stay calm and in control when behind the wheel.
  - Obey all posted signs and signals.
- Avoid sudden lane changes and always signal your intentions.
- Use caution when merging into traffic, and be aware of your lane position.

Finally, remember to pay attention to the drivers around you. If you are calm and in control, perhaps the others around you will be, too.

**Drive Safe. Arrive Alive DE.**