

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

When you consider what supplies you would need for three days after a natural disaster, first consider what emergencies are most likely to occur in your area. Prepare accordingly.

A "supply kit" sounds like something you could carry, but it isn't. When you consider a three-day supply of water and food per person (and pet), plus clothes, shoes, a sleeping bag or blanket for each one, plastic sheeting and duct tape, it's hardly moveable. You need space and a convenient location.

If the emergency could be a flood, the attic or second floor could be a good storage area. If you are more likely to be trapped by a blizzard, tornado, or earthquake, a part of the garage or basement would be better.

That's especially true since the government recommends including garbage bags and closers, toilet paper, hand tools, a bottle of bleach, moist towelettes, a first aid kit, disposable plates, cups and dinnerware, and a fire extinguisher.

They say copies of insurance policies, identification and bank account records should be kept in a separate waterproof container.

Some emergency items don't take as much room. They include:

- A flashlight, battery-operated radio and cell phone with extra batteries, and matches in a waterproof container.
 - A three-day supply of medications, plus traveler's checks, cash and change, pencil and paper, and a dust mask.
 - Personal hygiene items and feminine supplies should be included.
 - If you have a baby, don't forget the disposable diapers. If you have children, include books, games and puzzles.
- Getting ready for an emergency or disaster sounds like a lot of work. But if one occurs, you'll be glad you put your time and money into the project.



"Did you just text me to tell me we don't talk anymore?"

RIDDLES OF THE MONTH

- 1) Why did the cookie go to the hospital?
- 2) What did the one strawberry say to the other strawberry?
- 3) What do you not want to have, but when you do have it, you don't want to lose it?
- 4) What can jump higher than the Statue of Liberty?

Answers on page 2 Safety Bits & Pieces

Safety Matters

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Pesticide Safety

Home pesticides can be hazardous

Because pesticides are so commonly used, it's easy to forget that these products contain some very hazardous chemicals—substances that can injure or even kill those who fail to take the proper precautions.

The first precaution is to wear personal protective equipment (PPE). Minimum protection includes long sleeves, long pants, shoes and socks, rubber gloves, and splashproof eye protection such as goggles. Respirators may be required when there is the risk of inhaling mist, dust, or fumes. You may also need boots and coveralls to protect your skin. More information about protection can be found on labels and in the material safety data sheets (MSDSs).

When mixing pesticides:

- Read the label and/or MSDS before mixing chemicals.
- Wear proper protective equipment and make sure it is in good condition.
- Mix pesticides in a well-ventilated area, preferably outdoors.
- Follow the mixing instructions on the label, measure carefully, and use only the amount specified.
- Keep mixing containers below eye level to prevent splash-ups.
- If pesticides splash or spill on skin or clothing, remove contaminated clothes immediately and wash thoroughly with soap and water.
- Clean up any spills promptly, following instructions on the label or MSDS.

When applying pesticides:

- Inspect equipment before use to make sure it is in good condition. Check for loose connections, leaking hoses, dirty filters, or plugged or worn nozzles.
- Make sure there are no people or animals in the area or down-wind of application areas.
- Apply only the amount specified on the label at the recommended rate.
- Make sure pesticides don't contaminate ponds, streams, or other bodies of water.
- Use precautions to prevent contamination of clothes and skin.

Finally, store pesticides in a labeled container—preferably the original container. Containers should be tightly sealed and checked regularly for leaks or deterioration.

SAFETY TIP OF THE MONTH

To survive a tire blowout, follow this advice from the Maricopa County (Arizona) Safety Office:

- Know what to expect. If it's a front tire, the car will pull hard to one side. In the rear, the car will weave and vibrate.
- Don't slam on the brakes. Instead, take your foot off the accelerator and try to stay in your lane.
- Pull off the road at a safe location to change the tire.

HOW TO INCREASE YOUR CHANCES OF SURVIVING A DISASTER

How will you respond to a fire or natural disaster? Some people freeze and do nothing. Others refuse to believe its seriousness in the important moments after it happens or it begins.

☞ When fire strikes, people who have taken part in fire drills are more likely to survive, especially if the fire is in a large building. Just knowing where the stairs are can be an advantage.

In the Twin Towers, Rick Rescorla of Morgan Stanley security insisted on fire drills from their 73rd floor offices. People didn't like them, but on Sept. 11 he was able to lead his people out.

When fire broke out in the Beverly Hills Supper Club near Cincinnati, most of those inside continued to sip their drinks even as they were warned to leave. Club employees did what they could to move people out, but 168 died.

No matter where you are, always consider an exit plan. Use it if and when it becomes necessary.

☞ When it comes to a natural disaster, preparing for the kinds that could strike your area is basic. Leadership can fall to you, so be prepared with a plan. Urge people to go to a shelter when a flood, tornado or hurricane is predicted.

☞ On board a ship or ferry, listen carefully to emergency instructions. Know how to put on your life jacket and know more than one way from your location to the upper deck. Sometimes, passengers refuse to believe a ship is sinking and do nothing.

☞ Many airplane crashes are survivable. Listen to the safety instructions so you get out as quickly as possible in an emergency. Stewardesses are now told to shout, "Get out! Get out!"

The best way to improve your performance in an emergency is to practice. If you live in a tall building, take the stairs occasionally so you become familiar with them. If you live in a hurricane-prone area, have a suitcase ready and make a plan for evacuating.

For additional information on survival tips in disaster situations, please read *The Unthinkable: Who Survives When Disaster Strikes and Why* by Amanda Ripley.

RIDDLES OF THE MONTH ANSWERS

- 1) He was feeling crummy
- 2) If you'd only listened to me we wouldn't be in this jam!!
- 3) A lawsuit.
- 4) Anything that can jump since the Statue of Liberty cannot jump!!

We remember



Patriot Day September 11

HazMat Quiz

Test your knowledge of chemical safety

1. Chemicals in the workplace can present two kinds of hazards, _____ and _____.
2. _____ chemicals can burn the eyes or skin.
3. _____ chemicals are poisonous and cause illness or death.
4. Chemicals can enter your body through your _____, _____, _____, or _____.
5. _____ chemicals catch fire easily.
6. You can find safety and health information about chemicals on the container _____ or in the _____ for the chemical.
7. If you see the word _____ on a label, this means the chemical can cause immediate serious injury or death.
8. The Hazard Communication Standard says that you have a _____ to know about chemicals in the workplace.
9. When working with hazardous chemicals you will always need to wear some kind of _____.
10. When you see numbers from 0 to 4 on a chemical label, you know that the number 1 indicates the _____ (least/most) severe hazard.

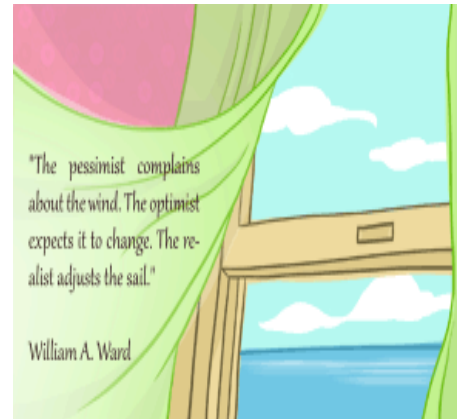
Answers: (1) Physical, health (2) Corrosive (3) Toxic (4) Eyes, nose, mouth, skin (5) Flammable (6) Label, MSDS (material safety data sheet) (7) Danger (8) Right (9) PPE (personal protective equipment) (10) Least

ON THE LIGHTER SIDE



"After looking at all your test results and consulting many experts, it's my medical opinion that you have something I can't pronounce."

QUOTATION OF THE MONTH



From the State of Delaware's Office of Highway Safety... Safe Driving...Only the Basics

Do you remember the things that you learned in Driver's Ed class? For some of us, it has been many years since we sat behind the wheel of a car for the first time. Though laws change, the basics of safe driving behavior are the same now as they were then.

- ☞ **Buckle Up.** It's the first thing you should do when you get in the car each and every time. Day and Night.
- ☞ **Drive Sober.** Never get behind the wheel when you are impaired by drugs or alcohol. Period.
- ☞ **Share the Road.** Be aware of what is going on around you. Look and listen for motorcycles. And remember to always look twice when changing lanes and pulling out from a stop.
- ☞ **Don't be *That Guy*.** Don't turn into the aggressive person who speeds, runs red lights, and weaves through traffic. Practice patience behind the wheel. And always obey the posted speed limit and traffic signs.
- ☞ **Watch for Pedestrians.** Everywhere you go, keep your eyes open for people walking near the roadway. Never assume that they will wait for you to pass. Always be ready to stop.

There is one more thing to remember: Put the Phone Down. Talking and texting while driving is a deadly combination. One text or call could wreck it all. For more information on these and other traffic safety programs, go to www.ohs.delaware.gov.
Drive Safe. Arrive Alive DE.