



SAFETY/SENSE

The Monthly Newsletter of Delaware **Safety** Council

March 2023 Volume 2 No. 3



Pg. 6

Workplace Eye Wellness. Ladder Safety. International Women's Day.



Pg. 8

Member of



Pgs. 3-5

Letter From Executive Director — Stacey Inglis

DELAWARE SAFETY COUNCIL BOARD OF DIRECTORS

Board Chairs

Samuel Waltz, Jr. APR, Sam Waltz & Assoc.
R. Bruce Swayze, Principal, Weymouth,
Swayze & Corroon Insurance

Board Treasurer

Julian "Pete" Booker, General Manager,
Delaware Public Media

Board of Directors

Jeff Benyo, MS, CIH, Retired Director of
Safety, Christiana Care Health System

Honorable M. Jane Brady, Retired Judge,
Superior Court, State of Delaware

Andrew Brancati, Retired Director,
Highmark Blue Cross Blue Shield Delaware

Brandon Brice, V.P. College Advancement
and Community Relations for Cecil College

John A. Campanella, SHRM-SCP, Retired
Delaware State Police Captain, Private
Investigator

Phillip De Dominicis, Managing Director,
Investment Banking, Menke & Associates

Nicole Di Mondì, Global Environment Health
Safety Manager, Facilities, DuPont Company

Leo Hamilton, Retired Global Director of
Safety, Health, Environment, DuPont

Michael Wagner, Driver Education
Associate, Delaware Dept. of Education

Emeritus

Frances M. West, Esq. Retired President,
Better Business Bureau



International Women's Day

Dear Members and Friends,

International Women's Day (IWD) is a global day celebrating the social, economic, cultural and political achievements of women. IWD is not country, group, nor organization specific. The day belongs to all groups collectively, everywhere.

In Delaware, three women oversee traffic safety in our state. Nicole Majeski, the 11th Secretary of the *Delaware Department of Transportation*, Jana Simpler, Director of *Delaware Department of Motor Vehicle*, and Kimberly Chesser Director of Delaware's *Office of Highway Safety*.

On March 8, 1908, women workers in the needle trades marched through New York City's Lower East Side to protest child labor, sweatshop working conditions, and demand women's suffrage. Beginning in 1910, March 8th became annually observed as *International Women's Day*.

Several central beliefs underpin and guide the purpose and provisions of *International Women's Day*. Identifying, celebrating, and increasing visibility of women's achievements for example can help forge equality. Or, organizing strategic collaborations based on a foundation of shared purpose, trust, and appreciation can impact positive change for women all while raising worldwide awareness.

In keeping with our trifecta of women traffic safety leaders, we are recognizing a few national women traffic safety leaders in this March issue of *Safety/Sense*.

Stacey

Stacey Inglis
Executive Director
Delaware Safety Council

Join **Delaware Safety Council!**

Click [HERE](#) for Membership!



Women Warriors of the Roads!

The U.S. Department of Transportation was signed into law in October of 1966.

Polly Trottenberg - Deputy Secretary US Department of Transportation.

As the number two official and Chief Operating Officer, she supports Secretary Buttigieg on providing leadership and strategic vision for USDOT. She has an extensive 25+ year public sector career in all levels of government. Trottenberg served from 2014 to 2020 as New York City's Transportation Commissioner. She served in the Obama Administration as the Assistant Secretary and Under Secretary for Policy at the U.S. Department of Transportation. During her previous five years at the Department, she developed and implemented transportation policies to address the needs of state and local transportation agencies on every type of project from roads and bridges, to transit and rail, to airports, ports, and pipelines.



Pam Shadel Fischer - Sr. Director External Engagement Governors Highway Safety Association.

Pam has more than 30 years of experience addressing behavioral safety issues at the local, state and national levels. Pam manages many of GHSA's key partnerships. She also works to bring national visibility to highway safety through public speaking engagements. From 2007 to 2010, she served as Governor's Representative and Director of the New Jersey Division of Highway Traffic, following a 20-year career with AAA New Jersey.

Women Warriors of Delaware Roads!



Nicole Majeski

Secretary of the Delaware Department of Transportation.

As Secretary, she leads an organization responsible for 90% of the state's transportation network, including the Division of Motor Vehicles and the Delaware Transit Corporation. Oversees the development and implementation of a six-year capital program of over \$4 billion and ensures compliance with U.S. Department of Transportation. In addition, she works with the state's counties, municipalities and towns to coordinate land use planning and transportation infrastructure needs throughout the state. With an annual budget of nearly \$1 billion and a dedicated workforce of over 2,500 employees, Nicole oversees one of the largest departments in state government.

Jana Simpler

Director of Division of Motor Vehicle.

She is the Director of the Delaware Office of Highway Safety (DE OHS). She started her career in highway safety in 1997, served as the Deputy Director of DE OHS through 2009 and then as the Director of the Delaware Office of Highway Safety (DE OHS) for the last five years. Jana was re-elected by her peers to a third term as Governors Highway Safety Association (GHSA) Chair. She Board's Secretary for three years and the NHTSA Region 3 Representative for two. Additionally, she served as the Chair of the Federal Relations Committee



Kimberly Chesser

Director of DE Office of Highway Safety.

She is the Director of the Delaware Office of Highway Safety (DE OHS). She started her career in highway safety in 1997, served as the Deputy Director of DE OHS through 2009 and then as the Director of the Delaware Office of Highway Safety (DE OHS) for the last five years. Jana was re-elected by her peers to a third term as Governors Highway Safety Association (GHSA) Chair. She Board's Secretary for three years and the NHTSA Region 3 Representative for two. Additionally, she served as the Chair of the Federal Relations Committee



Rachel Maleh is Executive Director of **Operation Lifesaver, Inc.**, the national, nonprofit rail safety education organization based in Washington, D.C.

Women and the Rails.

Operation Lifesaver is a non-profit organization.

In America, a person or vehicle is hit by a train roughly **every three hours**, and that's a reality OL is committed to change. Operation Lifesaver is a non-profit organization that provides public education programs in states across the U.S. to prevent collisions, injuries and fatalities on and around railroad tracks and highway-rail grade crossings. Injuries and fatalities that occur at highway-rail crossings or on railroad property are a real, but often a preventable, problem. They are committed to providing the educational resources and necessary solutions to help resolve this problem.

History

OL started in 1972 when the average number of collisions at U.S. highway-rail grade crossings had risen above 12,000 incidents yearly. To address this tragic reality, the Idaho governor's office, along with the Idaho Peace Officers and Union Pacific Railroad launched a six-week public awareness educational campaign called Operation Lifesaver to promote highway-rail grade crossing safety. After Idaho's crossing-related fatalities decreased that year by 43%, the successful program was adopted by Nebraska (1973) and in Kansas and Georgia the following year. Within a decade it had spread across the country. In 1986 a non-profit Operation Lifesaver national office was created to help support the efforts of state OL programs and raise national awareness on highway-rail grade crossing issues.

Today, Operation Lifesaver's network of authorized volunteer speakers and trained instructors offer free rail safety education programs across the U.S. They speak to school groups, driver education classes, community members, professional drivers, law enforcement officers, and emergency responders. OL's programs are co-sponsored by federal, state and local government agencies, highway safety organizations and America's railroad systems. Collectively, they promote the three E's - **E**ducation, **E**nforcement and **E**ngineering - to keep people safe around the tracks and railway crossings all across the country.



For additional information on
Operation Lifesaver programs, contact:

703-739-0308

Fax: 703-519-8267

Email : general@oli.org



March is Workplace Eye Wellness Month

March is *Workplace Eye Wellness*. According to a recent report from the U.S. Bureau of Labor Statistics, there were 15,730 eye injuries involving days away from work. Proper eye protection minimizes the risk of significant eye injury. Prevent Blindness recommends that the type of eye protection that should be used depends on the hazards in the workplace. For example, someone working in an area that has particles, flying objects, or dust, should wear safety glasses with side protection (side shields). If working near hazardous radiation (welding, lasers, or fiber optics) special-purpose safety glasses, goggles, face shields, or helmets designed for that task should be worn.

Eye and face protection must be provided whenever necessary to protect against chemical, environmental, radiological or mechanical irritants and hazards. OSHA also requires that employers provide personal protective equipment (PPE) to their workers, and ensure its proper use. Additionally, employers are also required to train each worker required to use PPE.

The Centers for Disease Control and Prevention (CDC) recommends eye protection for a variety of potential exposure settings where workers may be at risk of acquiring infectious diseases via ocular exposure. According to the CDC, infectious diseases can be transmitted through various mechanisms, among which are infections that can be introduced through the mucous membranes of the eye (conjunctiva). These include viruses and bacteria that can cause **conjunctivitis**, and viruses that can cause systemic infections, including bloodborne viruses, herpes viruses, and rhinoviruses.

For those in an office setting, the average American worker spends seven hours a day on the computer either in the office or working from home, according to the [American Optometric Association](#). Employees who work primarily using digital screens, such as computer monitors, tablets and smart phones, are at increased risk of digital eye strain. Symptoms of eye strain include sore or irritated eyes, blurred vision and headaches.

Eye Safety Recommendations:

- **Screen time:** Try to decrease the amount of time spent in front of these screens and/or take frequent breaks to give your eyes a rest.
- **Filters:** Screen filters are available for smart phones, tablets, and computer screens. They decrease the amount of blue light given off from these devices that could reach the retina in the eyes.
- **Anti-reflective lenses:** Anti-reflective lenses reduce glare and increase contrast and also block blue light from the sun and digital devices.
- **Intraocular lens (IOL):** After cataract surgery, the cloudy lens will be replaced with an intraocular lens (IOL). The lens naturally protects the eye from almost all ultraviolet light and some blue light. There are types of IOL that can protect the eye and retina from blue light.

U.S. Global Leadership Coalition 2023

Strengthens Our Economy. Saves Lives. Keeps Us Safe.

Monday, February 6, 2023 at the Hotel DuPont in Wilmington, [Delaware Safety Council](#) attended the [Mid-Atlantic Regional Summit](#). It was a dynamic hybrid conference with Senator Chris Coons, Lt. Governor, Bethany Hall Long, and foreign policy experts who explored what diplomacy, development, and democracy are worth to the national and economic security of communities across the Mid-Atlantic region.

Delaware exported \$4.7 billion in goods to foreign markets in 2021, a 21% increase compared to 2020 driven by continued economic recovery from the impact of the COVID-19 pandemic on the global economy.

Canada (\$592 million), China (\$556 million), South Korea (\$483 million), Germany (\$434 million), Mexico (\$262 million)

The [USGLC](#) works in our nation's capital and across the country to strengthen America's civilian-led tools — development and diplomacy — alongside defense. By advocating for a strong International Affairs Budget, the USGLC is working to make America's international affairs programs a keystone of U.S. foreign policy.

Delaware Safety Council looks to reengage its statewide Farm Safety Programs, recognizing the importance of Delaware's agricultural exports to the state's economy, totaling \$280 million in 2020, according to the USDA.



Delaware Global Facts

Since 2014, the U.S. Export-Import Bank has financed **\$35 million** in exports from 9 companies in Delaware.

During 2020, **6,342** international students were enrolled in Delaware colleges and universities and contributed **\$170 million** to the Delaware economy.





Ladder Safety Appropriate Steps.

When using ladders choose the right type and size ladder. Except where stairways, ramps, or runways are provided, use a ladder to go from one level to another. Keep these points in mind: Ladders are involved in many incidents like this, some of which are fatal. Your life literally can depend on knowing how to inspect, use and care for this tool.

Let's spend a few minutes talking about ladders.

Look for the following faults:



- ◆ Loose or missing rungs, or cleats.
- ◆ Loose nails, bolts, screws.
- ◆ Wood splinters or damaged edges.
- ◆ Cracked, broken, split, dented, or badly worn rungs, cleats, or side rails.
- ◆ Corrosion of metal ladders or metal parts. If you find a ladder in poor condition, tag the ladder and take it out of service.

If repairs are not feasible, the defective ladder should be removed from the job site.

Ladder Safety Suggestions:

1. Be sure straight ladders are long enough so that the side rails extend above the top support point, by at least 36 inches.
2. Don't set up ladders in areas such as doorways or walkways where others may run into them, unless they are protected by barriers. Keep the area around the top and base of the ladder clear. Don't run hoses, extension cords, or ropes on a ladder and create an obstruction.
3. Don't try to increase the height of a ladder by standing it on boxes, barrels or other materials. Don't try to splice two ladders together.
4. Do not apply personal or job stickers/decals.
5. Set the ladder on solid footing against a solid support. Don't try to use a stepladder as a straight ladder.
6. Place the base of straight ladders out away from the wall or edge of the upper level about 1 foot for every 4 feet of vertical height. Don't use ladders as a platform, runway or scaffold.