



# SAFETY/SENSE

The Monthly Newsletter of Delaware Safety Council

November 2022 Volume 1 No. 7



**DROWSY**  
Driving Prevention Week  
November 6 - 12, 2022

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Road-Ready and Air-Prepared

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## Message from Executive Director, Stacey Inglis

### The Dimming of Friday Night Lights

Dear Members and Future Members,

Being brought up in the northeast, Friday nights in the fall during my teen years meant making a lot of decisions; which parent is taking you and your friends to the football game, or are you getting a ride with a friend's parents, are you going to walk to McDonald's after the game with friends, which Bonnie Bell lip gloss necklace flavor to wear and does it match my outfit, is the boy I have a crush on going to be at the game, do I have enough babysitting money for Teaberry gum, popcorn AND hot chocolate, among others.

But never once was I concerned with the thought of will I come home alive from the game. The first three Friday football nights in Delaware included fights, gunfire, stadium evacuations and the exclusion of future attendees from stadiums going forward. There were even conversations of moving football games from Friday nights to Saturday afternoons.

Panic to the level of police involvement created an evacuation at Abessinio Stadium during a Howard High and Delaware Military game ending the game being postponed during third quarter. Friday, September 23rd in Middletown outside of the Appoquinimink Stadium a 16 year-old male and 17 year-old female were shot resulting in restrictions and an attendance policy change by the school district affecting future games.

Delaware isn't alone in this trend of violence under the *Friday Night Lights*. Similar violence and shootings

have occurred in Ohio, Maryland, New York and according to data from Everytown Research, the United States averaged just over 87 school shootings EACH year from 2013 to 2021 resulting in an average of 28.4 dead and 59.6 wounded.

Safety used to be an unspoken "given" at Friday football games. Something that moms and dads, and grandparents could attend together with the younger siblings of the kid attending the high school. Now the ritual of loading the stadium chairs, and blankets for the game each week is in danger of fading into the past. Some area schools are allowing each player and cheerleader on the roster only two tickets per game with the purchase of the tickets done on school grounds, and the attendee's names recorded.

It makes me sad that we got here, and fortunate that I have these innocent memories that some future generations are in jeopardy of never experiencing.

*Stacey*





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## Top Thanksgiving Safety Tips

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey, and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay three feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of reach of children up high in a locked cabinet.
- Never leave children alone in a room with a lit candle.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Make sure your smoke alarms are working. Test them by pushing the test button.

**FOLLOW**

**US!**







## Holiday Travel Tips Before You Leave.

Travel safety begins before you even leave the house. Make sure your home is secure, plan ahead to set you up for travel safety success.

### Secure your home before you leave on vacation.

To deter potential burglars, you want to make sure your home looks lived in even while you are away. Statistics show that burglaries tend to rise in the holiday months, which is peak travel time for most of us. And thieves know the best time to strike is when your home is vacant.

### **Here are some steps you can take to tighten security before you hit the road.**

- ◇ Tell a neighbor your travel plans. Ask them to help keep an eye on your property and alert you of any suspicious activity.
- ◇ Lock all your windows and doors. Don't forget about doors leading to the garage or second-story windows.
- ◇ Have mail and newspaper delivery stopped. A stack of mail and newspapers or garbage cans left at the curb are signs that nobody's home. You can temporarily stop delivery by contacting your newspaper carrier and the United States Post Office. And recruit a neighbor to bring in the garbage bins.
- ◇ Hire someone to help you keep up on yard work. An overgrown lawn or unshoveled walkway is a dead giveaway that no one's at home.
- ◇ Make sure any yard tools are put away. A ladder, rakes, and even patio furniture can all be used as tools to gain entry to your home.
- ◇ Don't post your travel plans on social media, you might make yourself a target.





## Drowsy Driving Prevention Week®

### DROWSY DRIVING PREVENTION WEEK®

NOV 6-13, 2022  
theNSF.org

SLEEP FIRST. DRIVE ALERT.

Being a diligent driver starts with being aware – drowsy driving is preventable. Sleepiness can slow down your reaction time, decrease awareness, impair judgment, and increase your risk of crashing. Whenever you are getting ready to drive, ask yourself, **“Am I alert enough to operate a 3,000-pound moving machine on public roads?”**

Before getting into the car with someone or driving yourself, ask the following:

1. Are you sleep-deprived or fatigued? Are you suffering regularly from sleep problems? Less than 6 hours of sleep triples your risk of falling asleep while driving!
2. Are you planning to drive long distances without proper rest breaks?
3. Will you be driving through the night, mid-afternoon, or when you would normally be asleep?
4. Are you taking medications that can make you sleepy such as antidepressants, cold tablets, or antihistamines?
5. Have you been working for more than 60 hours a week? A tightly-packed work schedule increases your risk of drowsy driving by 40%.
6. Have you been working more than one job and your main job involves shift work?
7. Did you drink alcohol? Even a small amount of alcohol can have an impact on your body.

Be proactive. [Plan every short and long trip ahead of time](#). Ask a friend to join you on long-distance drives, so that your companion can help look for early warning signs of driver fatigue and switch drivers when needed.

8 Drowsy Driving Warning Signs to Watch for:

1. Finding it hard to focus on the road, frequent blinking, or heavy eyelids
2. Starting to daydream, wandering eyes, and have disconnected thoughts
3. Having trouble remembering the last few miles driven
4. Missing an exit or ignoring traffic signs
5. Yawning repeatedly or rubbing your eyes
6. Finding it hard to keep your head up or nodding off
7. Drifting from your lane, tailgating, or hitting a shoulder rumble strip
8. Feeling restless and irritable, or becoming aggravated with common annoyances such as sitting in traffic.







## DELAWARE OFFICE OF HIGHWAY SAFETY



**Office of Highway Safety's 2022 Highway Safety Conference** was held in Dewey Beach September 27-29th. Members of Delaware law enforcement, directors with the DMV, and DelDOT, along with speakers from national organizations like the Governor's Highway Safety Association were in attendance. The Delaware State Police Honor Guard and Presentation of Colors welcomed the attendees.

Opening remarks were offered by Secretary Nathaniel McQueen, Jr., Department of Safety and Homeland Security, Col. Melissa Zebley, Delaware State Police and NHTSA Region 3 Administrator, Stephanie Hancock.

Kimberly Chesser, Director of OHS shared Delaware roadway fatalities and traffic statistics on day one. General sessions and a variety of Breakout sessions covering a variety of safety topics presided over the two day conference.





## Workplace Safety and the Flu

This page includes information for workers and employers about reducing the spread of seasonal flu in workplaces. It provides information on the basic precautions for all workplaces, including additional precautions for healthcare settings. Getting a flu vaccine is more important than ever during the COVID-19 pandemic to:

- Protect yourself, family, coworkers and other members of the community,
- Make the flu less severe if you get it, and
- Reduce the burden on our healthcare systems responding to the COVID-19 pandemic.

Health and Human Services' Centers for Disease Control and Prevention (CDC) has [updated guidance](#) for protecting individuals from seasonal flu. Refer to this page for updates on the most recent seasonal flu vaccine. Each year the vaccine is revised to protect against the influenza viruses that research indicates will be most common this season.



## Vaccination Recommendations for 2022-2023 Flu Season

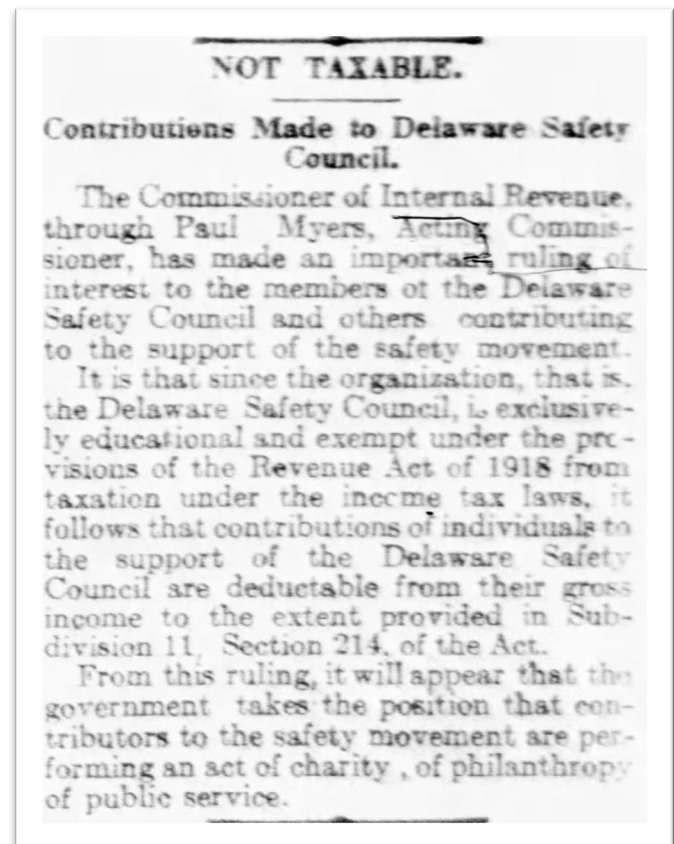
- \* [CDC Recommendations](#)
- \* [World Health Organization](#)
- \* [Advisory Committee on Immunization Practices \(ACIP\)](#)





In 1918, only 5% of the population paid federal income taxes (up from 1% in 1913), and yet the income tax funded one-third of the cost of World War I.

**The Revenue Act of 1918** stated that contributions of individuals to support the Delaware Safety Council are deductible from their gross income, to the extent provided in Subdivision 11, Section 214 of the Act.



December 11, 1920 Wilmington, DE *Evening News*





# PEDESTRIAN SAFETY



As [National Pedestrian Safety Month](#) came to a close, we celebrated the right of everyone to walk or roll safely and remind drivers of their responsibility to stay alert for pedestrians, cyclists, and other vulnerable road users.

In 2020, 6,516 pedestrians were killed in the United States – an average of 18 pedestrians a day. And in 2021, pedestrian fatalities were projected to be up 13% over 2020.

In January, U.S. Transportation Secretary Pete Buttigieg announced the National Roadway Safety Strategy, which is focused on working with stakeholders to reduce traffic fatalities.

“We live in an era when it is safer to fly in an airplane 30,000 feet above the ground than it is to walk down the street,” said U.S. Transportation Secretary Pete Buttigieg. “This National Pedestrian Safety Month,

we must redouble our efforts to address the urgent national crisis on our nation’s roads, and do everything in our power to keep pedestrians safe.”

“No one should die while walking to school, work, the grocery store, or for exercise. Our roads must be safe for everyone, inside and outside a vehicle,” said Acting NHTSA Administrator Ann Carlson. “National Pedestrian Safety Month draws attention to the risks people face while walking or rolling and reminds all drivers to watch for pedestrians and other vulnerable road users.”

“Safety for all road users is our top priority, and FHWA is working year-round with communities across our country to use a Safe System Approach to design roads that are safe for all users and encourage safe speeds,” said Acting Federal Highway Administrator Stephanie Pollack.



From left are: DEMA Deputy Director Christopher Murtha, DEMA Comprehensive School Safety Program (CSSP) Planner Douglas Scheer, Critical Response Group (CRG) CSO Alex Carney, CRG CTO Ethan P. Killeen, CRG President Philip M. Coyne, DEMA Deputy Director Paige Fitzgerald, and DEMA CSSP Planner Nicole Shuler-Geer.

## High-Resolution Campus Maps Will Strengthen Efforts to Protect Students and Teachers

The Delaware Emergency Management Agency (DEMA) and its [Comprehensive School Safety Program](#) will invest almost \$1 million to enhance school security statewide by providing accurate and uniform maps for all of Delaware's 19 public school districts and charter schools to enable law enforcement and first responders to react swiftly during emergencies in unfamiliar environments. Delaware's General Assembly provided the funding this year as part of a \$10 million allocation to the School Safety and Security Fund, which was originally established in 2018. Under the bill, \$1 million was provided to the Department of Safety and Homeland Security for "school mapping, reporting application, and threat assessment tools."

Delaware is partnering with [Critical Response Group](#), a New Jersey-based firm that specializes in collecting and digitizing school building blueprints and making them available to first responders. Its proprietary Collaborative Response Graphics® (CRGs) are built upon the same tactical and operational framework used by highly trained military units. Featuring a gridded overlay map of school buildings and grounds, CRGs provide simple visual communication tools to coordinate emergency response during an incident. Easily understood during stressful situations, the maps enhance response time and improve command and control during an incident. Any changes will be updated continuously in a sharable and easily accessible format for ready access by school officials, emergency personnel, and law enforcement.