



SAFETY ADVISOR

**KEEP RIGHT
EXCEPT
TO PASS**

APRIL 2016



**April is Distracted Driving Awareness Month
Focus on driving, Florida!
Hands on the wheel, Eyes on the road, Mind on driving.**

A distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off your primary task: driving safely.

More...<http://www.distraction.gov/>

Distracted driving is extremely risky behavior that not only puts drivers and passengers in danger, but also pedestrians and bicyclists sharing the road. Focused attention on driving helps to prevent crashes overall.



CATEGORIES OF DRIVER DISTRACTION

Visual	Taking your eyes off the road
Manual	Taking your hands off the steering wheel
Cognitive	Thinking about anything other than driving

Texting requires all three types of distraction, making it one of the most dangerous of distracted driving behaviors. However, this is not the only cause of distracted driving. Other common distractions include: talking on a cell phone, tending to kids or passengers in the back seat, watching

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an event outside of the vehicle, interacting with passengers, eating, unsecured pets, grooming, adjusting radio or climate controls and daydreaming.

In 2015, there were more than 45,700 distracted driving crashes in Florida resulting in more than 39,000 injuries and more than 200 fatalities. Distracted driving crashes were 12.2 percent of all crashes, 7.4 percent of all fatal crashes and 15.4 percent of all injury crashes. The Florida Highway Patrol worked approximately 43 percent of distracted driving crashes statewide.

The categories for distracted driving (excluding Not Distracted and Unknown) on a crash report are:

- Electronic Communication Device (cell phone, etc.).
- Other Electronic Device (navigation device, DVD player).
- Other Inside the Vehicle, External Distraction (outside the vehicle).
- Texting.
- Inattentive.

In 2015, the number one driver distraction noted at the time of crash was Inattentive (65 percent) and the citation violation most associated with distracted driving crashes was Careless Driving. The 20–24 age group made up the largest group of distracted drivers (17.8 percent), followed by 25–29 year-olds (14.3 percent) then 15–19 year-olds (11.6 percent).

Campaign hashtag: #FocusonDrivingFL

EYES ON ROAD • HANDS ON WHEEL

MIND ON DRIVING

2016 National Work Zone Awareness

**Don't Be
THAT
Driver!**



**Work on Safety.
Get Home Safely.
Every Day.**

The FDOT Work Zone Safety campaign continues its message that everyone must recognize the dangers of reckless driving through highway work zones. We ask you to do your part when it comes to Work Zone Safety:

1. Be Alert – Expect anything to occur when entering a work zone.
2. Don't Tailgate – Unexpected stops frequently occur in work zones.
3. Don't Speed – Note the posted speed limits in and around the work zone.
4. Don't Change Lane in the Work Zone – The time saved just isn't worth the chance.
5. Minimize Distractions – Avoid changing the radio & using cell phones while driving in work zones.
6. Expect the Unexpected – Keep an eye out for workers and their equipment.

The message is being heard. The number of deaths in Florida construction zones has been steadily declining since 2005 when 137 people were killed in work zones. During 2013, there were 75 fatalities, 4,422 injuries, and 7,519 work zone crashes. Most crashes in construction zones are preventable, as are the deaths and injuries that occur.

Work Zone Safety. It's Everyone's Job.

2016 National Work Zone Awareness

Don't Be
THAT



Driver!

Work on Safety. Get Home Safely. Every Day.

STOP



Work Zone Safety Awareness Week
April 11-15, 2016

Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year, and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy \$249 billion in 2010. Most excessive drinkers are not alcohol dependent.

What is considered a "drink"?

U.S. Standard Drink Sizes



Excessive alcohol use includes:



Binge Drinking

For women, 4 or more drinks consumed on one occasion



For men, 5 or more drinks consumed on one occasion



Heavy Drinking

For women, 8 or more drinks per week



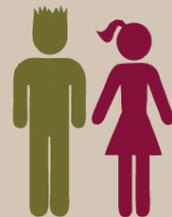
For men, 15 or more drinks per week



Any alcohol used by pregnant women



Any alcohol used by those under the age of 21 years



If you choose to drink, do so in moderation:



DON'T DRINK AT ALL if you are under the age of 21, or if you are or may be pregnant, or have health problems that could be made worse by drinking.

FOR WOMEN, up to 1 drink a day



FOR MEN, up to 2 drinks a day



NO ONE should begin drinking or drink more frequently based on potential health benefits.

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems.

Short-Term Health Risks

Injuries

- Motor vehicle crashes
- Falls
- Drownings
- Burns

Violence

- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

Alcohol poisoning

Reproductive health

- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders (FASDs)



Long-Term Health Risks

Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

Cancers

- Breast
- Mouth and throat
- Liver
- Colon

Learning and memory problems

- Dementia
- Poor school performance

Mental health

- Depression
- Anxiety

Social problems

- Lost productivity
- Family problems
- Unemployment

Alcohol dependence



This April marks the ninth annual National Safe Digging Month, reminding Florida residents to always call 811 two full business days before any digging project. National Safe Digging Month is formally recognized by the U.S. House of Representatives and Senate and has traditionally earned the support from nearly every state governor across the country.

When calling 811, homeowners and contractors are connected to Sunshine 811. Sunshine 811 notifies the appropriate utility companies of your intent to dig. Professional locators are then sent to the requested dig site to mark the approximate locations of underground lines with flags, paint or both.

Every six minutes an underground utility line is damaged because someone decided to dig without first calling 811.

Striking a single line can cause injury, repair costs, fines and inconvenient outages. Every digging project, no matter how large or small, warrants a call to 811. Installing a mailbox, building a deck and planting a tree or garden are all examples of digging projects that should only begin a few days after a call to 811.

“As April marks the traditional start of digging season, we are using this month to strongly encourage individuals and companies to call 811 before they begin digging,” said Mark Sweet, Sunshine 811 executive director. “By calling 811 to have the underground utility lines in their area marked, homeowners and professionals are making an important decision that can help keep them and their communities safe and connected.”

The depth of utility lines can vary for a number of reasons, such as erosion, previous digging projects and uneven surfaces. Utility lines need to be properly marked because even when digging only a few inches, the risk of striking an underground utility line still exists.

The Florida Department of Transportation encourages area residents to visit www.sunshine811.com/homeowner for more information about digging safely.

Word Search Puzzle

B L O H O C L A H Q S H M Y S C C V W Y
E I B A B D L O P A S E Q Y R J V C I U
V P N Q S O X U O X N I Y M E X J I D J
X C O G N I T I V E N D C E G V R D I P
D A B K E I Q E K A V P S J N D O K Y P
O E S E T D H S T G N I M A E R D Y A D
S L T D H I R T L Y A V R L S I L W W N
N E O C C A E I A O T C K I S V A H A I
T W H L A N V D N G R E U V A I U E R M
N A E S T R O I A K A T X E P N S E E K
T J U I A T T E O P I E N T C G I L N C
G Q V I T R N S R R O N V O I E V Z E W
G E D R U I C I I M S O G M C N L Q S G
N L E T H W L X P D K Z U O Z J G J S I
B L B S F L O R I D A K S R I L C L F C
A G N I M O O R G P K R H R E Q A X D W
B U S A F E T Y O Y L O N O S U C O F L
S L L I G Y W P Q C K W F W N N O A P W
I O Y I Q Y V Q C I Q V Z A R T A U K S
C Z Q O E I D P O Z G K M V C E A J V K

ALCOHOL
ALERT TODAY
ALIVE TOMORROW
APRIL
AWARENESS
BEHAVIORS
BINGE DRINKING
COGNITIVE
CONTROLS
CRASHES

DAYDREAMING
DISTRACTED
DRIVING
EYES
FLORIDA
FOCUS
GROOMING
HANDS
INATTENTIVE
MANUAL

MIND
PASSENGERS
PUT IT DOWN
SAFETY
SUNSHINE
TEXTING
VEHICLE
VISUAL
WHEEL
WORKZONE

**The Safety Advisor puzzle is generated from the
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Omissions or errors are possible and are the sole responsibility of the program
and not the producers of this Newsletter.**

SAFETY SLOGANS

U Drive. U Text. U Pay.

One Text or Call Could Wreck it All.

Talking on a phone in a Work Zone can leave
you....Speechless.

Be Safe. Be Smart. Be Seen.
Make sure drivers can see you.

KEEP RIGHT EXCEPT TO PASS

Hotline

Safety Hot Line
(850) 414-5255

You can report hazards by telephone.
You can remain anonymous.
Everything is confidential.

Hotline

Hotline

This monthly newsletter is produced in the State Safety Office by Mark Eacker. For content information, please call or email the editor, Mark Eacker, at:

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Our internet address is: www.dot.state.fl.us/safety

Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/



Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:

Fax: 850 414 4221

Via US Postal Service (or inter-office mail) to the address shown below:

Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, FL 32399

Safety Slogan of the Month Entry Form

Survey Questions	Yes	No
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Are the Safety Advisor topics relevant to your day to day job?		
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Do you use the Safety Advisor in any manner other than read it?		
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What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)

Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.

Please Print
Safety Slogan

Name: _____ Location/Office: _____

District: _____ Phone: () _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 PAY DAY	2
3	4	5	6	7	8	9
10	11	12	13	14	15 PAY DAY	16
17	18	19	20	21	22	23 PASSOVER
24 PASSOVER	25 PASSOVER	26 PASSOVER	27 PASSOVER	28 PASSOVER	29 PASSOVER PAY DAY	30 PASSOVER

National Work Zone Awareness Week

THE MONTH OF APRIL

April 2016 is Observed as	National Distracted Driving Awareness Month; Alcohol Awareness Month; National Poetry Month; Sexual Assault Awareness and Prevention Month; National Autism Awareness Month; Stress Awareness Month; and National Donate Life Month.
Birthstone	Diamond and Crystal.
Fruit & Veggies for the Month	Strawberries; Asian Pear; and Tomatillos.
April Flower	Daisy and Sweet Pea.
Astrological Signs	Aries (till 19th) & Taurus (20th →).
Other Notable April Dates & Events	National Work Zone Awareness Week.