



SAFETY ADVISOR

JULY 2015



Your Eyes and UV Safety

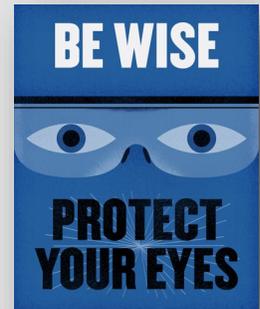
Protect Your Eyes From The Sun

Summer is upon us! It's UV Safety Month, a great time to spread the message of sun, fun and the effects of UV rays. Ultraviolet (UV) radiation is the main cause of skin cancer, but can also damage your eyes if you leave them unprotected. It is always important to protect your eyes from harmful UV rays, but it is especially important during the extended daylight hours of the summer.

Here are some helpful tips to protect your eyes from the sun:

1. Choose sunglasses that block 100 percent of UVA and UVB rays and utilize anti-reflective coating (also called AR coating or anti-glare coating).
2. Select wraparound styles of sunglasses so that the sun's rays cannot enter from the side of the frame.
3. In addition to your sunglasses, wear a hat. Broad-brimmed hats provide the protection for your eyes.
4. Don't be fooled by cloudy skies! The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime of the year, not just summertime, so be certain to wear your sunglasses whenever you're outside.

5. Don't rely on your contact lenses to provide protection. Even if your lenses have UV protection, you should always remember to wear your sunglasses as well.
6. It sounds quite obvious, but never, ever look directly at the sun. Looking directly at the sun at any time, even during an eclipse, can lead to solar retinopathy, which is damage to the eye's retina from solar radiation.
7. It's best to try and avoid exposure during peak sun times, which happen between 10 a.m. and 2 p.m. This is when the sun's UV rays are the strongest, but if you have to be outside, then it is especially important to shield your eyes with a hat and proper sunglasses.



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How Do Your Sunglasses Compare?

HELPFUL TIPS WHEN CHOOSING SUNGLASSES:

1. 100% UV PROTECTION



Check packaging to confirm that your sunwear includes quality 100% UVA/UVB protection.

2. BLUE & VIOLET LIGHT FILTER



Blue light may not be as harmful as UV rays but shows increasing evidence of damage to the eye.

3. POLARIZED LENSES



Is one of the best options to reduce glare while increasing visual performance & preserving eye health.

4. BACK SURFACE AR COATING



By adding Back Surface AR to the inside of your shades; you can minimize glare and prevent reflection back into the eye.

5. SELECTIVE COLOR FILTERING



Selectively blocks some wavelengths of light while allowing others through. This is useful if you suffer from light sensitivity.

6. FULL PHYSICAL WRAP



Decrease the amount of "light leakage" caused by light entering from the top or sides of your sunglasses.

7. DISTORTION FREE OPTICS

High quality materials and high-level lens technology will minimize the amount of distortion a lens can have when trying to fit a specific sunglass frame.

July is UV Safety Month

Sun, fun and spending time with family is what the summer season is all about. However, during this season of leisure and warm weather we need to consider the hidden danger that has the potential to quickly end the fun, sun damage.

Promoting July as the official **UV Safety Month** will ideally help to remind us all of the dangers we face while exposing ourselves to the sun without protection. Skin cancer is the most common type of cancer in the U.S. and UV rays from the sun are the primary cause. It is estimated by the American Cancer Society that one American dies every hour from skin cancer and that this year alone, there will be an estimated 68,000 new cases of the most serious form of skin cancer, malignant melanoma.

Despite the warnings, many of us still desire the healthy glow that comes along with sunbathing and, in turn, ignore the potential dangers that we face by exposing ourselves to harmful ultraviolet (UV) rays. Not only can UV rays damage our skin and cause skin cancer, they can also severely damage our eyes.

To best protect against the development of skin cancer, The Skin Cancer Foundation recommends the daily use of a sunscreen having an SPF of 15 or higher. In addition, avoid the sun during the peak hours of 10 A.M. to 4 P.M. and avoid burning and tanning. Apply sunscreen in the amount of 1 ounce (2 tablespoons) over your entire body at least 30 minutes before going outside and then reapply every two hours. Sunscreens may be used on infants over the age of six months. However, newborns must be kept out of the sun for total protection. Closely examine your skin on a monthly basis and visit your physician annually for a professional exam.

Cancer.gov also provides a guide on how to check skin for possible signs of cancer and emphasizes the importance of being aware of a new mole or bump, a sore that doesn't heal or a flaky patch of skin that may be raised.

While enjoying time outdoors it should also be remembered that UV rays will be highest near reflective surfaces like sand and water. According to Earthgauge.net, the reflections of UV rays are particularly dangerous as the reflection intensifies the light. Wearing a brimmed hat and sunglasses that offer 90-100 percent of UV rays are two ways to reduce the potential of eye damage.

Protecting ourselves and our families from the danger of too much sun exposure is essential in guaranteeing a happy, healthy summer.

http://www.healthnews.com/en/news/July-is-UV-Safety-Month/2sf2LWpqX1ShervpTuQQy_/

Heat Stress

Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms

Symptoms of heat stroke include:

- Hot, dry skin or profuse sweating
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech



First Aid

Take the following steps to treat a worker with heat stroke:

- Call 911 and notify their supervisor.
- Move the sick worker to a cool shaded area.
- Cool the worker using methods such as:
 - Soaking their clothes with water.
 - Spraying, sponging, or showering them with water.
 - Fanning their body.

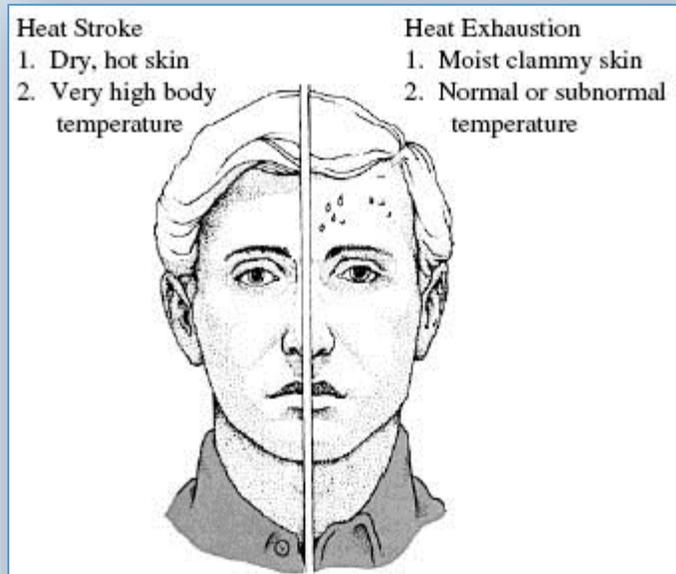
Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

Symptoms

Symptoms of heat exhaustion include:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature
- Fast and shallow breathing



First Aid

Treat a worker suffering from heat exhaustion with the following:

- Have them rest in a cool, shaded or air-conditioned area.
- Have them drink plenty of water or other cool, nonalcoholic beverages.
- Have them take a cool shower, bath, or sponge bath.

Heat Syncope

Heat syncope is a fainting (syncope) episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

Heat Stress Cont'd

Symptoms

Symptoms of heat syncope include:

- Light-headedness
- Dizziness
- Fainting

First Aid

Workers with heat syncope should:

- Sit or lie down in a cool place when they begin to feel symptoms.
- Slowly drink water, clear juice, or a sports beverage.

Heat Cramps

Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

Symptoms

Muscle pain or spasms usually in the abdomen, arms, or legs.

First Aid

Workers with heat cramps should:

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention if any of the following apply:
 - The worker has heart problems.
 - The worker is on a low-sodium diet.
 - The cramps do not subside within one hour.

Drink water often

Rest in the shade

Report heat symptoms early

Know what to do in an emergency

Heat Rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.

Symptoms

Symptoms of heat rash include:

- Heat rash looks like a red cluster of pimples or small blisters.
- It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

First Aid

Workers experiencing heat rash should:

- Try to work in a cooler, less humid environment when possible.
- Keep the affected area dry.
- Dusting powder may be used to increase comfort.

Recommendations for Workers

Workers should avoid exposure to extreme heat, sun exposure, and high humidity when possible. When these exposures cannot be avoided, workers should take the following steps to prevent heat stress:

- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Avoid non-breathing synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take breaks in the shade or a cool area when possible.
- Drink water frequently. Drink enough water that you never become thirsty. Approximately 1 cup every 15-20 minutes.
- Avoid alcohol, and drinks with large amounts of caffeine or sugar.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.
- Monitor your physical condition and that of your coworkers.

<http://www.cdc.gov/niosh/topics/heatstress/>

Heat Safety Daily Checklist

Water

- Is there plenty of fresh, cool drinking water located as close as possible to the workers?
- Is there a plan for refilling water coolers throughout the day?

Shade and Rest

- Is a shade structure available at all times (regardless of the weather) for workers to rest and cool down?
- Is the shade structure up and ready when the weather forecast is 85°F or higher?
- Do you have a plan in place for checking the weather forecast?

Training

- Have workers been trained to recognize and prevent heat illness BEFORE they start working outdoors?
- Can workers identify symptoms of heat illness?
- Is there a special plan in place to allow workers to get used to the heat?

Emergency Plan

- Does everyone know who to notify if there is an emergency?
- Can workers explain their location if they need to call an ambulance?
- Does everyone know who will provide first aid?

Worker Reminders

Have workers been reminded to:

- Drink water frequently?
- Rest in the shade for at least 5 minutes as needed?
- Look out for one another and immediately report any symptoms?

Word Search Puzzle

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

CHECKLISTS
CONFUSION
CRAMPS
DAMAGE
DIZZINESS
EMERGENCY
EXHAUSTION
EXPOSURE
FIREWORKS
FREEDOM

HEAT
INDEPENDENCE
JULY
RECOMMENDATIONS
REST
RETIONPATHY
SAFETY
SHADE
SKIN CANCER
SPASMS

STRESS
STROKE
SUNGLASSES
SWEATING
SYMPTOMS
SYNCOPE
TEMPERATURE
ULTRAVIOLET
WARNINGS
WATER

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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 SLOGAN

THEY'LL
SEE YOU
BEFORE
YOU SEE
THEM.

DON'T DRINK & DRIVE.



Heat stroke is no thrill, heat stroke can kill!

OR

No need to debate, when it's hot you must hydrate.

OR

*In this hot summer heat, CHILDREN can't be left
in the car seat.*



Hotline

Safety Hot Line
(850) 414-5255

Hotline

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

Hotline

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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
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it?		

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
30	1	30	1	2	3 STATE HOLIDAY	4 INDEPENDENCE DAY
5	6	7	8	9	10 PAY DAY	11
12	13	14 BASTILLE DAY	15	16	17	18
19	20	21	22	23	24 PAY DAY	25
26	27	28	29	30	31	1

THE MONTH OF JULY

July 2015 is Observed as	UV Safety Month; National Picnic Month; National Parks Month; Juvenile Arthritis Awareness Month; and Cord Blood Awareness Month.
Birthstone	Ruby and Onyx.
Fruit & Veggies for the Month	Papaya; Nectarine; and Garlic.
July Flower	Larkspur & Water Lily.
Astrological Signs	Cancer (till 22th) & Leo (beginning 23rd).
Other May Dates & Events	July 29 National Lasagna Day.