Holiday safety is an issue that burns brightest from late November to mid-January, the time when families gather, parties are scheduled and travel spikes. By taking some basic precautions, you can ensure your whole family remains safe and injury-free throughout the season. According to Injury Facts 2015, about 2,200 deaths were caused by fires, burns and other fire-related injuries in 2013, and 12% of home candle fires occur in December, the National Fire Protection Association reports. Increased use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations present in many homes means more risk for fire.

Never leave fire unattended. Candles may be small, and the flames they produce may be even smaller, but it takes just a few breaths for an upturned candle to create an inferno.

Use a smart surface. Always place candles on a non-flammable surface, and keep them away from paper, curtains, and other items that could be easily ignited.

Use a screen in front of the hearth. Make sure it's large and heavy enough to encompass the entire opening and to stop any stray logs from rolling out of the fireplace.

Perform regular check-ups. Chimneys and woodstoves require annual (and thorough!) cleaning, and monthly inspection in case of obstructions or damage.

Never burn paper, trash, or green wood. Apart from being highly flammable, scraps of burning paper or trash may actually drift up through the chimney or pipe and land on and light up your roof.

Extinguish the fire. Put out the fire once you want to move away from it and cool the ashes. Ensure that the ashes are then harmlessly sealed away in a metal container outside the home.


Inside this issue:

- Holiday Safety 1
- Ode to Our Family 2
- Don’t Drive Buzzed 3
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- 12 Days of Safety 6
- Winter Solstice 7
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- Safety Slogans 9
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ODE TO OUR BIG FAMILY

Well we almost made it to Christmas
I can’t believe the year went so fast.
I hope you enjoy the holidays
Making memories that forever last.

We all have a lot to be thankful for
It’s been a good year at D O T.
We all spend so much time together
It’s like we’re a big family.

There’s Planning to look to our future
Environmental to protect our health.
Design to put our plans on paper
Work Program & Budget to manage our wealth.

Right of Way secures our place here on earth
Materials insures our investments endure.
Construction makes our dreams a reality
Maintenance preserves it all that’s for sure.

Transit gets us to where we must go
Whether by sea, air, bus or train.
Safety makes sure we arrive alive
By focusing on things that cause us pain.

Traffic Ops helps us get there on time
And warns of problems ahead.
The Inspector General keeps us all in line
The General Counsel prevents suits we all dread.

Organizational Development teaches us skills we need
OIS keeps us technologically sound.
Procurement provides us folks for support
The best help there is to be found.

The Comptroller pays our monthly bills
Human Resources keep our family in-tact.
Emergency Management always protects us
From all danger and that’s a fact.

We also have the Communication bunch
To keep us out of the news.
And the Legislative Programs office staff
To express to the Legislature all our views.

There’s seven Districts and the Turnpike
They are all still family as well.
We all should look quite similar
So the family resemblance you can tell.

There’s family branches I may not have listed
But they’re important just the same.
It takes us all to handle our business
I could list your every name.

We’re led by some great family members,
That we trust and know they are able.
To continue each year-after-year.
To place a new budget on our table.

Yep we are a great big family
Another New Year approaches with lots to do.
So we’re thankful this Christmas that you are a part
Because the family wouldn’t be complete without you.

Freddie Simmons 11-11-15
FOR THE LOVE OF SNOWMEN EVERYWHERE, DON’T DRIVE BUZZED.
The Purpose of Tools: Ergonomic, Practical, and Safe

- Use the proper tool for the designated task.
- Frequent use of inadequate or poorly designed equipment will eventually lead to health hazards (tendonitis, trigger finger, white finger, and carpal tunnel syndrome).
- Never carry/yank a tool by its cord or hose. Also be sure to keep these cords or hoses far from oil, heat, water, and sharp edges.
- Protect your ears and eyes from intense noises and vibrations; opt for power tools with lower vibrations, muffled noises, and longer trigger tools.
- Ensure hand tools do not conduct heat or electricity.
- Maintain good posture and balance the tools in correct alignment to your body at all times.
- Keep other people well away from machine-operating areas. Consider investing in a construction safety program for your employees.
- Always be aware of your surroundings. Look for overhead lines, obstructions, low clearances, underground utilities, and other such obstacles that could prove to be a nuisance or a lethal hazard.
- Know, understand, and follow your workspace’s comprehensive safety program issued for that specific workspace, job position, and task at hand.
- Don’t use damaged tools. Examine each one before its use to ensure that it is in proper working condition. Maintain tools in good, clean working order.

Hazards While Climbing: Ladders and Stairs

- Always inspect a ladder or stairs before stepping upon it. Avoid stepping on anything that appears loose, worn, weak, or otherwise defected or damaged.
- Opt for aerial lifts or elevated platforms, which are safer options than balancing on a ladder.
- Install guardrails with toe boards, warning lines, and control line systems.
- Use fall arrest systems (body harness) and safety net systems in the emergency of slipping and falling.
- Keep steps clean, clear, and dry.
- Don’t use metal ladders on stormy or windy days.
- Choose a ladder that is taller than the spot that you need to reach; at least 3-4 feet above your desired location.
- Move as you work; never overreach, as you could easily lose your balance and fall.
Calculate the distance intelligently: for every four feet of height, move the ladder’s base a foot further from the wall.

Keep tools in your belt to keep your hands free while climbing and descending.

Your Armory of Personal Protective Equipment (PPE)

Always wear appropriate clothing and shoes respective to your job.

Always store your tools and gear in a cool, dry place.

Fire extinguishers must be available and readily attainable.

First aid kits must be available and readily attainable.

Never remove or tamper with safety devices.

Use a back brace if you’re lifting heavy objects or you’ve got a sensitive back.

A hard hat will protect you if there’s a risk of falling objects, as will steel-toed boots.

Wear gloves if you’re handling sharp objects or toxic substances.

Wear goggles if your work poses a hazard to your eyes.

Wear safety harnesses if you’re working from an elevated location and there’s the risk of falling.

Wear non-skid footgear:
- If your workspace involves slippery or elevated surfaces.
- If you’re lifting heavy items.

Wear a breathing mask at all times, especially if:
- You deal with dangerous or toxic chemicals or fumes
- Your workspace has poor ventilation.
- Your workspace has debris, dust, and other flying particles.

Wear the protective equipment that is intended and recommended for your particular task.
- Seat belts
- Safety glasses or goggles
- Protective clothing, headgear, and/or footgear
- Safety harnesses, etc.

Work-related fatal falls, by type of fall, 2010, page 7 by bls.gov; Manner in which fatal work injuries occurred, 2010, page 4 by bls.gov; Addressing the Issue of Compliance with Personal Protective Equipment on Construction Worksites: A Workers’ Perspective, page 2 by ascp0.ascweb.org; Addressing the Issue of Compliance with Personal Protective Equipment on Construction Worksites: A Workers’ Perspective, page 1 by ascp0.ascweb.org; and CONSTRUCTION SAFETY AND HEALTH by cdc.gov.
Winter Solstice (Northern) History

The Winter Solstice happens every year around December 21 or 22. It marks the shortest day of the year as the Northern Hemisphere is angled the farthest away from the Sun on this day.

About the Winter Solstice (Northern) and other interesting facts.

- On the Winter Solstice there are 24 hours of sunlight in the Antarctic Circle, and 24 hours of darkness in the Arctic Circle.
- Many pagan rituals have revolved around the Winter Solstice. The short days and long hours of darkness prompted rituals intended to lure the Sun back.
- 10 inches of snow melts down into only 1 inch of rain.

Winter Solstice (Northern) Top Events and Things to Do.

- Eat more Vitamin-D rich foods to balance out the lack of sunlight.
- Light some candles and enjoy the early evening (see page #1 for safety tips).
- Finish some last minute Christmas shopping.
- Purchase a Christmas tree. Tip: For a more environmentally friendly Christmas, purchase a live tree in a burlap root sack that can be planted after the holiday.
- Watch the lunar eclipse which happens within several days of the winter solstice.

http://www.wincalendar.com/Winter-Solstice
The Safety Advisor puzzle is generated from the
http://school.discoveryeducation.com/
Omissions or errors are possible and are the sole responsibility of the program
and not the producers of this Newsletter.
**SAFETY SLOGANS**

*Only Santa has a magical vehicle, do not drink and drive.*

*OR*

*Light up your tree, not your home.*

*OR*

*Drive with reason this holiday season.*

**Safety Hot Line**

(850) 414-5255

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

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:
850-414-4176 / mark.eacker@dot.state.fl.us
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

<table>
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<tr>
<th>Survey Questions</th>
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<tr>
<td>Are the Safety Advisor topics relevant to your day to day job?</td>
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<td>Do you use the Safety Advisor in any manner other than read it?</td>
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<td>What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)</td>
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<td>Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.</td>
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Please Print
Safety Slogan

Name: ____________________________  Location/Office: ______________________
District: ___________ Phone: (___)______________________

The Safety and Health Awareness Newsletter
The Month of December

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<thead>
<tr>
<th>Sunday</th>
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<td>Winter Solstice (Northern)</td>
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December 2015 is Observed as Universal Human Rights Month and Safe Toys and Gifts Month.

Birthstone Turquoise & Blue Topaz.

Fruit & Veggies for the Month Comice Pears; Kumquats; Pepino melon; Cherimoya; Ugli fruits; and Parsnip.

December Flower Narcissus & Holly.

Astrological Signs Sagittarius (till 21st) & Capricorn (22nd →).

Other December Dates & Events Dec 26-Jan 1: Kwanzaa.