

SAFETY ADVISOR

JANUARY 2015

Happy New Year 2015

“BOOSTER SEATS”

NEW LAW TAKES EFFECT with the NEW YEAR

Effective Thursday January 1, 2015, children aged 4 through 5 years will have to be in either a separate carrier, an integrated child seat, or a booster seat. The car seat belt will no longer be sufficient.



When signing this very important safety legislation in June 2014, Governor Rick Scott said, “As a father and grandfather, I know how important it is to make the safety of Florida’s children a top priority. With this initiative, we are working

to ensure our children travel safely and remain protected on the road. We will continue to do all we can to keep every Floridian safe, so they can enjoy everything our great state has to offer with their loved ones.”

People charged with violating the law face \$60 fines and three points on their driver's licenses. The law includes exceptions such as when a driver is unpaid and is not a member of a child's immediate family or when a child is being transported because of a medical emergency.

<http://www.flgov.com/2014/06/24/gov-scott-signs-legislation-increasing-child-safety-in-motor-vehicles/>

<http://www.safekids.org/coalition/safe-kids-ne-florida>

<http://www.orlandosentinel.com/news/os-new-laws-take-effect-20141229-story.html>



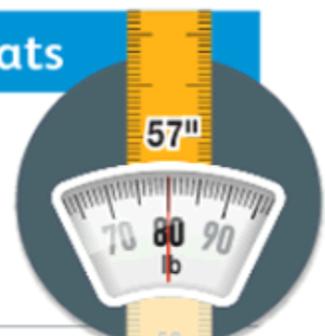
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What to Know about Booster Seats

Booster seats protect children who are too big for a car seat but too small for a seat belt.

Seat belts don't fit children properly until they are **at least 57" (4'9") tall and weigh between 80 and 100 pounds.**



Motor vehicle crashes are the second-leading cause of death for children 4 to 10 years old.

340 children this age died in motor vehicle crashes in 2012.



1/3 of these children were riding without a restraint that could have saved their lives.

Although seat belts are safer than nothing at all, children who should be in booster seats but wear only seat belts are at risk of **severe abdominal, head and spinal injuries** in the event of a crash.



Booster seats can **reduce the risk** of serious injury by **45 percent** compared to seat belts alone.



Safe Kids Worldwide surveyed 1,000 parents of 4 to 10 year olds. The study found **seven in ten parents do not know** that a child should be at least 57 inches (4'9") to ride in a car using a seat belt without a booster seat.



The study revealed 9 out of 10 parents move their child from a booster seat to seat belt **before their child is big enough.**



One in five parents whose children carpool say they **"bend the rules"** when driving, letting children ride without seat belts and without the car seat or booster seat they would normally use.



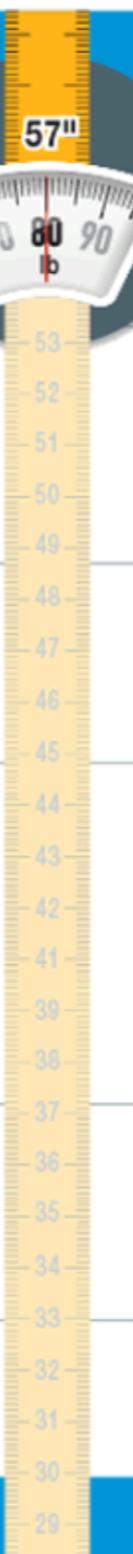
And **61 percent** of parents say they notice other carpool drivers bending the rules.

Buckle up every ride, every time, in the right seat.

REMEMBER: A child needs to be at least 57" tall (4'9") and weigh between 80 and 100 pounds to ride with just a seat belt.



Learn more at www.safekids.org



Drugs at Work

Here's a chilling stat: Almost 10% of workers have admitted to coming to work high.

Before you chalk it up to relaxed medical marijuana laws in more than two dozen states or even legalized recreational marijuana, consider that almost 81% of the people who admitted to showing up to work stoned obtained the drugs illegally.

This is all according to a recent survey conducted nationwide by Mashable, which polled 534 people in the SurveyMonkey Audience.

When it came to other illegal drugs, individuals were much less likely to show up to work high (or admit it, at least).

Only 3% of respondents admitted to coming to work high on another illegal substance.

In terms of drug use on the job, 94% of people said they were "very unlikely" to use marijuana at work. Almost 96% said the same thing about other illegal drugs.

Prescription drug use at work much higher

The survey also looked at prescription drug use on the job. Predictably, the number of workers who admitted to showing up for work "under the influence" of prescription drugs was much higher.

Slightly more than 28% of workers said they'd shown up for work on prescription pills. However, 93% said they were taking the medication for medical purposes.

Mashable asked an interesting follow-up question about medical vs. recreational use: *Was this drug prescribed to you by a doctor?* Almost 95% said the medication had been prescribed by an M.D.

That means some portion of workers who admit to showing up high on medication prescribed by a doctor were using it for recreational purposes.

Spotting the symptoms

The indications that a worker is high on the job vary from person to person, and you can't count on stereotypical warning signs to identify employees who may be a danger to themselves or others.

But spotting these hazards is essential to a safe workplace. Studies show workers with substance abuse issues are five times more likely to:

- cause incidents on the job that result in an injury.
- file for workers' compensation at some point.

Here's one thing you, supervisors and fellow coworkers can keep an eye out for: a sudden change in a worker's behavior.

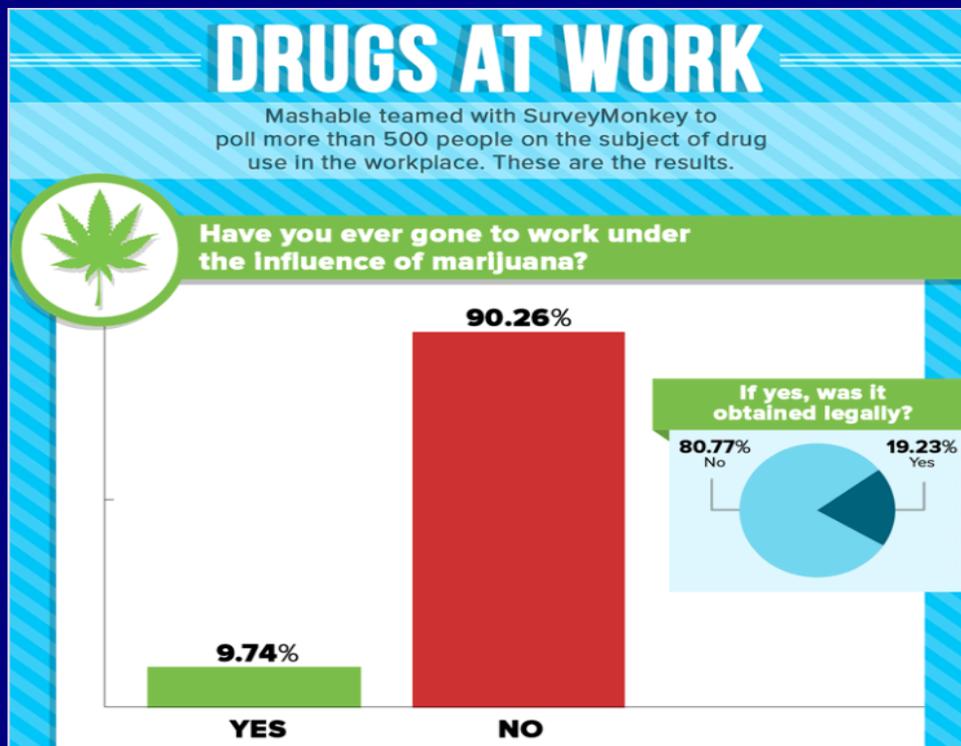
Look for instances where a worker's behavior seems out of the blue — suddenly missing more work than usual, lack of concern for hygiene, overreacting to criticism, dip in productivity, etc.

If someone's behavior changes suddenly, it could be a red flag.

Who was surveyed?

Some demographics on respondents from the survey:

- 48% were female, 52% male.
- 17% were 17-29, 33% were aged 30-44, 34% were aged 40-60.
- 8% have a high school diploma, 24% had some college/associate degree, 37% have a bachelor's degree, and 30% have a graduate degree.



<http://www.safetynewsalert.com/study-1-in-10-employees-have-shown-up-for-work-high/>

The Corner Cubicle: The Truth About Flu Shots

“They won't give you the flu, and it's not all about you”.

Retrieved from ESH Today

It's that time of year. Yes, we're smack in the heart of cold and flu season a miserable stretch from late fall to early spring when our office becomes a sick ward, and every cough, handshake and touch of a doorknob can make us sick.

Every year, invariably, it seems as if there are spirited debates on the merits of flu shots. Some folks swear by them, while others are convinced that they're a waste of time and money. Still others believe that they do more harm than good.

I've learned the hard way that getting an annual flu shot is an absolute necessity for surviving the winter months. However and much to the consternation of public health officials, not everyone shares my point of view.

"People who are reluctant to get the flu shot often believe that it isn't worthwhile or that the shot may give them the flu instead of protecting them from it, neither of which is correct," says Gary Noskin, M.D., senior vice president and chief medical officer for Northwestern Memorial Hospital. "We know that between 5 to 20 percent of the population contracts the flu each season, and the majority of them have not been vaccinated."

According to Noskin (and the vast majority of public health officials): "Early vaccination is the most important way to keep you from getting sick with influenza."

If you or your team members still aren't convinced that a flu shot is the best line of defense against influenza, Noskin offers these antidotes to some of the most common myths regarding flu shots:

- **Getting a flu shot cannot cause the flu.** If someone already is infected with the virus, it's possible for him or her to get sick after receiving the flu shot. Also, it's possible that some mild flu-like symptoms might occur after getting the flu shot (I can attest to this). However, Noskin notes that these symptoms are rare. "Every flu shot contains a form of the virus that is inactive and no longer infectious," he says. "Getting vaccinated cannot give someone the flu."

- **Healthy people should get a flu shot too.** Being healthy can help prevent someone from getting the flu, but no one is immune – which is why getting the flu shot is so important, Noskin says. Young children, the elderly and pregnant women are at a higher risk for serious flu complications than the general public under any circumstance, so it's especially important for these individuals to get vaccinated, even if they're healthy. "People living with chronic diseases such as diabetes, asthma or cardiovascular disease are also more likely to be severely impacted by the flu," Noskin says. "Individuals with these conditions should always make sure they are vaccinated."
- **Just because you make it through the heart of winter without catching the flu doesn't mean you're in the clear.** While the height of the flu season often occurs during the coldest time of the year, it also can take place in the fall or early spring, and it can last through multiple seasons. The flu is not dependent on cold temperatures. CDC states that the peak of flu season has occurred anywhere from late November through March, so while it isn't too late to get a flu shot in January, it's best to get it earlier in the season for the best protection.
- **Getting a flu shot is important for your health and for the health of those around you.** "Passing on the flu to loved ones, co-workers or anyone you happen to stand next to is very easy," Noskin says. "Just one cough or sneeze sends thousands of tiny, infectious droplets into the air, which can infect anyone who is at risk for serious complications from the flu. Interestingly, you can start spreading the flu up to 24 hours before developing any symptoms and find out you have been infected."

To reiterate Noskin's last point: Getting a flu shot is not just about you. Most of us know or work with a John Wayne type who prefers to "power through" every illness and ailment without seeking medical treatment or taking measures to prevent another occurrence. These folks subscribe to the notion that what doesn't kill them makes them stronger.

Unfortunately, if you're in a high-risk group (small children, pregnant women, senior citizens and people with certain medical conditions), influenza can kill you. And even when it doesn't kill you, it can kill workplace productivity and make your life miserable, not to mention the lives of those around you.

So what's your excuse for not getting a flu shot?

Retrieved from <http://ehstoday.com/health/corner-cubicle-truth-about-flu-shots>

National Blood Donor Month

Facts about blood needs

- Every two seconds someone in the U.S. needs blood.
- More than 41,000 blood donations are needed every day.
- A total of 30 million blood components are transfused each year in the U.S.
- The average red blood cell transfusion is approximately 3 pints.
- The blood type most often requested by hospitals is Type O.
- The blood used in an emergency is already on the shelves before the event occurs.
- Sickle cell disease affects more than 70,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require frequent blood transfusions throughout their lives.
- More than 1.6 million people were diagnosed with cancer last year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
- A single car accident victim can require as many as 100 pints of blood.

Facts about the blood supply

- The number of blood donations collected in the U.S. in a year: 15.7 million.
- The number of blood donors in the U.S. in a year: 9.2 million.
- Although an estimated 38% of the U.S. population is eligible to donate, less than 10% actually do each year.
- Blood cannot be manufactured, it can only come from generous donors.
- Type O-negative blood (red cells) can be transfused to patients of all blood types. It is always in great demand and often in short supply.
- Type AB-positive plasma can be transfused to patients of all other blood types. AB plasma is also usually in short supply.

Facts about the blood donation process

- Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.
- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments.
- Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to ensure it is safe for the donor to give blood.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 min.
- The average adult has about 10 pints of blood in his body. Roughly 1 pint is given during a donation.

National Blood Donor Month cont'd.**Facts about blood donors**

- A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.
- All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be released to hospitals.
- Information you give during the donation process is confidential. It may not be released without your permission except as directed by law.

Facts about blood and its components

- There are four types of transfusable products that can be derived from blood: red cells, platelets, plasma and cryoprecipitate. Typically, two or three of these are produced from a pint of donated whole blood, hence each donation can help save up to three lives.
- Donors can give either whole blood or specific blood components only. The process of donating specific blood components red cells, plasma or platelets is called apheresis.
- One transfusion dose of platelets can be obtained through one apheresis donation of platelets or by combining the platelets derived from five whole blood donations.
- Most donated red blood cells must be used within 42 days of collection.
- Donated platelets must be used within five days of collection, new donations are constantly needed.
- Plasma and cryoprecipitate are stored in frozen state and can be used for up to one year after collection.
- Healthy bone marrow makes a constant supply of red cells, plasma and platelets. The body will replenish the elements given during a blood donation, some in a matter of hours and others in a matter of weeks.



<http://www.redcrossblood.org/>

Word Search Puzzle



APHERESIS
 AWARENESS
 BEHAVIOR
 BLOOD DONOR
 BOOSTER
 CHILDREN
 CRANBERRIES
 CUBICLE
 DISEASES
 DRUGS

EMERGENCY
 FLORIDA
 FLU SHOT
 HEALTH
 INFLUENZA
 JANUARY
 MARIJUANA
 MEDICATION
 M L KING
 NEW YEAR

PLASMA
 PLATELETS
 PRESCRIPTION
 PREVENTION
 RAISINS
 RISK
 SAFETY
 SYMPTOMS
 TANGERINES
 TRANSFUSION
 TRANSPORTATION

**The Safety Advisor puzzle is generated from the
<http://school.discoveryeducation.com/puzzlemaker>.
 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.



“Affordable healthcare really starts in the kitchen not at the doctor’s office – eat healthy.”

Ken Zinck

Quality Systems Manager
FDOT District 5
Materials & Research



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:

Local 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, Florida 32399-0450**

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.

Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans at any time

Slogans are judged on originality

**You may also email your slogans to mark.eacker@dot.state.fl.us
In the subject line of your email please write "Safety Slogan Entry"**

Please Print
Safety Slogan

Name: _____ Location/Office: _____
District: _____ Phone: (____) _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 HAPPY NEW YEAR 2015	2	3
4	5	6	7	8	9 PAY DAY	10
11	12	13	14	15	16	17
18	19 MLK BIRTHDAY STATE HOLIDAY	20	21	22	23 PAY DAY	24
25	26	27	28	29	30	31

THE MONTH OF JANUARY

January 2015 is Observed as	National Mentoring Month; National Glaucoma Awareness; Cervical Health Awareness Month; and Birth Defects Prevention Month.
Birthstone	Garnet.
Fruit & Veggies for the Month	Tangerines; Dried Cranberries; Sun Dried Tomatoes; Raisins; Yucca Root; Jicama; Sunchoke; Taro Root; and Water Chestnut.
January Flower	Carnation.
Astrological Signs	Capricorn (till 19th) & Aquarius (20th→).
Other January Dates & Events	National Blood Donor Month.