

SAFETY ADVISOR

**KEEP
RIGHT
EXCEPT
TO PASS**

JULY 2016

★ MAKE A DECLARATION OF INDEPENDENCE. ★



Parties, picnics, and fireworks are just some of the festivities that lead droves of Americans onto our nation’s highways every Fourth of July. We love to celebrate with family, friends, and love ones. Unfortunately, the celebrations too often turn deadly when drinking alcohol leads to drunk driving. The fact is, this iconic American holiday is also one of the deadliest holidays of the year due to drunk-driving crashes.

In 2014, over the 4th of July holiday (6 p.m. July 3rd to 5:59 a.m. July 7th), 164 people were killed in crashes involving at least one driver or motorcycle operator with a blood alcohol concentration (BAC) of .08 or higher. Those preventable deaths make up 41% of the 397 people killed in motor vehicle traffic crashes over the 4th of July period.

This year, Americans will celebrate the Fourth on a Monday, which means the holiday weekend starts at 6 p.m. Friday, July 1st and ends on Tuesday, July 5th at 5:59 a.m.

Law enforcement agencies across Florida will be taking part in the “Drive Sober or Get Pulled Over” campaign on the Fourth of July to end drunk driving. This means increasing enforcement with zero tolerance for those who drive impaired.

Make a declaration not to drink and drive this July Fourth holiday.

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**ALCOHOL LEADS TO NEARLY
HALF OF ALL DEADLY
CRASHES ON JULY 4TH.**

Based on 25 years of NHTSA data

**BUZZED DRIVING
IS DRUNK DRIVING**



buzzeddriving.adcouncil.org





where's baby?

Look before you lock.

This can be deadly.

Vehicles heat up quickly. The National Highway Traffic Safety Administration (NHTSA) and other safety advocates and academic institutions have recognized the safety threat heatstroke poses for leaving children in hot cars. Here are the key facts.

Heatstroke is the leading cause of non-crash-related fatalities for children 14 and younger.

From 1998-2015, 661 children died due to heatstroke. Of the 661 deaths:

- 54% child “forgotten” by caregiver (356 children)
- 29% child playing in unattended vehicle (186 children)
- 17% child intentionally left in vehicle by adult (111 children)
- 1% were unknown cases (5 children)
- In 2015 there were 24 heatstroke deaths of children in vehicles
- Children are at a higher risk than adults of dying from heatstroke in a hot vehicle especially when they are too young to communicate.
- A child’s temperature heats up 3 to 5 times faster than that of an adult’s.

High body temperatures can cause permanent injury or even death.

- Heatstroke begins when the core body temperature reaches about 104 degrees and the thermo regulatory system is overwhelmed. A core temperature of about 107 degrees is lethal.
- In 10 minutes a car can heat up 20 degrees. Rolling down a window does little to keep it cool.
- Heatstroke fatalities have occurred even in vehicles parked in shaded areas and when the air temperatures were 80 degrees Fahrenheit or less.
- Heatstroke can occur in temperatures as low as 57 degrees Fahrenheit.
- The warning signs vary, but may include:
 - Red, hot, and moist or dry skin
 - No sweating
 - A strong rapid pulse or a slow weak pulse
 - A throbbing headache
 - Dizziness
 - Nausea
 - Confusion

It can happen to anyone.

- In 54 % of cases the child was “forgotten” by the caregiver.
- In 29 % of cases, children got into the vehicle on their own.



<http://www.safercar.gov/>



IF YOU SEE A KID IN A HOT CAR,
ACT ASAP!

National Heatstroke Prevention Day on July 31st



**DON'T HESITATE! GET HIM OR HER OUT IMMEDIATELY
AND CALL 911. SAFERCAR.GOV/HEATSTROKE #HEATSTROKEKILLS**

Protect Your Eyes

Most Americans understand the link between ultraviolet (UV) radiation and skin cancer. Many are less aware of the connection between UV radiation and eye damage. With any increased levels of UV radiation reaching the Earth's surface, it is important to take the necessary precautions to protect your eyes.

Potential Effects of UV Radiation on Eyes

UV radiation, whether from natural sunlight or artificial UV rays, can damage the eye, affecting surface tissues and internal structures, such as the cornea and lens. Long-term exposure to UV radiation can lead to cataracts, skin cancer around the eyelids, and other eye disorders. In the short term, excessive exposure to UV radiation from daily activities, including reflections off of water, pavement, and other surfaces, can burn the front surface of the eye, similar to a sunburn on the skin.

The cumulative effects of spending long hours in the sun without adequate eye protection can increase the likelihood of developing the following eye disorders:

Cataract: A clouding of the eye's lens that can blur vision.

Snow Blindness (Photokeratitis): A temporary but painful burn to the cornea caused by a day at the beach without sunglasses; reflections off of sand, water, or concrete; or exposure to artificial light sources such as tanning beds.

Pterygium: An abnormal, but usually non-cancerous, growth in the corner of the eye. It can grow over the cornea, partially blocking vision, and may require surgery to be removed.

Skin Cancer around the Eyelids: Basal cell carcinoma is the most common type of skin cancer to affect the eyelids. In most cases, lesions occur on the lower lid, but they can occur anywhere on the eyelids, in the corners of the eye, under the eyebrows, and on adjacent areas of the face.

Protect Your Eyes

The greatest amount of UV protection is achieved with a combination of: sunglasses that block 99–100 percent of both UV-A and UV-B rays; a wide-brimmed hat; and for those who wear contact lenses, UV-blocking contacts. Wrap-around sunglasses and wide-brimmed hats add extra protection because they help block UV rays from entering the eyes from the sides and above.

REMEMBER

Exposure to UV radiation has cumulative effects on the eyes. Damage today leads to eye problems tomorrow. Protect your eyes every day by wearing UV blocking lenses and a hat.

FIREWORKS

Decrease your chances of becoming one of the estimated 10,000 Americans who will be injured by fireworks this Independence Day by leaving the fireworks entertainment show to the professionals.

According to the Consumer Product Safety Commission (CPSC), 11 people died in fireworks-related deaths in 2014 between June 20th and July 20th. More than 10,000 people were injured by fireworks enough to require emergency room visits during that same time period.

Injuries caused by fireworks

Most firework-related injuries involve the hands and fingers, which accounts for 36 percent of fireworks-related injuries. Another 19 percent involve the eyes, and 19 percent involved the head, face and ears. 54 percent of the wounds involved burns.

Fireworks can be life threatening if not handled properly, and they are also a fire hazard. On July 4th in a typical year, far more U.S. fires are reported than on any other day according to the National Fire Protection Association's 2013 Fireworks Report.

Illegal fireworks are part of the problem

Among the Americans hospitalized for fireworks related injuries last year, those with the most serious injuries were the result from lighting illegal fireworks or those intended for professional displays.

This Independence Holiday, leave the fireworks show to the professionals.



Summer Safety Tips

Keep you and your family safe this summer and still have fun by following these tips.

BICYCLE SAFETY

- A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet should be worn so that it is level on the head and covers the forehead, not tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between chin and strap. The helmet should be snug on the head, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet's sizing pads can help improve the fit.
- Do not push your child to ride a 2-wheeled bike without training wheels until he or she is ready. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand

brakes. Consider a balance bike with no pedals for young children to learn riding skills.

- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitted bike far outweighs the value of surprising your child with a new one. Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.

BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- If possible, eliminate stagnant water, such as in bird baths or fish ponds, in your yard. Check that your window screens are tightly fitted and repair any holes to keep bugs out of the house.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently back it out by scraping it with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can



transmit Lyme Disease, and mosquitoes can transmit West Nile, Zika virus, Chikungunya virus and other viruses.

- The current American Academy of Pediatrics and the Center for Disease Control recommendation for children older than 2 months of age is to use 10% to 30% DEET. DEET should not be used on children younger than 2 months of age.
- The effectiveness is similar for 10% to 30% DEET but the duration of effect varies. Ten percent DEET provides protection for about 2 hours, and 30% protects for about 5 hours. Choose the lowest concentration that will provide the required length of coverage.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when they return indoors.
- As an alternative to DEET, picaridin has become available in the U.S. in concentrations of 5% to 10%.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.

OPEN WATER SWIMMING

- Never swim alone. Even good swimmers need buddies!
- A lifeguard (or another adult who knows about water rescue) needs to be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water – use "touch supervision," keeping no more than an arm's length away.
- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving water.
- Ocean swimming should only be allowed when a lifeguard is on duty.
- Teach children about rip currents. If you are caught in a rip current, swim parallel to shore until you escape the current, and then swim back to shore.

Enjoy your summer!

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Summer-Safety-Tips.aspx>

Word Search Puzzle

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

AMERICANS
BICYCLE
CARCINOMA
CATARACT
CHILDREN
CONFUSION
CRASHES
DECLARATION
DIZZINESS
FAHRENHEIT
FAMILY

FATALITIES
FIREWORKS
HANDS
HEADACHE
HEATSTROKE
HOLIDAY
INDEPENDENCE
INSECTS
JULY
NAUSEA
PARTIES

PHOTOKERATITIS
PICNICS
PROTECTION
PTERYGIUM
SUMMER
SUNSCREEN
SWEATING
SWIMMING
TEMPERATURES
UNATTENDED
UV RADIATION

**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

This fourth of July don't let the number of hand and eye injuries SKYROCKET!



Don't use bare feet to stomp out flames.



[Loss Prevention Manual](#)



Hotline

Safety Hot Line
(850) 414-5255

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

Hotline

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

THE MONTH OF JULY

July 2016 is Observed as	National Parks Month; National Picnic Month; and UV Safety Month.
Birthstone	Ruby and Onyx.
Fruit & Veggies for the Month	Papaya; Nectarine; and Garlic.
July Flower	Larkspur & Water Lily.
Astrological Signs	Cancer (till 22nd) & Leo (beginning 23rd).
Other Notable May Dates & Events	National Heatstroke Prevention Day on July 31 st , 2016.