



# SAFETY ADVISOR



MARCH 2015

## Florida Bike Month

The Florida Department of Transportation recognized the importance of bicycle safety many years ago and initiated a Bicycle Program in 1980. It has evolved over the years but changed dramatically in November 2011. The Department charged District One Secretary Billy Hattaway with the task of championing Florida's Bicycle/Pedestrian Focused Initiative. Secretary Hattaway quickly formed a team and began working towards the goal of increasing awareness and decreasing fatalities of bicyclists and pedestrians in Florida.

### BICYCLISTS

- Obey All Traffic Laws. A bicycle is a vehicle and you're a driver. You should ride in the same direction of traffic on the street, obey all traffic signs, signals, and lane markings.
- Yield to Traffic When Appropriate. It's better to yield than "be in the right" and risk injury.
- Be Predictable. Ride in a straight line and be sure those around you understand your intentions.
- Be Visible. Spend a little ex-

tra on lights to get a bright headlight and taillight, and always use them at night. Position yourself in the lane so others can easily see you, especially at intersections.

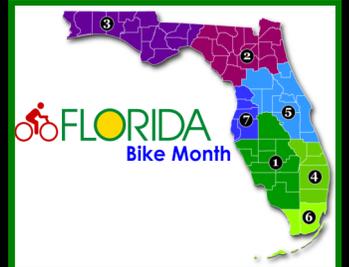
- Watch for Parked Cars. Don't ride in the "door zone" of parked cars even when the bike lane is adjacent to them.

### DRIVERS

- Obey All Traffic Laws. Stop or yield for pedestrians and bicycles and obey laws to be safe.
- Stop before making a right on red. Pedestrians and bicyclists using the crosswalks at intersections rely on this time to cross. If you do not stop, you can hit them before you see them.
- Share the road. All users including pedestrians and bicyclists are allowed to use the roads safely. Respect and share the road.

For additional information on Florida's Bicycle/Pedestrian Focused Initiative please access the following site:

<http://www.alerttodayflorida.com/>



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## Workplace Eye Wellness Month

Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. About 1 in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20% will cause temporary or permanent vision loss. Experts believe that the right eye protection could have lessened the severity or even prevented 90% of eye injuries in accidents.

Common causes for eye injuries are:

- Flying objects (bits of metal, glass)
- Tools
- Particles
- Chemicals
- Harmful radiation
- Any combination of these or other hazards

There are three things you can do to help prevent an eye injury:

- Know the eye safety dangers at work-complete an eye hazard assessment.
- Eliminate hazards before starting work. Use machine guarding, work screens, or other engineering controls.
- Use proper eye protection.

You should wear safety eyewear whenever there is a chance of eye injury. Anyone working in or passing through areas that pose eye hazards should wear protective eyewear.

Safety eyewear protection includes:

- Safety glasses
- Goggles
- Face shields
- Welding helmets
- Full-face respirators

The type of safety eye protection you should wear depends on the hazards in your workplace. If you are working in an area that has particles, flying objects, or dust, you must at least wear safety glasses with side protection (side shields). If you are working with chemicals, you should wear goggles. If you are working near hazardous radiation (welding, lasers, or fiber optics) you must use special-purpose safety glasses, goggles, face shields, or helmets designed for that task.

<http://www.preventblindness.org/eye-safety-work>

## What Do You Know about Hazardous Materials?

According to the U.S. Department of Transportation (DOT), in the past few years there has been a vast growth in the amount of hazardous transported and used on a daily basis resulting in a high level of risk. A material/substance/chemical can be hazardous if it can cause harm to people or the environment. It can be defined as:

**Corrosive:** A substance strong enough to eat away at steel drums or human skin or eyes if contacted.

**Ignitable:** Present a fire hazard because they are flammable at relatively low temperatures.

**Infections:** These materials are infected with the some type of germ, bacteria, or virus that could cause disease in humans and animals.

**Reactive:** Can explode or release deadly fumes by mixing with water or reacting with heat or pressure. It also burns or releases toxic vapors if exposed to other chemicals and air.

**Radioactive:** Both high and low radioactivity that can lead to dangerous side effects.

**Toxic:** Are poisons; exposure to these types of materials can result in severe health problems and causes illness or possible death.

Hazardous materials can cause immediate or long term health problem if not handled properly. **Acute effects** may be severe and usually happen fast, such as from drinking poison. **Chronic effects** come from long time exposure, such as from smoking cigarettes.

There are three routes for a chemical to enter in our body:

**Skin and Eye contact:** could produce burns, rashes, dermatitis, allergies and irritation.

**Inhalation:** could cause dizziness, nausea, or headache. It could also harm our nose, throat, and lungs.

**Swallowing:** could damage our stomach, liver or other organs.



Cont'd pg #4

**What Do You Know about Hazardous Materials? (Cont'd)**

Hazardous materials in our body could cause problems that don't show up for a long time. Cancer, reproductive difficulties, lung disease and sensitization are just a few.

**Be prepared to avoid problems!**

First, we need to know the hazardous materials in our workplace. Second, how to use and handle them safely.

**Read Label** -The best place to start is right in front of us: the label on every container of hazardous materials. The label tells us at a glance:

- What is in the container.
- What the hazard could be (health, fire, reactivity, etc.).
- Special instructions.
- How to protect ourselves.
- Basic first aid.

Of course, a label doesn't have room for everything we should know about a chemical/substance. That's why we have Safety Data Sheets (SDS)!

**Read Safety Data Sheets (SDS)** - The next step in being prepared is to use **SDS**. It will tell us:

- What the chemical is, name of manufacturer, physical and chemical properties.
- Why it is hazardous. Information on physical risks such as fire, health risks, ways we can be exposed (skin, inhaling, etc.).
- How to work with it safely and what type of personal protective equipment, proper handling, storage, and emergency procedures we need.

**Personal Protection Equipment (PPE)** - Wearing protective equipment, such as respirators, gloves, or eye protection is always a must if you are handling a chemical/hazardous material. PPE must be suitable for the type of substance, and be fitted to each individual.



<https://www.osha.gov/>

## **6 Serious Signs**

Many aches and pains go away on their own or with a little self care. However, sometimes symptoms don't go away or they creep up on you silently. Here are six potentially life-threatening signs that warrant a call to your health care provider:

### **Continued weight loss.**

Weight loss that can't be explained by diet or exercise may be a sign of depression, diabetes, cancer or an overactive thyroid.

### **Unexplained bleeding.**

Rectal bleeding, blood in your urine, or blood when you cough or vomit signal immediate medical evaluation. Each may signal something relatively minor or more serious, such as cancerous growths.

### **Abdominal pain.**

Most stomach pain or discomfort relates to digestion. But other kinds of stomach distress may signal a more serious cause, such as heart trouble, gallstones, an intestinal obstruction, infection, or cancer.

### **Skin changes.**

A mouth or skin sore that won't heal, a change in the size or color of a mole or wart, or a lump or thickening in the breast or elsewhere are all cause for concern.

### **Persistent or unusual headaches.**

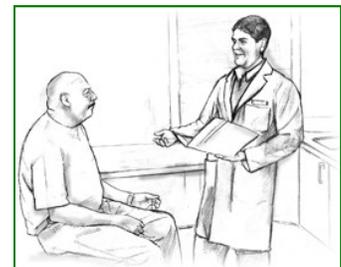
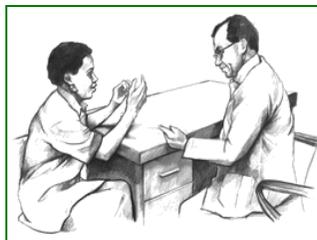
Call your health care provider if you experience any new or extremely painful headache, especially if you don't usually get headaches; if a headache causes you to miss work or social activities; if over-the-counter remedies don't help; or if the pain is different from your usual headaches.

### **Sadness that won't quit.**

Persistent sadness or irritability for at least 2 weeks, no interest in activities that you usually enjoy or hopelessness likely signal depression. It's serious but treatable.

### **A final thought.**

As with all the serious signs listed here, consult your health care provider without delay if problems persist. To ensure the best treatment, be open and honest when describing your symptoms.



Reference: TOPHEALTH Magazine

## Safety in the Office

Accidents do happen in the office. Few office workers realize that they are twice as likely to be injured in a fall as a non-office worker. Nationally, only automobile accidents outnumber falls as the leading cause of all accidents. In the office, slips, trips and falls are the number one cause of disabling injuries.

Thinking and working safely can prevent most accidents. You can become aware of the most common hazards in the office environment. The following are some examples of common hazards and what you can do to prevent them from becoming accidents:

- Don't lean back in your chair. Keep all legs on the floor so that you do not end up on the floor. Take time to reach out and hold on to the chair as you sit down. Be sure that the chair is beneath you as you sit.
- Keep the floor and walkway clear of electrical, telephone and computer cables, boxes, etc. They are tripping hazards waiting to happen.
- Close one drawer in a filing cabinet before opening another. This prevents the file cabinet from tipping.
- Close the drawer in your desk before getting up and close file drawers before walking away from the file cabinet. This prevents the danger of people walking into an open file drawer or desk drawer.
- Store supplies inside cabinets, not on top of them. Store heavy items in lower drawers or on low shelves.
- Watch out for slippery surfaces. Spilled drinks or water from umbrellas are typical hazards and need to be cleaned up or identified immediately.
- Look where you are going. Don't block your view by carrying loads higher than eye level.
- Don't read or text while walking. It doesn't save enough time to justify the risk.
- Walk, do not run. Please slow down.
- Don't climb on chairs, desks or boxes. Use a step ladder instead.
- Hold onto handrails when using stairways.
- Use elevators when carrying boxes if they are available.
- Don't overload wall sockets and extension cords.
- Don't touch electrical switches, sockets, plugs, etc with wet hands.
- Watch for unsafe conditions such as defective equipment, burned out lights, loose steps, torn carpet, etc. and report them to your supervisor immediately.

Reference: James Madison University

# Word Search Puzzle



ACCIDENTS  
BICYCLE  
BIOHAZARDS  
CARCINOGENS  
CHEMICAL  
CONTAMINATED  
CORROSIVE  
DIABETES  
EMERGENCY  
EXPERIMENTS

FLAMMABLE  
FOCUSED INITIATIVE  
FRUITS  
GASES  
GLOVES  
HAZARDS  
OFFICE  
PROTECTIVE  
RADIOACTIVE  
REFLUX

RESPONSIBILITIES  
SAFETY  
SPRING  
TOXIC  
VEGETABLES  
WALKING  
WASTE  
WATER  
WEIGHT

**The Safety Advisor puzzle is generated from the  
<http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp>  
Omissions or errors are possible and are the sole responsibility of the program  
and not the producers of this Newsletter.**

# SAFETY SLOGANS

**THEY'LL  
SEE YOU  
BEFORE  
YOU SEE  
THEM.**

**DON'T DRINK & DRIVE.**



**“If you understand cause and effect, you would  
NEVER drive and text!”**

*Angie D. Williams*  
Maintenance Contracts Specialist  
FDOT D2 Bridge Department

**“Accidents and Regrets are the worst!!!!”**

*Kenneth Hazard*  
Senior Equipment Operator  
FDOT D5 Leesburg Maintenance



**PUT IT  
DOWN**

**DNT TXT N DRV**

**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](http://www.dot.state.fl.us/safety)  
Our intranet address is: [Infonet.dot.state.fl.us/safetyoffice/](http://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, 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)

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

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**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](mailto:mark.eacker@dot.state.fl.us)  
In the subject line of your email please write "Safety Slogan Entry"**

Please Print  
Safety Slogan

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Name: \_\_\_\_\_ Location/Office: \_\_\_\_\_  
District: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_



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

### THE MONTH OF MARCH

March 2015 is Observed as	Florida Bicycle Month; Women's History Month; National Nutrition Month; Save Your Vision Month; Workplace Eye Wellness Month; and Colorectal Cancer Awareness.
Birthstone	Aquamarine, Bloodstone & Jade.
Fruit & Veggies for the Month	Kiwi; Canistel (Egg Fruit); Guava; Grapefruit; Tamarillo; Feijoa; Red Banana; Kiwano Melon; and Green Onions.
March Flower	Daffodil.
Astrological Signs	Pisces (till 20th) & Aries (21th→).
Other March Dates & Events	3.14.15 9:26:53 (Pi Day and Time)