



# SAFETY ADVISOR

NOVEMBER 2015



The Defensive Driving CBT (ST-09-0228) has moved to a new location. The new link is:

<http://cbt.dot.state.fl.us/ois/DefensiveDriving/index.htm>

If you are taking this new training for the first time or if your 3 years are up and you are required to take the training again, please go to the new website. If you still have some modules completed on the current Defensive Driving SharePoint site, please continue and complete your training on that site as soon as possible. (The SharePoint version of the Defensive Driving CBT will be removed beginning January 4, 2016.)

The new location will feature an improved system for tracking your progress. A green checkmark will appear next to each module after you complete it. After completing all 11 modules, a link will appear that will take you to the Final Exam where you will need to score an 80% or higher to pass. Once the training has been passed, your TRESS record will be updated automatically and there will be a certificate available to print for your records if you would like to do so.

Additionally the DDC test access within Knowledge, Acquisition, Assessment System (KAAS) will be removed on the same date as the SharePoint version removal. However, prior to the test removal, anyone listed on the current student roster list as of 11/1/2015 will have their test score honored or accepted as valid if submitted prior to said removal. Conversely those that are not currently listed will have to take the new version even if a valid score is achieved in the current DDC exam within KAAS.

If you have any questions, please feel free to contact Mark Eacker by email of the FDOT Safety Office.



**Great American Smokeout**



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# VETERANS DAY

NOVEMBER 11, 2015



HONORING ALL WHO SERVED  
IN TIMES OF WAR - IN TIMES OF PEACE



[WWW.VA.GOV](http://WWW.VA.GOV)

# Ergonomic Design Factors for Hand Tool Selection

When manipulation using the fingers is not sufficient, hand tools emerge as effective means of completing a task. It is important for designers of hand tools to design them in a way that they are not stressful, helpful for their intended purpose, and cannot damage or hurt the user's body. The following are some of the factors that can contribute to resistance to the design, manufacture, and use of ergonomically friendly hand tools (Kroemer, Kroemer & Kroemer-Elbert, 2001).

**Grip diameter:** - for single-handed tools such as screwdrivers, hammers, nut drivers, wrenches, or chisels, the diameter of the handle is an important factor that can affect the efficiency of a hand tool during design, manufacture, and use to complete a task. As such, hand tools intended for tasks that require powerful grip should have larger handles. Small diameters should be designed for tasks that require delicacy and precision such as screwdrivers or chisels (Hansen, 2002). Appropriate grip diameter is an important factor because it allows the fingers to comfortably wrap around a hand tool and reduce slippage and stress to the wrist, hands, and fingers (Kroemer et al., 2001).

**Grip span:** - grip span, especially for double-handle tools such as cable cutters, snips, pliers, tongs, pincers, or tweezers is a factor that can contribute to resistance in the effective use of hand tools by causing hand fatigue if not well designed and manufactured. To complete a task that requires more force with the greatest efficiency and comfort, it is important to use a hand tool that was designed and manufactured with a maximum appropriate grip span (Hansen, 2002).

**Grip length and type according to a workspace:** - workspace is an important factor that contributes to resistance in design, manufacture, and use of ergo friendly hand tools. Tasks in tight workspaces that require a lot of force requires the use of power grip hand tools with a handle length diameter of 1” and 2”, to allow a user to grasp the tool using the entire hand instead of pinching it using the fingertips (Hansen, 2002). A well designed and manufactured grip type and length enables a user to complete the task in a short duration with minimal physical stress (Kroemer et al., 2001).

**Tool length:** - the length of a tool in relation to space constraints poses a resistance to effective use of hand tools (Hansen, 2002). Hand tools that are excessively long forces an operator to assume an awkward wrist position and work posture in the effort of reaching components in a cramped workspace (Kroemer et al., 2001).

**Handle length/hand width:** - a person’s palm is full of blood vessels and pressure-sensitive nerves. This is an important factor that affects the effective use of hand tools during the design and manufacturing process in relation to the damage that can be caused to the palms while completing high force tasks. It is crucial to ensure that a hand tool’s handles are long enough to avoid them pressing into the palms. Hand tools are safe to use as long as their handles are longer than the widest part of the user’s hand (Hansen, 2002).

#### Reference

Hansen, C. (2002, January 1). What Makes a Hand Tool Ergonomic? Retrieved March 28, 2015, from <http://www.cableorganizer.com/articles/ergonomic-hand-tools.html>

Kroemer, K., Kroemer, H., & Kroemer-Elbert, K. (2001). *Ergonomics: How to design for ease and efficiency* (2nd ed.). Upper Saddle River, NJ: Prentice Hall.

# Great American Smokeout

## **Great American Smokeout History.**

The Great American Smokeout is an informal holiday promoted by the American Cancer Society on the third Thursday of November each year. Smokers are encouraged to make a plan to quit, even if for one day.

## **Great American Smokeout Facts & Quotes.**

- The holiday began in 1970, when a man in Massachusetts asked people to give up smoking for one day, and donate the money saved to the local high school scholarship fund.
- Smoking is responsible for 1 in 3 cancer-related deaths, and 1 in 5 deaths from any cause. Worldwide, tobacco use causes more than 5 million deaths per year. (Source: CDC)
- Life expectancy for smokers is 10 years less than that of non-smokers. (Source: CDC)
- A middle-aged man who smokes triples his risk of dying from some type of heart disease. (Source: CDC)
- ***More Doctors Smoke Camels than Any Other Cigarette*** - line used in 1949 commercial for Camel Cigarettes.

## **Smoking leads to disease and disability and harms nearly every organ of the body.**

- More than 16 million Americans are living with a disease caused by smoking.
- For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.
- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.
- Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.
- Smoking is a known cause of erectile dysfunction in males.

## **Smoking costs the United States billions of dollars each year.**

- Total economic cost of smoking is more than \$300 billion a year, including:
  - Nearly \$170 billion in direct medical care for adults.
  - More than \$156 billion in lost productivity due to premature death and exposure to secondhand smoke.

## **Thousands of young people start smoking cigarettes every day.**

- Each day, more than 3,200 people younger than 18 years of age smoke their first cigarette.
- Each day, an estimated 2,100 youth and young adults who have been occasional smokers become daily cigarette smokers.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm)

**POOR TURKEY**

**It's Turkey Day  
And we'll eat a lot,  
And we'll be thankful  
For all we've got.**

**But think of the poor turkey  
And think of his fate,  
Not just of how he tasted  
It was really great.**

**As you cover him with gravy  
And eat the dressing he's made,  
Think of his life  
While in front of you he's laid.**

**Now if you were a turkey  
And it approached this special meal,  
Think of how "chicken"  
You'd start to feel.**

**So be a little more thankful  
Take time and stop,  
Thank God you're sitting at the table  
And not lying on top!**

**Freddie Simmons 1971**



### **Daylight Saving Time Ends History**

The first Sunday in November marks the end of Daylight Savings Time (DST) in the US. On this day clock are set back 1 hour except for Hawaii and parts of Arizona which do not observe DST.

### **Facts about Daylight Saving Time Ends**

- The dates for DST to begin and end were set forth by the US Congress in the Energy Act of 2005.
- Arizona, Hawaii, and four US territories (Guam, American Samoa, Puerto Rico and the U.S. Virgin Islands) do not observe Daylight Savings Time.
- Research suggest that Daylight Savings Time is related to a rise in heart attacks, while the end of daylight savings time saw a slight decrease the first three days after the time change.

### **Daylight Saving Time Ends Top Events and Things to Do**

- Replace the batteries on smoke and carbon dioxide detectors.
- Check the emergency kit back in the vehicle.
- Begin preparing for the coming holidays.
- Make sure outdoor lights are in working order.
- Put additional reflectors on bikes so that vehicles can more easily see you as it gets dark earlier.

<http://www.wincalendar.com/Daylight-Saving-Time-Ends>

# Word Search Puzzle

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

AIR FORCE  
 ALERT  
 ALIVE  
 ARMY  
 ASSESSMENT  
 BATTERIES  
 CANCER  
 CIGARETTES  
 COAST GUARD  
 DAYLIGHT

DEFENSIVE  
 DIAMETER  
 ELECTION DAY  
 ERGONOMICS  
 GRIP  
 HANDTOOLS  
 KNOWLEDGE  
 LENGTH  
 MARINES  
 NAVY

NOVEMBER  
 PEDESTRIANS  
 REFLECTORS  
 SKILLS  
 SMOKE DETECTORS  
 SMOKEOUT  
 SPAN  
 THANKSGIVING  
 TURKEY  
 VETERAN

**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 SLOGAN

THEY'LL  
SEE YOU  
BEFORE  
YOU SEE  
THEM.

DON'T DRINK & DRIVE.



*“The trick is in what one emphasizes. We either make ourselves miserable, or we make ourselves happy. The amount of work is the same.”*

-Carlos Castaneda



Hotline

*Safety Hot Line*

(850) 414-5255

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

Hotline

Hotline

Hotline

Hotline

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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, 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)

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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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Please Print  
Safety Slogan

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Daylight Saving Time Ends</b>	2	3 <b>Election Day</b>	4	5	6	7
8	9	10 <b>Jason L. Dunham Birthday 1981</b>	11 <b>Veterans' Day</b> STATE HOLIDAY	12	13 PAY DAY	14
15	16	17	18	19 <b>Great American Smokeout</b>	20	21
22	23	24	25	26 <b>Thanksgiving Day</b> STATE HOLIDAY	27 PAY DAY STATE HOLIDAY	28
29	30	1	2	3	4	5

## THE MONTH OF NOVEMBER

November 2015 is Observed as	American Diabetes Month; Lung Cancer Awareness Month; Native American Indian Heritage; and National Family Caregivers Month.
Birthstone	Topaz and Citrine.
Fruit & Veggies for the Month	Apples; Plantains; Collard Greens; Mustard Greens; Kale; Swiss Chard; and Broccoli Rabe.
November Flower	Chrysanthemum.
Astrological Signs	Scorpio (till 21th) & Sagittarius (22nd→).
Other November Dates & Events	Nov 29: Small Business Saturday.