



SAFETY ADVISOR

OCTOBER 2015



Breast Cancer Awareness Month

The history of breast cancer awareness and its symbol, the pink ribbon, begins with Susan Goodman Komen. Susan was diagnosed with breast cancer in 1977 at the young age of 33. When she died only 3 years later, her younger sister Nancy Goodman Brinker devoted her life to ending breast cancer. Within two years of her sister's passing, Nancy had founded the Susan G. Komen Breast Cancer Foundation. This foundation has since been renamed, Susan G. Komen for the Cure, and is the largest breast cancer charity in the world.

In 1985, the first Breast Cancer Awareness Month (BCAM) was observed in the United States. It was referred to as *National Breast Cancer Awareness Month* (NBCAM).

Initially, the aim of this event was to increase the early detection of breast cancer by encour-

aging women to have mammograms. As many know, a mammogram is an x-ray of the breast used to detect abnormalities in breast tissue. Early detection means that cancer can be more effectively treated and prevented from spreading to other areas of the body.

The pink ribbon first appeared to the wider public during the Komen New York City Race for the Cure in 1991. A new organization, The Breast Cancer Research Foundation, was founded in 1993 and adopted the pink ribbon as the symbol of breast cancer. Since this time, the pink ribbon has become the globally accepted symbol for breast cancer awareness.



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



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Breast Cancer: What You Need to Know

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called *breast cancer*. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer **screening** means checking a woman's breasts for cancer before she has any symptoms. A **mammogram** is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Some things may increase your risk

If you have *risk factors*, you may be more likely to get breast cancer. Talk to your doctor about ways to lower your risk and about screening.

Reproductive risk factors

- Being younger when you had your first menstrual period.
- Never giving birth, or being older at the birth of your first child.
- Starting menopause at a later age.
- Hormone replacement therapy for a long time.

Other risk factors

- Getting older.
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Changes in your breast cancer-related genes (BRCA1 or BRCA2).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Symptoms

Some warning signs of breast cancer are:

- A lump or pain in the breast.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin on the breast.
- Pulling in of the nipple or pain in the nipple area.
- Fluid other than breast milk from the nipple, especially blood.
- A change in the size or the shape of the breast.

Can't afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.

<http://www.cdc.gov/cancer/breast/pdf/BreastCancerFactSheet.pdf>

Fire Prevention Week

October 4-10, 2015

Hear The Beep Where You Sleep.

Every Bedroom Needs a Working Smoke Alarm!

Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on October 8, but continued into and did most of its damage on October 9, 1871.

Did you know that roughly half of home fire deaths result from fires reported between 11 p.m. and 7 a.m., when most people are asleep?

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. In fact, having a working smoke alarm cuts the chances of dying in a reported fire in half!

Three out of five home fire deaths resulted from fires in properties without working smoke alarms.

In 2007-2011, smoke alarms were present in almost three-quarters of reported home fires and sounded in half of the home fires reported to U.S. fire departments. Homes include one- and two-family homes, apartments or other multi-family housing, and manufactured housing. When smoke alarms were present

in fires considered large enough to activate them, they operated 86% of the time. More than one-third of home fire deaths resulted from fires in which no smoke alarms were present at all. One-quarter of the deaths were caused by fires in properties in which smoke alarms were present but failed to operate.

The risk of dying in reported home structure fires is cut in half in homes with working smoke alarms.

The death rate per 100 reported home fires was more than twice as high in homes that did not have any working smoke alarms, either because no smoke alarm was present or an alarm was present but did not operate, as it was in homes with working smoke alarms.

Smoke alarm failures usually result from missing, disconnected, or dead batteries.

When smoke alarms should have operated but did not do so, it was usually because batteries are missing, disconnected or dead. People are most likely to remove or disconnect batteries because of nuisance activations. Sometimes the chirping to warn of a low battery is interpreted as a nuisance alarm.

<http://www.nfpa.org/safety-information/fire-prevention-week>

"5 to Drive" Helps Parents Protect Teen Drivers

Teen Driver Safety Week Is October 18-24, 2015

Motor vehicle crashes are a leading cause of death for U.S. teens 15 to 19 years old. In 2013, 2,614 teen (15-19 year old) passenger vehicle drivers were involved in fatal crashes.

The "5 to Drive" campaign which is promoted by the National Highway Traffic Safety Administration (NHTSA), addresses the five most dangerous and deadly behaviors for teen drivers. The idea behind the campaign is to give parents the words to use when they talk with their teens about the rules of the road. NHTSA's website, www.safercar.gov/parents, has detailed information and statistics about the five rules designed to help save the lives of teen drivers.

The "5 to Drive" rules for parents to share with their teens are:

1. ***No Drinking and Driving.*** Almost one out of five (19 percent) of the young drivers (15 to 19 years old) involved in fatal crashes had been drinking, even though they were too young to legally buy or possess alcohol.
2. ***Buckle Up. Every Trip. Every Time. Front Seat and Back.*** 64 percent of all the young (13- to 19-year-old) passengers of teen (15- to 19-year-old) drivers who died in motor vehicle crashes in 2013 weren't restrained.
3. ***Put It Down. One Text or Call Could Wreck It All.*** The age group of 15 to 19 years old has the highest percentage of drivers who were distracted by cell phone use and involved in a fatal crash. In 2013, 156 people were killed in crashes that involved a distracted teen driver.
4. ***Stop Speeding Before It Stops You.*** In 2013, almost one-third (29 percent) of teen drivers involved in a fatal crash were speeding.
5. ***No More Than One Passenger at a Time.*** The risk of a fatal crash goes up with each additional passenger.

Teen drivers need to follow these rules and any other restrictions outlined in Florida's graduated driver licensing (GDL) law. Parents need to outline rules and explain to their teens the deadly consequences of unsafe driving practices. The "5 to Drive" campaign can help parents start that conversation.

For more information about Teen Driver Safety Week and the "5 to Drive" campaign, please visit www.safercar.gov/parents.

International Walk to School Day

October 7, 2015

Walk to School Day 2015 is scheduled for October 7

International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one day event. Over time, this event has become part of a movement for year round safe routes to school and a celebration with record breaking participation each October.

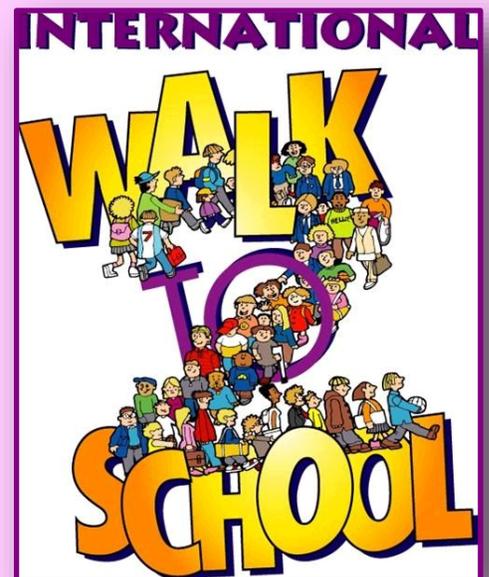
Children learn through experience. Walking with parents or another caregiver is an important way for children to practice crossing real streets and picking safe places to walk. There is no magic age when children are old enough to walk without an adult to school. Children are not small adults. It will take time and practice for a child to develop the ability to deal with lots of traffic. Over time, children develop the ability to accurately judge the speed and distance of oncoming traffic. Young children may think that a car is able to stop, when in fact, it is not. Also, children may think that if they can see a driver, the driver can see them. But, children are smaller and harder for drivers to see. Get down to a child's height to experience their perspective and see what they see. But, as a parent, you should decide when your child has the skills and experience to deal with traffic safely without you. As you walk with your child, remember these safety tips:

- Wear bright-colored clothes, and carry flashlights or wear reflective gear if it is dark or hard to see.
- Look for traffic at every driveway and intersection. Be aware of drivers in parked cars that may be getting ready to move.
- Obey all traffic signs and signals.
- Cross the street safely:
 1. Stop at the curb or edge of the street.
 2. Look left, right, left and behind you and in front of you for traffic.
 3. Wait until no traffic is coming and begin crossing.
 4. Keep looking for traffic until you have finished crossing.
 5. Walk, don't run across the street.

Choose the safest route to school

Select a walking route with less traffic and intersections.

- Pick places where there are sidewalks or paths separated from traffic. If there are no sidewalks or paths, walk as far from the motor vehicles as possible and, if possible, on the side of the street facing traffic.
- Limit the number of street crossings. When available, cross at a location with an adult school crossing guard.
- Avoid crossing busy or high-speed streets.



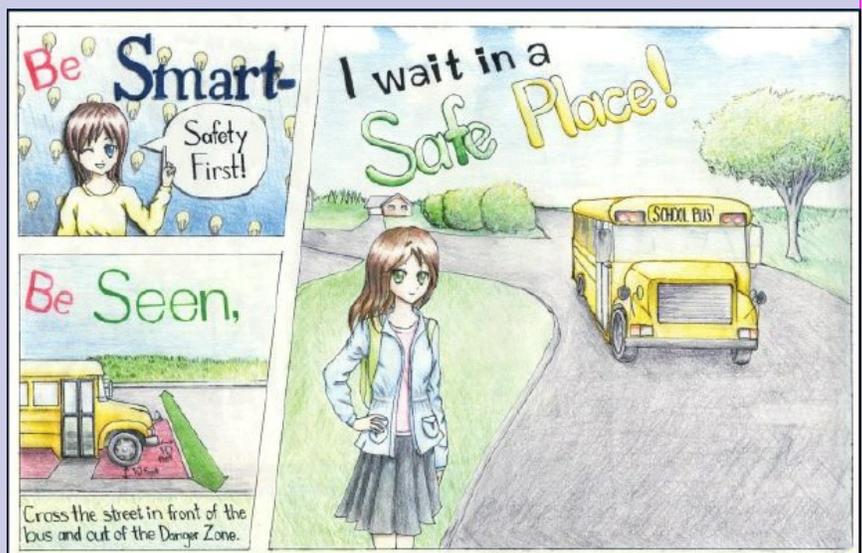
National School Bus Safety Week

October 19-23, 2015

National School Bus Safety Week is an active and evolving public education program and is an excellent way for everyone (parents, students, teachers, motorists, school bus operators, school administrators, and other interested parties) to join forces and address the importance of school bus safety. Designed to promote school bus safety, school districts throughout the country have been observing a School Bus Safety Week, held during the third week in October each year.

Everything you need to know to keep your kids safe in and around the school bus:

- Walk with your kids to the bus stop and wait with them until it arrives. Tell kids to stand at least three giant steps back from the curb as the bus approaches and board the bus one at a time.
- Teach kids to wait for the bus to come to a complete stop before getting off and never to walk behind the bus.
- If your child needs to cross the street after exiting the bus, he or she should take five giant steps in front of the bus, make eye contact with the bus driver and cross when the driver indicates it's safe. Teach kids to look left, right and left again before crossing the street.
- Instruct younger kids to use handrails when boarding or exiting the bus. Be careful of straps or drawstrings that could get caught in the door. If your children drop something, they should tell the bus driver and make sure the bus driver is able to see them before they pick it up.
- Drivers should always follow the speed limit and slow down in school zones and near bus stops. Remember to stay alert and look for kids who may be trying to get to or from the school bus.
- Slow down and stop if you're driving near a school bus that is flashing yellow or red lights. This means the bus is either preparing to stop (yellow) or already stopped (red), and children are getting on or off.



Oct. 5: America's Most Common Birthday

Almost 1 million Americans will be blowing out birthday candles today. Oct. 5 is the most common birthday in the United States, according to a survey conducted by AnyBirthday.com.

On any given day, an estimated 750,000 Americans celebrate a birthday, but on Oct. 5 more than 960,000 will celebrate their special day, according to AnyBirthday.com.

Among them are some famous faces, including Julie Andrews, Kate Winslet, Bernie Mac and Nicky Hilton.

And why is Oct. 5 such a popular day for babies' entering the world? One possible explanation is that the length of an average pregnancy is around 274 days. Counting backward, the date of conception for Oct. 5 babies would be New Year's Eve.

Conversely, the website found that the most uncommon birthday is May 22, although it gave no explanation as to why.

Revelers will have a lot on their plates today, as Oct. 5 is also Do Something Nice Day, World Teacher's Day, Balloons Around the World Day and National Apple Betty Day, which offers a nice excuse to indulge in that savory fall staple of apple crumble or apple crisp, on top of the birthday cake.



<http://abcnews.go.com/>

Word Search Puzzle

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

BE-SEEN
BE-SMART
BREAST CANCER
BUCKLE-UP
BUS STOP
CHILDREN
CROSSING
DRIVE
FAMILY
FIGHTERS

FIRE-PREVENTION
INTERSECTIONS
LOOK
MAMMOGRAM
OCTOBER
PASSENGER
PINK
REMEMBERING
SAFETY
SCHOOL

SCREENING
SMOKEALARM
SPEEDING
STOP
SUPPORT
SURVIVORS
TEEN
TEXTING
WAIT
WALK-TO-SCHOOL

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SAFETY SLOGANS

THEY'LL
SEE YOU
BEFORE
YOU SEE
THEM.

DON'T DRINK & DRIVE.



Fire catches, so don't play with matches.

OR

Practice fire safety, watch what you heat.

OR

*If everything comes your way, you are in the
wrong lane.*



Hotline

Safety Hot Line

(850) 414-5255

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

Hotline

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
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.

Please Print
Safety Slogan

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



Breast Cancer Awareness Month

October 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2 PAY DAY	3
4	5	6	7 INTERNATIONAL WALK TO SCHOOL	8	9	10
11	12 COLUMBUS DAY	13	14	15	16 PAY DAY	17
18	19	20	21	22	23	24
25	26	27	28	29	30 PAY DAY	31 HALLOWEEN

THE MONTH OF OCTOBER

October 2015 is Observed as	Breast Cancer Awareness Month; Fire Prevention Week, 10/4-10/15; Teen Driver Safety Week, 10/18-24/15; National School Bus Safety Week, 10/19-23/15; and Eye Safety & Injury Prevention Month.
Birthstone	Opal and Tourmaline.
Fruit & Veggies for the Month	Pears; Apples; Persimmons; Ginger; Galangal; and Tumeric.
October Flower	Calendula.
Astrological Signs	Libra (till 22th) & Scorpio (23rd →).
Other October Dates & Events	Oct 1: National Poetry Day; International Walk to School Day, 10/7/15.