



### Personal Protective Equipment( PPE) Maintenance !

By: Shanaz Sharifpour

When we think about personal protective equipment (PPE), we usually focus on proper selection and use. Care and maintenance of PPE is an important issue too, one that all too easily can be ignored.

#### Heads up on hard hat care!

Protect your head with a hard hat when performing construction work, trimming trees, repairing machinery, and doing other jobs with a risk of head injury. For those of you who use head protection, you also should:

- ▶ Clean your hard hat regularly with warm water and soap, and allow to air dry.
- ▶ Store the head protection out of the sun, away from extreme temperatures, and in a safe place (like a locker), where it can't get knocked around and damaged.
- ▶ Check the headband to make sure that it isn't stretched or worn and that the hat fits comfortably on the head.
- ▶ Replace a hard hat if it is cracked, dented, or has taken a heavy blow.

#### Keep an eye on safety eyewear!

Make sure you take good care of your eye protection and, protect your vision with appropriate safety eyewear (safety glasses, goggles, face-shields) when working in heavy dust conditions, with chemical, applying pesticides, and working in the shop, etc. Follow these safety tips:

- ▶ Clean safety glasses and goggles regularly with mild soap and water.

- ▶ Wash lenses with water before wiping to prevent scratching. (If you don't have access to clean water, blow dust and grit from lenses before wiping.)



- ▶ Try to store eye protection in a clean dust-proof case or in a safe place such as the top shelf of a locker where it won't get scratched or otherwise damaged.
- ▶ Replace safety glasses if frames are bent, and replace goggles if headbands are loose, twisted, knotted, or worn. Replace any kind of eye protection if lenses are scratched or pitted and impair vision.

#### Take good care of hearing protection!

Protect your hearing with earmuffs or plugs when operating noisy equipment such as grinders, older tractors, chain saws, etc.

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Hearing protection also needs proper maintenance to keep it in good, and safe condition. That means you need to:

- ▶ Wipe earmuffs with a damp cloth after each use, store them in a safe place, and replace cushions when they lose their flexibility.



- ▶ Wash reusable earplugs every day, store them in a clean case, and replace if plugs are hard or discolored.
- ▶ Wipe canal caps (headband plugs) with a damp cloth after each use, store them in a safe place so the headband won't get bent or twisted, and replace if the band is damaged and no longer fits comfortably.

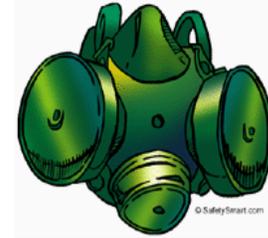
## Respirator

Protect your lungs with the correct respiratory equipment (dust masks, cartridge respirators, and gas masks), when working in dusty or moldy conditions, spray painting, applying chemicals, etc. Remember, **breathing is easy with well-maintained respirators!** Therefore, after each use, you should:

- ▶ Clean and disinfect them according to manufacturer's instructions.
- ▶ Check for holes, cracks, deterioration, and any other problems that could interfere with their effectiveness.



- ▶ Store them in a safe location, protected from dust, light, heat, cold, moisture, and chemicals.
- ▶ Place the respirator so that rubber and plastic parts are in a normal position and hold their shape.



## Keep gloves in good shape!

If your gloves are reusable, they can safely be worn multiple times before they should be replaced, you should also follow these tips:

- ▶ Keep gloves clean and dry.
- ▶ Have a backup pair in case gloves get wet (or must be washed) and need to be dried.
- ▶ Check for holes, cracks, and other damage before each use.
- ▶ Replace worn or damaged gloves right away.

## Foot protection!

It's easy to forget about safety shoes and other work footwear as long as your feet don't hurt. But to adequately be protected against foot hazards, shoes need proper care and maintenance just like any other kind of PPE. To get the best protection from work shoes, you should:

- ▶ Keep shoes clean and dry.
- ▶ Air out shoes after work, and check regularly for signs of damage or wear.
- ▶ Have worn or damaged shoes repaired, or replaced.

Reference: National Safety Council

## Home Fire Prevention and Preparedness

Submitted by: Shanaz Sharifpour

Fires and burns continue to be a major cause of unintentional injury death at home.

### Facts

- ▶ 80 percent of all fire deaths occur in the home.
- ▶ The leading cause of fire deaths is careless smoking.
- ▶ Having a working smoke detector increases your chance of surviving a fire.
- ▶ 3,675 people died in fires in the United States in 2005—one person every 143 minutes. While the number of fires increased in 2005, the number of deaths decreased by 5.8 percent in 2004.

### Smoke Detectors

- ▶ One is definitely NOT enough! Every home should be equipped with smoke detectors on every level, particularly outside of sleeping areas.
- ▶ Ensure that your smoke detectors are tested monthly and **batteries are replaced twice a year.**



### Fire Extinguishers

- ▶ Keep an all-purpose (ABC) fire extinguisher in your kitchen.

- ▶ It's a good idea to keep fire extinguishers near the furnace, garage, and anywhere else a fire may start. These extinguishers are affordable, life-saving equipment for your home.



- ▶ Make sure every able-bodied member of the family is trained and familiar with the proper way to use the fire extinguishers.
- ▶ If you must use an extinguisher, make sure you have a clear way out in the event you can't put out the fire.
- ▶ Keep matches, lighters, and candles out of reach and out of sight of children!

### Flammables

- ▶ Smoking is dangerous! No one should ever smoke in bed. Make sure that cigarettes/cigars are extinguished properly before dumping ashes.

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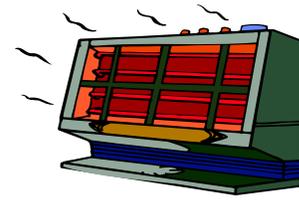
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- ▶ Avoid grease build-up in the kitchen and on appliances. Cooking fires are common. Don't leave food cooking on stovetops unattended.
- ▶ If a fire should occur, suffocate it with a pot/pan lid or cookie sheet, or if in the oven, close the oven door.
- ▶ Around the holidays, Christmas trees are a primary concern. Consider using an artificial tree that is labeled "flame resistant." If you do use an evergreen, water it daily to keep it from drying out. Make sure to inspect stringed lights and window ornaments annually for deterioration.
- ▶ Dispose of materials from fireplaces and grills in non-flammable containers.
- ▶ Never put children to sleep in "day" clothes. Fire-retardant sleepwear can make a difference in burn outcomes.
- ▶ Chimney fires are common. Have your chimney inspected and cleaned annually.
- ▶ Keep appliances unplugged when not in use.

### Electrical Safety and Heat Sources

- ▶ Make sure your electrical system is not being over-taxed. This can cause a fire. Do your lights dim or flicker when extra appliances are plugged in? If you have questions or concerns, consult a certified electrician.
- ▶ Inspect wires and cords. If you find any worn or exposed wiring from appliances, discontinue their use immediately! A fire is imminent!
- ▶ Space heaters can be dangerous if not used correctly. Make sure yours will automatically shut off if tipped over. Read the operating instructions to make sure you are using space heaters, gas fireplaces, and other heat sources as intended by the manufacturer. Keep all

flammable materials away from heat sources! If there are young children in the house, make sure space heaters and hot water heaters are inaccessible.



### Escaping a Fire

- ▶ Keep bedroom doors shut while sleeping. If you think there is a fire, feel the door and knob for heat before opening.
- ▶ Have an escape route for each area of the home and a designated meeting place outside.
- ▶ Draw a map that is easy for all members of the family and visitors to understand. Make sure everyone knows about and understands the map and escape plans.
- ▶ When planning for a family with young children, be sure to teach them not to hide from fire or smoke and go to firefighters who are there to help them.
- ▶ All children should be familiar with the ideas of "crawling underneath the smoke" to escape a fire. "stop, drop, and roll" is another safety principle that must be ingrained into children's minds.
- ▶ Multi-storied buildings are of special concern. Ensure that everyone is familiar with how to use an escape ladder if necessary.
- ▶ Make sure every sleeping room has two means of escape in the event of a fire. Windows provide a secondary means of escape. Ensure they are in proper working order, are not painted shut, and guards are able to be removed in case of fire and escape is necessary through that window.

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- ▶ Call emergency responders (911) from a neighbor's house.
- ▶ Make sure to practice your escape plan periodically. It will be easier to remember in case of emergency.



- ▶ Young children should know their street address and last name (and, of course, how to dial 911).
- ▶ After you've planned for the family, don't forget the pets. Alert firefighters about your pets. In the event your pet suffers from smoke inhalation, rush the animal to the veterinarian.

Reference: National Safety Council, U.S. Fire, Administration Study, and National Fire Protection Association (NFPA)

## Understanding Breast Cancer



Submitted by: Shanaz Sharifpour

Sometimes breast cells become abnormal. These abnormal cells grow, divide, and create new cells that the body does not need and that do not function normally. The extra cells form a mass called a tumor. Some tumors are “**benign**” or not cancer. These tumors usually stay in one spot in the breast and do not cause big health problems. Other tumors are “**malignant**” and are cancer. Breast cancer often starts out too small to be felt. As it grows, it can spread throughout the breast or other parts of the body. This causes serious health problems and can cause death. It occurs in both men and women, although male breast cancer is rare.

The United States National Cancer Institute ([www.cancer.gov](http://www.cancer.gov)) estimated new cases and deaths from breast cancer in the United States in 2007:

|           |                   |               |
|-----------|-------------------|---------------|
| New Cases | 178, 480 (female) | 2, 030 (male) |
| Deaths    | 40, 460 (female)  | 450 (male)    |

Most of the time, early breast cancer **does not** have any symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels. Symptoms include:

- A new lump in the breast.
- A lump that has changed.
- A change in the size or shape of the breast.
- Pain in the breast or nipple that does not go away.
- Skin anywhere on the breast that is flaky, red, or swollen.
- A nipple that is very tender or that suddenly turns inward.
- Fluid coming from the nipple when not nursing a baby.

See your health professional if you notice any of these symptoms.

### Is breast cancer the most common cause of death for women?

No. Although many women get breast cancer, it is not a common cause of death. Heart disease is the number one cause of death among women age 40 and above, followed by stroke, lung cancer, and lung diseases. Breast cancer is the **fifth** leading cause of death.

### What increases the chance of getting breast cancer?

- **Age:** The older a woman gets, the more likely she is to develop breast cancer. The chances of dying from breast cancer also increase as a woman gets older, but dying from breast cancer is much less common than getting breast cancer.
- **Family History:** Having close relatives with breast cancer or ovarian cancer increases your chance of getting breast cancer.

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- **Race:** All women can get breast cancer, but white women get it more often than Hispanic, African American, Asian, or Native American women. Although medical experts do not know why, African American women are more likely to die from breast cancer than woman of other racial and ethnic groups.
- **Having Children:** Not having children, or having your first child later in life (in your 30s or 40s), increases your chance of getting breast cancer.
- **Certain Medications:** Taking hormone replacement therapy (HRT) drugs after menopause may increase your chance of getting breast cancer. Talk to your doctor about the risks and benefits for you.



### Staying healthy and preventing cancer:

Scientists are studying how best to prevent breast cancer. Staying healthy may help. To protect your overall health and to prevent many kinds of cancer, follow these tips:

- Eat five or more servings of fruits and vegetables every day.
- Get regular physical activity.
- Aim for a healthy weight.
- Do not have more than one alcoholic drink a day.
- Do not smoke; if you do smoke, quit.

### Is there a test to look for breast cancer?

Yes. A mammogram, or an x-ray picture of the breast, is used to look for breast cancer. Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When breast cancer is found early, many women go on to live long and healthy lives. Most women should have their first mammogram at age 40, and then have another mammogram every one or two years. If you have any symptoms or changes in your breast, or if breast cancer runs in your family, talk to your health professional. For additional information visit:

[http://www.cdc.gov/cancer/breast/pdf/cdc\\_breast\\_health\\_fact\\_sheet.pdf](http://www.cdc.gov/cancer/breast/pdf/cdc_breast_health_fact_sheet.pdf)

**Remember knowledge is power!**

## HALLOWEEN SAFETY

Submitted by: Shanaz Sharifpour

Halloween is a cherished tradition but the excitement of the night can cause children to forget to be careful. There is no real “trick” to making Halloween a real treat for the entire family. The major dangers are not from witches or spirits but rather from falls, and pedestrian/car crashes. Both children and adults need to think about safety on this fun filled holiday, both day and night.

### Motorists

The National Safety Council urges motorists to be especially alert on Halloween.

- 😊 Watch out for children darting out from between parked cars.
- 😊 Watch for children walking on roadways, medians and curbs.
- 😊 Enter and exit driveways and alleys carefully.
- 😊 At twilight and later in the evening, watch for children in dark clothing.

### Parents

Before children start out on their “trick or treat” rounds, parents should:

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- ☺ Make sure that an adult or older responsible youth will be supervising the outing for children under age 12.
- ☺ Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children's companions.
- ☺ Instruct your children to travel only in familiar areas and along an established route.
- ☺ Teach your children to stop only at houses or apartment buildings that are well-lit and **never** to enter a stranger's home.
- ☺ Establish a return time.
- ☺ Tell your youngsters not to eat any treat until they return home.
- ☺ Pin a slip of paper with the child's name, address and phone number inside a pocket in case the youngster gets separated from the group.



### Costume Design

- ☺ Only fire-retardant materials should be used for costumes.
- ☺ Costumes should be loose so warm clothes can be worn underneath.
- ☺ Costumes should not be so long that they are a tripping hazard. **(Falls are the leading cause of unintentional injuries on Halloween.)**
- ☺ If children are allowed out after dark, outfits should be made with light colored materials. Strips of retroreflective tape should be used to make children visible.

### Face Design

- ☺ Masks can obstruct a child's vision. Use facial make-up instead.

- ☺ When buying special Halloween makeup, check for packages containing ingredients that are labeled "Made with U.S. Approved Color Additives," "Laboratory Tested," "Meets Federal Standards for Cosmetics," or "Non-Toxic." Follow the manufacturer's instructions for application.

### Accessories

- ☺ Knives, swords, and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
- ☺ Bags or sacks carried by youngsters should be light-colored or trimmed with retroreflective tape if children are allowed out, after dark. Carrying flashlights will help children see better and be seen more clearly.

### On the way

Children should understand and follow these rules:

- ☺ Do not enter homes or apartments without adult supervision.
- ☺ Walk, do not run, from house to house. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards.
- ☺ Walk on sidewalks, not in the street.
- ☺ Walk on the left side of the road, facing traffic if there are no sidewalks.

### Treats

To ensure a safe trick-or-treat outing, parents are urged to:

- ☺ Give children an early meal before going out.
- ☺ Insist that treats be brought home for inspection before anything is eaten.
- ☺ Wash fruit and slice into small pieces.
- ☺ When in doubt, throw it out.

HAVE A HAPPY HALLOWEEN !

Reference: National Safety Council



NATIONAL  
**SAFETY**  
MONTH 07

## Emergency Preparedness - Home

### **Expect the unexpected. Be prepared for emergencies.**

Americans worry about weather disasters and violent attacks more than they do about other, more likely causes of unintentional injury. While the incidence rate for injuries or deaths due to weather events or attacks is low, being prepared will give you peace of mind.

#### Emergency Risks

- Natural disasters such as hurricanes, tornadoes and earthquakes
- Extreme conditions such as sustained heat or cold
- Floods, fire and destruction resulting from storms

#### Tips for Prevention

- Designate a safe place to take shelter in the home during a weather event.
- Keep flashlights and extra batteries on each floor of the house, in easy-to-find places.
- Post emergency phone numbers near the phone. Keep cell phones charged and working.
- Create an emergency kit and keep it in a readily accessible place in the home. It should include a weather radio, batteries, a first aid kit, candles and flashlights, matches.
- Develop an emergency plan, detailing where to go in specific emergencies, and where everyone should meet after evacuation. This should include instructions pertaining to family pets.
- Make sure everyone in the family knows two ways out of the home. Get a safety ladder if an exit is on the second floor. Each family member must know how to operate locks, doors and windows.
- A larger emergency supply kit should be kept in a safe place, containing a three-day supply of water (one gallon per day, per person), a three-day supply of non-perishable food, a first aid kit, medications, entertainment items, family documents, extra clothing and bedding.
- Encourage family members to learn first aid and CPR.
- Install and check smoke alarms and CO detectors. Have fire extinguishers handy and know how to use them.
- Know how to shut off water, gas, and electricity to your home.
- In case of evacuation, determine several routes out of your town. Keep your car's gas tank at least half-full, and leave room in the trunk for emergency supplies.
- Make a written inventory with photographs of all valuable items, and keep an extra copy outside your home.

Source: National Safety Council

# Safety Advisor Word Search

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

|               |            |               |
|---------------|------------|---------------|
| BATTERIES     | DANGEROUS  | DETERIORATION |
| EARMUFFS      | EARPLUGS   | ELECTRICAL    |
| EMERGENCY     | EQUIPMENT  | ESCAPE        |
| EXTINGUISHERS | EYEWEAR    | FIRE          |
| FIREFIGHTERS  | FLAMMABLE  | GOGGLES       |
| HEAT          | PROTECTION | RESPIRATOR    |
| RESPIRATORY   | SAFETY     | WIRES         |

## Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans applicable to the monthly safety theme.

Slogans are judged on originality and relevance to the month's theme. (there are two themes each month)

You may also email your slogans to [shanaz.shariffpour@dot.state.fl.us](mailto:shanaz.shariffpour@dot.state.fl.us) or [nancy.lynn@dot.state.fl.us](mailto:nancy.lynn@dot.state.fl.us)

In the subject line of your email please write "Safety Slogan Entry".

Please Print

Safety Slogan for the month of \_\_\_\_\_

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Name: \_\_\_\_\_ Location/Office: \_\_\_\_\_

District: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

*Safety Hot Line*



*Local (850) 245-1543*

*You can now report hazards by telephone.  
You can stay anonymous.  
Everything is confidential.  
Action will be taken and you will  
be notified within 30 days.*

## 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: 850.245-1554

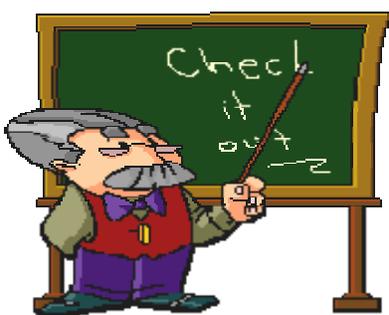
Via US Postal Service (or inter-office mail) to the address shown below.

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?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever used the Safety Smart web site?   | <input type="checkbox"/> | <input type="checkbox"/> |
| What would you suggest to improve the suitability of the Safety Advisor to our needs or to improve the overall quality? (Please be specific)<br><br><hr/> <hr/> <hr/> |                          |                          |
| Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.<br><br><hr/> <hr/> <hr/>    |                          |                          |



Get More from Safety Smart Online



<http://floridadot.safetysmart.com/SSOL/enterprise/>

## Monthly Themes for 2007

- January:** Back Injury Prevention and Safety Meetings
- February:** Fall Protection and Traffic Safety
- March:** Laboratory and Office Safety
- April:** Hazardous Materials and Blood Bourne Pathogens
- May:** Respiratory Protection and Tool Safety
- June:** Materials Handling and Managing Stress
- July:** Heat Stress and Outdoor Hazards
- August:** Work Zone Safety and Safety Committees
- September:** Fitness/Nutrition and Bicycle/Pedestrian Safety
- October:** *Fire Protection and Personal Protective Equipment*
- November:** Vehicle Safety and Ergonomics
- December:** Holiday Safety and Electrical Hazards

# Safety Slogan Winners

Stop look and listen...  
Stop, drop and roll...  
Fire Safety at work and home  
is our number one goal.

Donna Mosier  
District 3  
ChIPLEY Environmental  
Management Office

Be sure to take care of your  
PPE, it will improve  
its life and efficiency.

Cheryl Kick  
District 2  
Bridge Engineering & Inspection

# October 2007



Fire Protection & Personal Protective Equipment  
 National Breast Cancer Awareness Month  
 Eye Injury Prevention Month

| Sunday                                       | Monday                             | Tuesday                        | Wednesday                             | Thursday                     | Friday                    | Saturday |
|--|------------------------------------|--------------------------------|---------------------------------------|------------------------------|---------------------------|----------|
|  | 1                                  | 2<br>Drive Safely to Work Week | 3                                     | 4<br>Child Health Day        | 5                         | 6        |
| 7  | 8<br>National Fire Prevention Week | 9                              | 10                                    | 11<br>New Moon               | 12<br>Payday              | 13       |
| 14<br>Drug Free Workweek 14-20               | 15                                 | 16<br>Boss's Day               | 17<br>National School Bus Safety Week | 18<br>Infection Control Week | 19                        | 20       |
| 21<br>National Radon Action Week (Oct.21-27) | 22                                 | 23                             | 24                                    | 25                           | 26<br>Payday<br>Full Moon | 27       |
| 28   | 29                                 | 30                             | 31<br>Halloween<br>☺                  |                              |                           |          |

### Halloween's True Celtic Origins?

Samhuinn, from 31 October to 2 November was a time of no-time. Time was abolished and people did crazy things, men dressed as women and women as men. Children would knock on neighbors' doors for food and treats in a way that we still find today, in a watered-down way, in the custom of trick-or-treating on Halloween.