Florida Department of Transportation

SAFETY ADVISOR

February 2008

Happy Valentine's Day

Traffic Safety

Submitted by: Shanaz Sharifpour

Are you on the road again this month? Your job may take you to remote jobsites, conferences, or educational seminars, or maybe, you've learned to work on the run. Wherever you go, be sure to take safety along. Travel can leave you vulnerable to injury and illness, so be alert and take good care of yourself.

Safe driving requires both planning ahead and proper reaction behind the wheel. Too often drivers underestimate the knowledge and skill that safe driving demands. This lack of understanding often results in a preventable tragedy.

Traffic Safety should be your number one concern, because motor vehicle crashes are the leading cause of on-the-job deaths. Before any trip, check and service your vehicle. Schedule your travel time and work obligations to leave plenty of time for sleep and rest. Wear your seat belt. Remember that drinking and driving should never be an option.

As a matter of fact, one of the biggest dangers on the road can be the presence of a drunk driver! It is estimated that more than 50 percent of all fatal mishaps in the U.S. alone involve alcohol on the part of someone involved in the incident.

Detect Drunk Drivers

The following list includes visual cues for detecting drunk drivers:

- Someone straddling the center lane marker.
- Turning a wide radius.
- Almost striking an object or another vehicle.
- Driving on other than the designated roadway.
- Speed noticeably slower than the speed limit.
- Stopping without cause in the traffic lane.
- Following too closely.
- Drifting.
- Tires on center or lane marker.

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- Braking erratically.
- Driving into opposing or crossing traffic.
- Signaling inconsistent with driving actions.
- Slow response to traffic signals.

Wear your seat belt

One of the most powerful, lifesaving things that people can do is "buckle up". Statistics constantly remind us that not using safety belts increases the chance of injury or death in a traffic mishap. If the roads are slippery or wet the seatbelt becomes more critical because of the increased chance of a crash. Seat belts will keep the driver and the passengers in place in the vehicle.

Know what may cause a crash

Weather, road conditions, and mechanical defects can and do play a big role in crashes. However, instead of pointing fingers at outside factors, drivers should be taking a long, hard look in their rear view mirrors—at themselves.

That's the finding of a new study commissioned by the Federal Motor Carrier Safety Administration. The study found that action or inattention by the driver of a vehicle involved was the critical reason behind 88 percent of injury or fatality traffic incidents.

Other concerns

There are other factors that could have an effect on your driving, the following are examples:

- Use good ergonomics to prevent strain, sprains, and discomfort. **Adjust the car seat** the best you can, and shift your position frequently. **Take regular breaks from driving.** Use wheeled carts rather than shoulder straps for luggage and meeting materials.

- If you have trouble sleeping in hotel rooms, plan to make yourself more comfortable. If the rooms are always too cold, take along warm sleepwear. If the pillows are always wrong, take your own**. Fatigue contributes to travel-related incidents** and illnesses, so make a good night's sleep a priority.

- Travel can also take a toll on your health. Eat moderate amounts of nutritious foods. Drink plenty of fluids. Wash your hands frequently to remove germs that can cause illnesses. A common route for flu and cold virus transmission is from your hands to your eyes or nose. If you have been shaking hands with a roomful of others, wash up as soon as you can do so.

Reference (partial) and clip art: Bongarde

Prevention Of Fall Related Injuries

Submitted by: Shanaz Sharifpour

Falls are the second leading cause of accidental injuries and deaths in the U.S. workplace, second only to motor vehicle crashes.

Most falls occur on the same level rather than from a height; they are often caused by slips and trips! Slips occur when the foot loses traction on a floor surface. This can occur because the surface may be highly polished or because it has a spill of water, oil, grease, mud, fine powder, or other slippery material on it.

Here are some tips for preventing slips:

- Wear non-slip footwear. Soles which are made of non-slippery material will help you maintain traction.
- Slow down. Chances of slipping or falling are greatly increased when you are moving too fast. Never run in a work area, and slow down to speeds appropriate to the walking surface.
- Wipe up spills promptly. A common spill which can cause slips and falls is the water or mud which accumulates in an entrance way. Other hazards are grease and oil leaking from machinery, and even beverages spilled on the floor.
- If a spill cannot be cleaned up right away, mark it so that someone does not step on it. It is also important to barricade floors after they have been wet-mopped.
- Make the necessary repairs or adjustments to equipment and machinery to prevent drips and spills. Drip pans may be needed in places where such spills are likely to occur.
- Floors should be covered with non-slip materials, especially in areas which tend to get wet or greasy such as kitchens and shop floors. If you are cleaning such surfaces, be sure to use the correct products so you do not damage the special chemical or mineral finish.
- Floors which are on an incline can also cause slips. Ramps and other sloping surfaces should be clearly marked and covered in slip resistant material.
- Items on the floor such as loose rugs or items such as bolts or pencils, can also cause slips.

Pay attention if you have a close call involving slipping. For instance, if you do slip and catch yourself before you fall, try to determine what caused it and correct the situation.

If you do begin to fall, you might be able to save yourself from injury if you remember these tips:

- Relax. Bend your arms and legs. Try to sink to the floor.
- Catch your fall with your hand instead of your back or your head.
- Hit the ground rolling.
- If you think you might be injured, do not move. Wait for help instead.

Use ladders safely to prevent fall:

People often misuse ladders because either they don't know or don't follow the rules! Here are some common mistakes:

- Standing on the top rung or top cap.
- Climbing to dangerous heights without checking a ladder for damage, missing parts, or excessive wear.
- Raising an extension ladder and climbing before ensuring that both rung locks are safely in place, or, if using a stepladder, climbing without ensuring that the spreaders (side braces) are fully extended and pushed into place.

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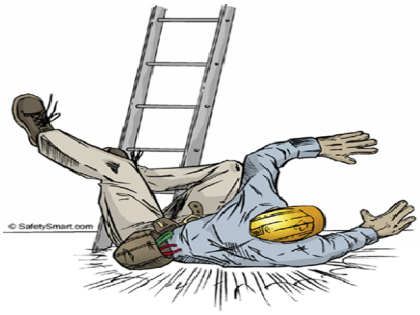
So next time you use a ladder, give some thought and take these steps to preventing falls:

Four steps to ladder safety

- Keep your belt buckle inside the ladder side rails at all times. If you must lean to the side to reach something you should climb down and safely reposition the ladder.
- Stand no higher than the second rung from the top (the third rung is safer yet). Never stand on the top cap of a stepladder.
- Limit your time on a ladder to avoid fatigue. Come down for periodic breaks.
- Ladders need to be placed on stable, flat surfaces that are free of grease, leaves, or other materials that could cause the feet of a ladder to slip out from under you.



Remember to inspect all ladders for these defects:

- Loose steps or rungs.
- Loose metal parts such as nails, screws, or bolts.
- Cracked, split, or broken uprights, braces, steps, or rungs.
- Loose or bent hinge spreaders, or broken stops on hinge spreaders on step ladders.
- Loose, broken, or missing locks on extension ladders.
- Deterioration of extension ladder rope from exposure to corrosives or weather.
- Worn or missing tires on trolley ladders.
- Trolley ladder wheels that bind or are out of adjustment.
- Rail supports broken or section of rail missing.

Reference: Bomgarde

Tips For Shift Workers To Combat Sleepiness

Submitted by: Shanaz Sharifpour

- Turn off lights and close blinds to make your bedroom dark before going to sleep. Do this the same time every day.
- Develop a relaxing sleep ritual.
- Block or mask outside sounds.
- Lower your thermostat before going to bed.
- Maintain or improve your overall health.
- Avoid caffeine several hours before bed time.
- Avoid alcohol several hours before bedtime.
- Know the side effects of your medications.
- Close the bedroom door and hang a “Do Not Disturb” sign on it.
- Unplug the telephone in your bedroom.

Reference: The National Highway Traffic Safety Administration

Safety isn’t expensive.
It’s priceless.

Preventing Falls Quiz

True or False

1. To prevent slipping, all floors should be kept dry. True or False
2. Use an approved ladder. True or False
3. Floors and steps are safe storage areas. True or False
4. When spills occur, it is best to use an absorbent
5. material to reduce slipping. True or False
6 Being alert is one of the surest ways to avoid falls. True or False

Answer Key:

1. T 2. T 3. F 4. T 5. T

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Infonet.dot.state.fl.us/safetyoffice/

Eye-Q Test

Submitted by: Shanaz Sharifpour

Are you protecting your eyes properly?

Circle **T** for the true statements or **F** for the false statements on the following:

1. Most eye injuries can be prevented if you wear eye protection. T F

2. If chemicals splash in your eye, cover the eye and seek medical attention. T F

3. The best way to get a particle out of your eye is to rub your eye until tears wash the object away. T F

4. Safety glasses will protect against all eye hazards. T F

5. Most eye injuries require prompt medical attention. T F

6. The best way to treat a blow to the eye is to flush the eye with water for at least 15 minutes. T F

7. Replace eye protection that has scratched or pitted lenses. T F

Reference: Issue #577 of 2007 Business & Legal Reports, Inc.

Answers

1. **True**.
2. **False**. Flush the eye with water for at least 15 minutes and then seek medical attention.
3. **False**. Never rub. You could damage the surface of your eye. Try lifting the upper lid outward and downward over the lower lid and let tears wash the particle out. If that fails, flush the eye with water until the particle comes out. If that doesn't work see a doctor immediately.
4. **False**. Some hazards such as chemical splashes or vapors might require safety goggles, or at least safety glasses with side shields.
5. **True**.
6. **False**. Apply a cold compress and see a doctor if the pain continues or vision is affected.
7. **True**.

High Blood Pressure

Submitted by: Shanaz Sharifpour

According to recent estimates, nearly one in three U.S. adults has high blood pressure, but because there are no symptoms, nearly one-third of these people don't know they have it.

In fact, many people have high blood pressure for years without knowing it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the "silent killer."

Control your risk factors for high blood pressure

Controlling risk factors can reduce your risk for heart disease, heart attack and stroke, so it's important to follow your healthcare professional's recommendations carefully.

Sometimes, when lifestyle changes aren't enough to control high blood pressure, your doctor will also prescribe medication.

Know your blood pressure. The only way to tell if you have high blood pressure is to have your blood pressure checked regularly.

Lose weight if you're overweight. Many people with high blood pressure are also overweight. Losing weight will reduce the strain on your heart, and often weight loss will cause your blood pressure to drop.

If you're given a diet, follow it closely, including suggestions about reducing how much alcohol you drink. Alcoholic drinks are low in nutrients and high in calories, so if you're trying to lose weight, avoid them.

Get regular physical activity. Lack of physical activity can contribute to obesity and also increases your risk for heart attack and stroke.

Regular physical activity is defined by the American Heart Association as moderate to vigorous exercise at least 30 minutes a day on most or all days of the week. Physical activity should definitely be a part of your life. Don't be afraid to be active. It's always best to consult your doctor before beginning a new activity program.

Avoid excessive alcohol. Limit your alcohol consumption to no more than 1–2 drinks a day. If you're on a weight-reduction diet, remember that alcohol is high in calories.

Stop smoking. Smoking is another major risk factor for heart attack and stroke.

Manage your stress. Relaxing for short periods during your workday, at night, and on weekends also may help lower your blood pressure.

Stress can lead you to increased smoking, alcohol consumption, overeating, and other activities that raise your risk for heart attack and stroke.

Decrease sodium (salt) intake. Most Americans eat far more sodium than they need, and less sodium helps lower blood pressure in most people. This means you'll have to limit many salt-containing foods and cut down on how much salt you use in cooking and at the table.

Start reading package labels regularly to learn about the sodium content of prepared foods. Seventy-five percent of the sodium Americans consume comes from processed foods. Use available herbs and spices, that give food flavor and help avoid the risk of high-sodium intake.

Eat for heart health. The American Heart Association recommends a diet rich in fruits, vegetables, and whole-grain high-fiber products. The diet should also contain fat-free and low-fat dairy products, legumes, poultry, and lean meats and fish (twice a week), preferably omega-3 containing fish (e.g., salmon, trout, herring).

Consuming these foods and beverages will help you maintain a diet low in saturated fat, trans fat, cholesterol, and sodium (salt).

Some medications can raise blood pressure. Some medications also can raise blood pressure and/or interfere with the effectiveness of drugs used against high blood pressure.

People with high blood pressure should tell their doctor all of the prescribed and over-the-counter medicines they're taking. These include such drugs as steroids, non-steroidal anti-inflammatory drugs (NSAIDs), nasal decongestants, and other cold remedies, diet pills, erythropoietin, tricyclic antidepressants, and monoamine oxidase inhibitors.

Reference: American Heart Association at: http://americanheart.org/presenter.jhtml?identifer=2114

Word Search Puzzle

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T R A V E L Y A L B C G Z I F K D H P D H U M E K
X D N X D T H S L N E Z I W S G B O R M T L V P W
B D I E E A F N Y E Y B C X I H O O O M N D G I W
T M R F Z Q S E N N R M Z F D R I F T I N G C X O
P N A I S T R H O I B T Q O H G D B E N S F M K R
M S E O V S C U I N S P E E D P A B C C V O N C K
M F R D U E N A T J E L Y U E K N B T V I U H P S
H P S R I Q R G C U U F O N K K G V I Y R E M L G
K I T E H C X J A R G L S J B H E I O D M Y D V R
S N D H L C C V E I I X J X U C R C N I K S J H R
K L F J B U P A R E T R E D D A L V C D I B O T K
C T I N K N S E H S A R C N I P G A L Q J O J J H
E T L P Q A F Y R S F X Y P F U L K J O A M C X T
L F L V P G Q A U O O K T R A S R A U F H X I E L
E W B L L I D H F R B P J Q B E C F C B V O D G A
Y F Y H S O N F D Y B M R S V K S O V B V J C C E
V J G D Z M I G T L E B T A E S G E P D B D E L H
F X U C F C Z R D B K K E Q X N H O V I E Z K M A
K R F M E S G R X S U N G H I I V N Z B Q V E I P
C O F I B F L P D V R K L P C V X W S Q B C K N U
E M M O E W Q L Q N F P P L R S F K G C Q J A G D
J T B Y M X N B I P F O E T M Q S U T N Z K Z Z M
K R E K Q G Q L G P T O U E V Q E K I Y J X S L B
I F O C O U N G W S S P Y V Z Z T S U R Y Q N Z M
T K T D I G W C T J S I W U L N L T O D Y M X S O
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ACCIDENT
ALCOHOL
ALERT
CHEMICALS
CRASHES
DANGER
DRIFTING
DRIVER
DRUNK
FATIGUE
HEALTH
INJURIES
LADDER
OFFICE
PROTECTION
REACTION
SAFETY
SEATBELT
SLIPPING
SPEED
SPILLS
STOPPING
TRAVEL
VEHICLE
WORK

The Safety Advisor puzzle is generated from the http://school.discoveryeducation.com/, puzzle maker. Omissions or errors are possible and are the sole responsibility of the program and not the producers of this Newsletter.

Monthly Themes for 2008

January: Back Injury Prevention
February: Fall Protection and Traffic Safety
March: Laboratory and Office Safety
April: Hazardous Materials & Bloodbourne 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 Slogans

Traffic Safety

Even if you're late…
don't tailgate.

Anonymous

Fall Protection

Before you give
a helping hand,
think of the floor
on which you
might land.

Anonymous

Safety Hot Line

Local (850) 245-1543

You can now report hazards by telephone.

You can stay anonymous.

Everything is confidential.

Get More from Safety Smart Online

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

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

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Have you ever used the Safety Smart web site?		

What would you suggest to improve the suitability of the Safety Advisor to employee 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.

_____

_____

_____

Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans applicable to the month 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.sharifpour@dot.state.fl.us or nancy.lynn@dot.state.fl.us

Please Print

Safety Slogan for the month of _____

_____

_____

_____

_____

Name: _____ Location/Office: _____

District: _____ Phone: (__)_____ Suncom: _____

Tallahassee, Florida 32399-0450

February 2008

Fall Protection & Traffic Safety

National Heart Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pay Day	2 Groundhog Day
3	4	5 Anniversary Of the Constitution	6 Ash Wednesday	7 Lunar New Year	8	9
10	11	12 Lincoln's Birthday	13	14 Valentine's Day	15 Pay Day	16 Get cholesterol checked at least once every 3 years.
17	18 President's Day	19	20	21	22 Washington's Birthday	23
24	25	26	27 National Eating Disorders Week	28	29 Pay Day	

"There is no exercise better for the heart than reaching down and lifting people up"

-John Andrew Holmer-

Happy Valentine 's Day