



JUNE

June is the sixth month of the year in the Gregorian calendar, with a length of 30 days. The month is named after the Roman goddess Juno, wife of Jupiter and equivalent to the Greek goddess Hera.



June is known for the large number of marriages that occur over the course of the month. June is named after Juno (Hera). Juno was the goddess of marriage and a married couple's household, so some consider it good luck to be married in this month. *

* Wikipedia

Flag Day is observed in the United States on June 14. It commemorates the day in 1777 when the Continental Congress adopted the Stars and Stripes as our flag. It then had only 13 stars, to match its 13 stripes.



Flag Day is not an official national holiday, but is a legal holiday in Pennsylvania. President Harry S. Truman officially recognized June 14 as Flag Day by signing the National Flag Day Bill.

June 1 is the beginning of Hurricane Season. You need to know what to do, when to do it, and where to go.

Learn more on page 3 .



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DOT Receives Tops Safety Award from Department of Financial Services

The DOT was one of only 7 agencies to receive the highest (Gold) award for its employee health and safety programs from the Department of Financial Services on May 13, 2009.

Ten Agencies received the Silver award, and 16 received the Bronze award. Fifteen agencies received no award.

This award was mentioned in last month's newsletter. It is truly a reflection of the quality of the DOT's health and safety program and the dedication of its health and safety managers, as well as every employee for taking the time to be safe.

Award is Presented to Secretary Kopelousos



Pictured L to R: R.J. Castellanos, DFS; Donna O'Neal, DFS; Marianne Trussell, DOT; James Ellzey, DOT D2; Alaxon Pitts, DOT, D3; Brian Satterfield, DOT D3; Ken Cox, DOT, SMO; David Wiggins, DMS



Secretary Kopelousos extends her appreciation to each and every DOT employee for their efforts in the DOT's health and safety programs and keeping our work environments safe and our employees injury free.

This monthly newsletter is produced by the State Safety Office under the supervision of Marianne A. Trussell, the Department's Chief Safety Officer.

For content information, please call the editor pro tem at: 850 245-1504

Our internet address is:
www.dot.state.fl.us/safety

Our intranet address is:
Infonet.dot.state.fl.us/safetyoffice/

The Time for Preparation is Now By Shawn Kinney

It's that time of year again! The time of year when all of us tune in to the Weather Channel and watch to see when it is our turn to experience one of nature's most powerful creations - a hurricane! This is also the time to make sure that you and your family have a plan for how you will respond should a hurricane affect your household.

In planning for the upcoming Hurricane Season, it is important to consider that, after a hurricane, emergency workers may not be able to reach everyone right away. In some cases, it may take 3 or more days for help to arrive. Your family disaster plan is the guide that will help to prepare your family to endure potentially difficult times until help does arrive.

Here are some helpful reminders to assist you in preparing your plan:

- ◇ Begin gathering food and water supplies recommended for your family.
- ◇ For tips and supplies for planning for pets visit: www.hsus.org
- ◇ Identify important documents and files to collect and protect.
- ◇ Stock a Disaster Kit and know what to have in it.
- ◇ Learn your local evacuation routes.
- ◇ Collect contact information for local emergency providers.
- ◇ Develop a checklist of important

things to do before, during, and after a disaster.

For more information about preparing for disasters for people with disabilities or special needs please visit: www.DisabilityPreparedness.gov, www.NOD.org (National Organization on Disability), and www.Ready.gov

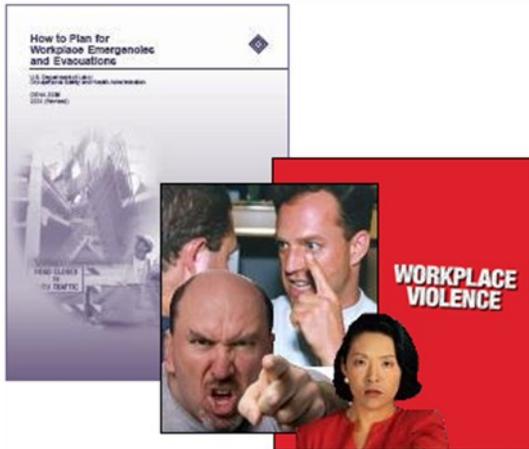
If you have not started your plan or maybe you have but are not sure what needs to be in it, please visit www.FloridaDisaster.org today. From this site, you will be guided through the steps needed to complete a plan for your entire family. Having your plan ready ahead of time will give you the best chance of protecting you and your family this hurricane season.

**The time to prepare is now.
There's too much to lose.**



Is Workplace Violence the Missing Link in Your Emergency Action Plan?

Fritz R. Zettel
District 4 Environmental, Health and Safety



The term “workplace violence” most often conjures up frightening images of disgruntled or deranged workers who unleash deadly shooting sprees harming multiple victims—the kind of events that periodically appear in newspaper headlines and national TV news reports.

Such headlines may have helped create a national awareness of workplace violence. But by focusing on one of its rarest forms – multiple homicides by former or current employees – media accounts may also have obscured the true breadth and magnitude of this costly and widespread problem.

Workplace homicides are committed by non-employees much more often than by coworkers, and other forms of workplace violence are vastly more common than homicide.¹

Emergency Action Plans (EAP) are required under Section 10.4.2.3 of the Loss Prevention Manual and 29 CFR 1910.38.

The Occupational Safety and Health Administration (OSHA) publishes guidance for EAPs

entitled How to Plan for Workplace Emergencies and Evacuations and defines a workplace emergency as follows:

“A workplace emergency is an unforeseen situation that threatens your employees, customers, or the public; disrupts or shuts down your operations; or causes physical or environmental damage.

Emergencies may be natural or manmade and include the following:

*Floods,
Hurricanes,
Tornadoes,
Fires,
Toxic gas releases,
Chemical spills,
Radiological accidents,
Explosions,
Civil disturbances, and
Workplace violence resulting in bodily harm and trauma.”*

So, how well are you prepared?

PREPARATION AND RESPONSE:

Every FDOT facility should be responsible for developing and implementing procedures as part of their Emergency Action Plan addressing workplace violence prevention and response. Procedures should address:

- ◇ Calling for help, including security, law enforcement and medical assistance
- ◇ Emergency escape procedures and routes
- ◇ Safe places to escape inside and outside of the facility
- ◇ Sheltering in place
- ◇ Securing the work area where the incident took place

- ◇ Accounting for all employees if a facility is evacuated.
- ◇ Identifying personnel who may be called upon to perform medical or rescue duties
- ◇ Training and educating employees in workplace violence issues and the emergency action plan
- ◇ Regularly evaluating (testing) and updating the plan
- ◇ Debriefing participants to identify lessons learned

The following documents provide excellent resources and should be used in the development and implementation of the procedures in your plan:

[Workplace Violence: Issues in Response](#)²

[Workplace Violence Prevention & Response](#)³

[How to Plan for Workplace Emergencies and Evacuations](#)⁴

¹ASIS Workplace Violence Prevention and Response Guideline, Section 11.0. Workplace Violence - A Broad Concern for Employers

²Critical Incident Response Group National Center for the Analysis of Violent Crime, FBI Academy, Quantico, Virginia

³ASIS International

⁴U.S. Department of Labor, Occupational Safety and Health Administration

MANAGING STRESS

Vana Kinchen

District Four Environmental, Health & Safety

The economy, unemployment, the war, higher prices on everything and now the swine flu. We are getting hit with just about everything, but the kitchen sink. We need to be mindful of the effect that stress can have on our bodies. It is the constant reminders that we are getting each day that make the largest impact on us. Managing stress effectively will literally save your life.

As your stresses increase, you are subject to several diseases: high blood pressure, disorientation, depression and sleeplessness. We need to understand that most of the things in our lives are not controllable, but we can do something that we can control that will help us deal more effectively with these stresses.

Some of the best minds in the country will give an elaborate list of things to help fight stress, but they may be on the pricey side. It would be much better economically, if we just remember the things that our grandparents use to do to entertain their children and grandchildren. Here is a list of the things that come to mind from years ago and recently as well:

- ◇ Take a walk after dinner. It's great for the digestion and the kids will get the last of their energy out so sleep will come easier.



- ◇ Have game nights with the children and let them pick the games. It is great fun and you will notice that you are relaxing and have fun also.



- ◇ Socialize with your friends, relatives. Have a pot luck dinner or a cookout and let everyone bring a favorite dish or meat. You have to eat.

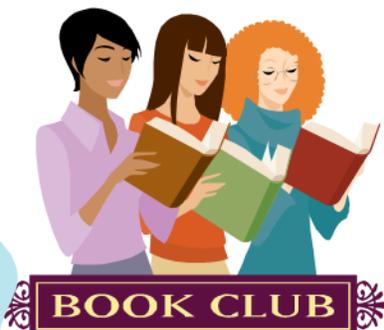
- ◇ Talk to each other, laugh and most of all listen to each other. Sometimes you get a better perspective on things when you see the world through others eyes.

- ◇ Eat a healthy, balanced diet. It pays to keep yourself well.

- ◇ Exercise daily and find someone to exercise with. It's great fun and the exercise time goes by so much faster.



- ◇ If you like to have your own quiet time, then schedule it, protect it from any interruptions and do something that you want to do. Reading, playing music, gardening, working on a favorite activity.



- ◇ When you find yourself getting stressed out. STOP what you are doing, take several deep breaths and just sit and relax for a few minutes. It really makes a difference.



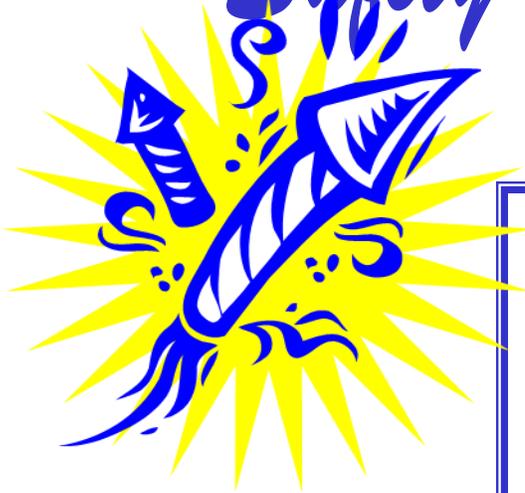
- ◇ Volunteer at a local facility. There are so many people needing a helping hand right now and your personal time is something that only you can give. It has a lasting impact on the people that you help and on you as well.

To combat stress, you have to be proactive and think about the things that you like to do that will fit your individual budget. The few things that were suggested are totally within your budget and don't need a lot of preparation.

Times are going to be tough for some time and we each need to learn to handle stress effectively and not let it handle us. We all have our own individual strengths and if we put those strengths together with others that have different strengths, we can weather this economic downturn successfully. Put your hand out to help the neighbor or a co-worker who is having problems. Teamwork cannot be beat in any forum, because you have put yourself on the line and that makes it personal. The great feeling that you get from helping others is always free and helps reduce stress. What a deal!

Monthly themes are determined on an ad hoc basis.
Please feel free to submit safety slogans on any topic.

Safety Slogan Winners



**FEET NEAR THE STREET,
VEST ON THE CHEST**

Les Stokes, SMO

**GET SHOES WITH GRIPS SO YOU DON'T SLIP
OR TRIP;
STAY ON THE BALL SO YOU DON'T FALL**

**DON'T LEAVE YOUR FILE DRAWER A'HANGIN'
OR YOUR SHIN YOU'LL BE A BANGIN'!**

Catherine C. Gardyasz

Brittany McMillan

Brandy Lancaster

D1 Right of Way

Safety Hot Line



(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?		
Do you use the Safety Advisor in any manner other than read it ?*		
<p>What would you suggest to improve the suitability of the Safety Advisor to our needs or to improve the overall quality? (Please be specific)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>* How do you use it? _____</p> <p>_____</p> <p>_____</p>		

Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans .

You may also email your slogans to: Marianne.Trussell@dot.state.fl.us
In the subject line of your email please write ***"Safety Slogan Entry"***.

Please Print	
Safety Slogan for the month of _____	

Name: _____	Location/Office: _____
District: _____	Phone: () _____
<i>The Safety and Health Awareness Newsletter</i>	
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hurricane Season Begins	2	3	4	5 Pay Day	6
7	8	9	10	11	12	13
14 Flag Day	15	16	17	18	19 Pay Day	20
21 Father's Day//Summer Begins	22	23	24	25	26	27
28	29	30				

JUNE

National Dairy Month

National Aquarium Month

National Fresh Fruit and Vegetable Month

National Tennis Month

National Safety Month (National Safety Council)

