



OCTOBER

Green Halloween

All those paper candy wrappers, wasted pumpkin innards, and cardboard costume shipping containers really add up. What can you do to celebrate an environmentally friendly green Halloween this year?

Reduce Energy with Halloween Lights

Reduce the amount of electricity used and turn out the lights. Use alternative light sources to light Halloween like fluorescent light bulbs, LED lights and decorations and even candles. (Be especially careful when using candles) Use a tea light for the pumpkin.

Green Trick or Treating

Everyone gives candy. Think about all the millions of paper candy wrappers that end up in the dump every year. So what are some other things eco-friendly neighbors can do to help the environment without turning off the porch light and ignoring the trick-or-treaters completely (environmentally friendly, but gets your house egged)? Consider going organic. While organic candy still has sugar, many organic candies are made and packaged with the earth in mind. Choose organic, all-natural, dye-free ingredients that are sold in bulk with minimal additional packaging and packaged in materials that are biodegradable.

Recycled Costumes

Funky, fun, and scary outfits are also an expectation at Halloween, especially with kids. Choose to re-use costumes from years past or use household items and cloth to make costumes for the kids. Get creative and use things around the house to come up with something ghoulish and fun.



Dump the Driving

Instead of driving all over town to transport trick-or-treaters, take the kids to a group gathering where they can get their candy and fun in one spot. Also, families can say “no” to the car altogether and choose just to walk around within their own neighborhood. This is not only a great way for families to save on a little extra driving, but it’s also a good way to get to know neighbors.

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H1N1 and You

by Kimberly Stadler
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Flu is a serious contagious disease. Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

This flu season could be worse. There is a new and very different flu virus spreading worldwide among people called **novel or new H1N1 flu**. This virus may cause more illness or more severe illness than usual.

What does this mean for you?

H1N1 spreads much the same way the normal flu spreads: Through contact with sick people, coughing and sneezing, and contact with surfaces that have flu virus on them.

Here are some simple ways to help prevent sickness and stay healthy.

- ◇ **Cover your mouth and nose with a tissue when you sneeze**
Use a tissue or napkin and throw it away immediately afterwards. If a tissue isn't available, sneeze into the inside of your elbow — not in your hands.
- ◇ **Wash your hands regularly**
Another reminder you can never hear too many times. Use soap and water or an alcohol-based hand cleaner. Washing hands is especially important after sneezing or coughing, before handling food,

or after spending time in a public place.

- ◇ **Don't touch your face**
Keep your hands away from your mouth, nose, and eyes. This is hard to do, but at least try to be aware if you're doing it often.
- ◇ **Get some sleep**
Having a regular and appropriate sleep schedule is one of the best ways of keeping your immune system strong and staying healthy.
- ◇ **Be wary of surfaces — clean them regularly**
Tables, chairs, countertops, desks, computer keyboards, doorknobs ... pretty much everything you touch on a regular basis. Most common household disinfectants should work fine to keep them germ-free.
- ◇ **Drink well**
Have plenty of water to flush toxins from your system. Fruit juice rich in vitamin C is a good choice as well. Avoid alcohol — it's an immune suppressant .
- ◇ **Eat well**
Maintain a diet full of immune boosting foods and high in Antioxidants, such as vegetables, fruits, and whole grains.
- ◇ **Exercise**
A sure way to make sure your body is strong and ready to fight infection is to stay active. Make exercise a part of your daily routine to cleanse toxins from your body and release stress.

- ◇ **Stay away from sick people**
A few feet should do it. Stay far enough away from people to be out of range of potential disease-carrying fluids.

- ◇ **Get help when you need it**
If you start experiencing flu-like symptoms such as fever, coughing, sneezing, chills, body aches, etc., call your doctor. Do your co-workers and yourself, a favor by staying home for at least 24 hours — except to see a doctor.

- ◇ **Stay calm**
There's likely to be plenty of swine flu coverage in the media over the next few months, but nothing does your body more of a disservice than unnecessary stress and panic. If we're smart, cautious, and relaxed, we have little reason to fear.

In addition to serving as the Department's primary contact, the Emergency Management Office will be coordinating the preparation and response efforts on behalf of the Department. Please contact our office should you have any questions regarding the current H1N1 Pandemic. We will be happy to assist. We will continue to monitor the situation and be prepared to take the appropriate action when necessary.

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For more information, please reference:
<http://www.cdc.gov/swineflu>
www.flu.gov
www.myflusafety.com

Florida Flu Information at:
1-877-352-3581

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

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850-245-1510 / mark.eacker@dot.state.fl.us

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

Motorcycle Safety

by Kenneth Cox
Safety Manager
FDOT State Materials Office

Whether it's high gas prices or a love for the open road, more and more Americans are hitting the highways on motorcycles. At least a dozen employees at the State Materials Office in Gainesville enjoy riding their motorcycles. Some of them enjoy riding together, making road trips on the weekends. I suspect there are many motorcycle riders in the Department.

With increased motorcycle ridership, has come a steadily rising number of motorcycle rider fatalities. Varying and changing safety standards, lack of training, inexperience among some riders, and aggressive driving are all factors behind the soaring number of motorcycle fatalities.

However, more often it's visibility, not motorcycle driver error or aggressive driving, that's the main issue behind motorcycle fatalities. Other motorists fail to spot a motorcyclist because of blind spots and, suddenly, it's too late. And, because motorcyclists are exposed and their vehicles are smaller than cars or trucks, they're often the loser in vehicle crashes.

The Florida Department of Transportation cares about employee safety on and off the job. If an employee is killed in a traffic crash, we lose a valued colleague. The Department is also committed to the safety of every user of our transportation system. Each of us should do our part to turn around the trend of increasing motorcycle fatalities in Florida.

Below are some things you may do to help:

When riding a motorcycle:

- Take a [Motorcycle Rider Safety Course](#) to develop good techniques.
- Get a [motorcycle endorsement](#) on your driver license.
- Wear appropriate gear.
- Make sure you can be seen, wear bright clothing and use retro-reflective material.
- Be alert; tired and drowsy can impair a motorcyclist's ability to react.
- Plan your route in advance and coordinate it with the other riders when riding in a group.
- Inspect your motorcycle before each ride.
- Alcohol and other drugs can affect your judgment and do not mix with motorcycling.
- Know the local traffic laws and rules of the road and obey them.
- Show courtesy and respect to other drivers.

[Stop Street Racing - SPEED KILLS!](#)
(pdf file size 630k)

When sharing the road with a motorcyclist:

- Always allow a motorcyclist the full lane width, never try to share a lane;

- Check for motorcycles by checking mirrors and blind spots before entering or leaving a lane of traffic and at intersections;
- Don't be fooled by a flashing turn signal on a motorcycle – motorcycle signals are often not self-canceling and riders sometimes forget to turn them off;
- Road conditions which are minor annoyances to passenger vehicles pose major hazards to motorcyclists;
- Do not tailgate. Allow more following distance when following a motorcycle, so the motorcyclist has enough time to maneuver or stop in an emergency.

Traffic Laws Affecting Motorcyclists

- Effective July 1, 2008 all motorcyclists must complete a motorcycle safety course **and** pass the motorcycle knowledge and skills test for a motorcycle endorsement.
- Effective October 1, 2008, an operator of a motorcycle or moped must maintain both wheels on the ground at all times and the license tag of a motorcycle or moped must be affixed horizontal .



Tree of Shame at Deals Gap, North Carolina Motorcycle Resort "No Gain and a Lot of Pain"



Some of the State Materials Office riders, left to right; Richard Nalli, Ken Green, Justin Reed, Josh Sevearance, Ray Sheese, Joel Goodwin

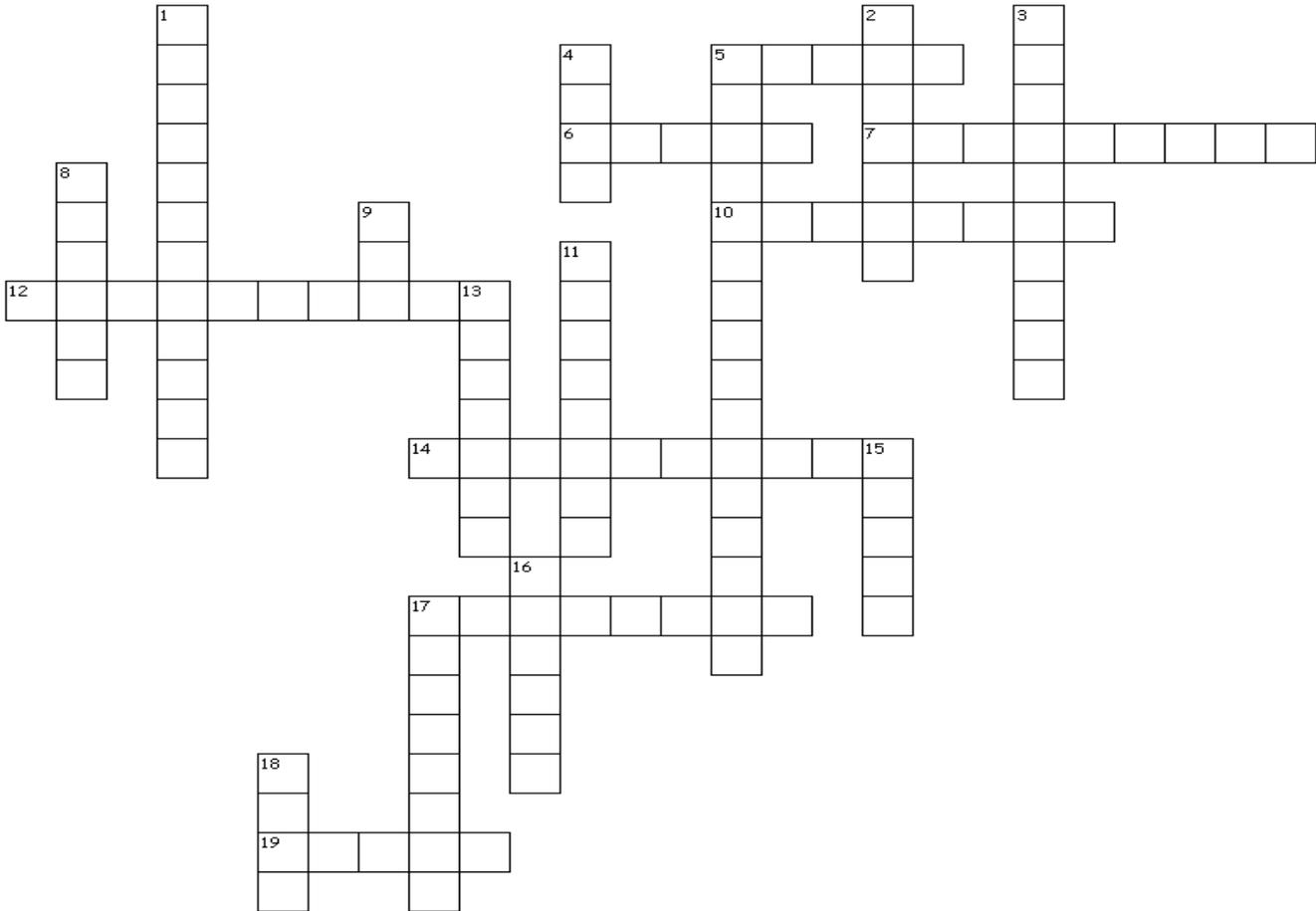
Greg Sholar, Ken Green of the State Materials Office and a fellow rider



Ken Green
in the Tennessee Mountains

CROSSWORD PUZZLE

EMERGENCY PREPAREDNESS



Across

- 5. drench with water
- 6. warning device
- 7. make a call
- 10. get everyone out
- 12. micro-organisms
- 14. seismic tremor
- 17. should have an _____ task
- 19. practice exercise

Down

- 1. go here if substance splashed on
- 2. get in touch with
- 3. instructions
- 4. prepare
- 5. used to put out flames
- 8. obligations
- 9. technique to revive heart
- 11. catastrophe
- 13. signs or gestures
- 15. ways out
- 16. help
- 17. put together
- 18. where to find chemical information

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.

Safety Slogan

"LEAVE SOONER, DRIVE SLOWER, LIVE LONGER."

*Nancy Lynn
Central Office Safety*

"YOUR GOOD HEALTH IS YOUR GREATEST WEALTH."

Anonymous

Safety Hot Line

Local (850) 245-1543

You can now report hazards by telephone.

You can remain anonymous.

Everything is confidential.

**Action will be taken and you will
be notified within 30 days.**



Florida A&M was chartered in Tallahassee in October 1887. In the 1950s and '60s, the historically black college became the first black institution to be accredited by the Southern Association of Colleges and School.

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 ?		
What would you suggest to improve the suitability of the Safety Advisor to our 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 at any time.

Slogans are judged on originality .

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

<p>Please Print</p> <p>Safety Slogan for the month of _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Name: _____ Location/Office: _____</p> <p>District: _____ Phone: () _____</p>
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October

(Marigold)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 China Independence Day 1949	2 "Twilight Zone" Premiered 1959	3
4 My Mom's Birthday	5	6 German-American Day	7 National Walk to School Day James Whitcomb Riley Birthday	8	9 Pay Day	10
11 "Saturday Night Live" Premiered 1975	12 Columbus Day & Canada Thanksgiving	13	14 Battle of Hastings 1066	15 "I Love Lucy" Premiered 1951	16 Bosses Day	17 Sweetest Day
18	19 Evaluate Your Life Day	20	21 Battle of Trafalgar 1805	22 1st Televised Pro-Football Game 1939	23 Pay Day	24 Saratoga Victory 1777
25 Charge of the Light Brigade 1854 & Sourest Day	26	27	28 Feast of St. Jude Patron Saint of 'Hopeless Cases'	29	30	31 Halloween

National Teen Driver Safety and National School Bus Safety Week

THE MONTH OF OCTOBER IS

National Breast Cancer Awareness Month

National Domestic Violence Awareness Month

National Dental Hygiene Month

National Diversity Awareness Month

