



JANUARY

January was established as the first month of the year by the Roman Calendar. It was named after the god Janus (Latin word for door). Janus has two faces which allowed him to look both backwards into the old year and forwards into the new one at the same time. He was the 'spirit of the opening'.



Janus became the ancient symbol for resolutions as he was the god of new beginnings and many Romans looked for forgiveness at the new year for the past year's transgressions. A tradition that has evolved even today as we all prepare to make our own New Year resolutions for the upcoming year.

Auld Lang Syne

The song, "Auld Lang Syne," is sung at the stroke of midnight in almost every English speaking county in the world to bring in the New Year. In spite of the popularity of 'Auld Lang Syne', it has been described as the song that nobody knows. Hardly a gathering sings it correctly, without some or most butchering the words. Now we won't have anymore excuses, here they are for all to enjoy.

Auld Lang Syne by Robert Burns

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet
For auld lang syne

We twa hae run about the braes
And pou'd the gowans fine;
we've wander'd mony a weary foot
Sin' auld lang syne

We two hae paidled i' the burn,
Frae mornin' sun till dine;
But seas between us braid hae roar'd
Sin' auld lang syne

And here's a hand, my trusty friend,
And gie's a hand o' thine;
We'll take a cup o' kindness yet
For auld lang syne

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet
For auld lang syne

wikipedia.org ; thefreedictionary.com; ask.reference.com

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A New Year for Safety

"Early and provident fear is the mother of safety." Edmund Burke 1729-1797, British Political Writer, Statesman.

Truer words have never been spoken. Knowing that a hazard exists and understanding the safeguards is the essence of safety. As employees of FDOT, we have a responsibility to report unsafe conditions and to work **safely. That's assuming we have an understanding as to what is considered to be "unsafe"**.

There are those who just really **don't know an unsafe condition even if** it were staring them in the face. It may be due to lack of knowledge or a lack of common sense. Think about it for a second. Much of what we know is from years of experience. As children, our parents would forewarn us not to touch the stove because it was **hot. I'm sure there are some who did** not heed that warning and had to find out for themselves. In those situations, those same individuals would only touch it once. The fact is we learned quickly of the hazard and as we become parents, that same message is passed on.

It reminds me of a friend who raises hogs. The hog pen has a "hot wire" or also known as an electric

fence running along the bottom of the pen to keep the hogs from digging out. **It doesn't take much to figure** out those hogs have brushed up against that wire at some point in time due to the distance they stay away from it which proves that even a hog **has some "common sense"**.

Then, there are those who fall victim to complacency. They are the ones who usually tout statements such as, **"I've been doing it like that for** twenty years and never had a problem." **The problem is it only takes but** one time and unfortunately that may be the last time. A good example is the employee who fails to use eye protection while working with a hammer and chisel. Such adjustment has resulted in a permanent eye injury.

To put this in perspective, there is a well known theory that has been around for seventy-eight years which **is known in modern day as the "Safety** Pyramid". **It is thought that for every** 600 near misses, 30 will result in some sort of property damage, 10 in minor injury, and 1 will be serious or fatal.

The fact is that these odds can be improved by conducting a risk assessment which means performing a simple evaluation of the associated risk. This takes us back to the beginning of **this article where I said, that's assuming** we have an understanding as to **what is considered to be "unsafe"**.

Although I make no attempt to compare humans to hogs, I do believe that given the opportunity we can learn to observe unsafe acts and conditions and take steps to correct them before an accident occurs. By doing so, we reduce workplace injuries and vehicle crashes and ultimately improve working conditions and a way of life.

In conclusion, we (FDOT) are heading into a new year. Call it a fresh start, an opportunity to improve. Although statistics indicate that many Districts saw a reduction in personal injuries and vehicle crashes from previous years, there is still room for improvement.

As employees, we need to learn and understand how to identify unsafe acts and conditions within the workplace and to report these to management so that these matters are corrected

We need to kick complacency to the curb and consider means of improving workplace safety through risk assessments.

We need to better communicate our concerns to those in a position to make change. Failure to address these issues sends a message that such is acceptable.

We need to share this knowledge **with those who "don't know"**. Remember, we are "One FDOT".

And lastly, we need to stop touching the stove.

Best of luck in 2010!

Shaun E. Stewart

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

National Blood Donor Month

Facts About Blood

Did you know ?

- Every day in the United States, blood is needed in hospitals and emergency treatment facilities to care for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident and trauma victims.
- Every two seconds someone in the U.S. needs blood.
- More than 38,000 blood donations are needed each day.
- Blood can be separated into at least three components: Red Blood Cells, Plasma, Platelets.
- Just one blood donation can help save up to three lives.
- Sixty percent of the U.S. population is eligible to give, but only 5 percent of those eligible actually do.
- In an emergency, anyone can receive type O negative red blood cells, and type AB individuals can receive red blood cells of any ABO group. Therefore, people with type O negative blood are known as "universal donors."
- Blood and blood products are perishable. Donated red blood cells must be used within 42 days of collection.

- During an emergency, blood must be on the shelf ready for transfusion in order to save lives.

Donating blood is easy!

- To donate blood, one must be healthy, and meet age, weight, and other donor requirements.
- Donating blood is a safe process. A sterile needle is used only once for each donor and is then discarded.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time one arrives to the time the donor leaves, takes about an hour.
- A healthy donor may donate blood every 56 days.
- The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.

What is the most common blood type ?

O Rh-positive.....39 percent

O Rh-negative.....9 percent

A Rh-positive.....31 percent

A-Rh-negative.....6 percent

B-Rh positive.....9 percent

B Rh-negative.....2 percent

AB Rh-positive.....3 percent

AB Rh-negative.....1 percent

<http://www.aabb.org>

Preventing a Fall-Asleep Crash

The best way to avoid a drowsy driving crash is to get adequate sleep on a regular basis, practice good sleep habits, and to seek treatment for sleep problems, should they arise. In addition, here are some important driving do's and don'ts:

DON'T

- Drive if you are tired or on medication that may cause drowsiness.
- Rely on the radio, an open window or other tricks to keep you awake.
- Drive at times when you would normally be sleeping.
- Drink even a small amount of alcohol, especially if you are sleepy.

DO

- Get a good night's sleep before a long drive.
- Get off the road if you notice any of the warning signs of fatigue.
- Take a nap – find a safe place to take a 15 to 20-minute nap.
- Consume caffeine – the equivalent of 2 cups of coffee can increase alertness for several hours, but DO NOT rely on it for long periods.
- Try consuming caffeine before taking a short nap to get the benefits of both.
- Drive with a friend. A passenger who remains awake can help watch for signs of fatigue in the driver and can take a turn driving, if necessary.
- Always wear your seatbelt.

<http://drowsydriving.org>

National Soup Month

Approximately ten billion bowls of soup are consumed by Americans every year. Soup has been popular from its beginning in Greece in 600 B.C. when it was considered the first fast food. The Greeks sold soup as "fast food" on the street using lentils, beans and peas as the chief ingredients.

There are several theories as to the origins of the word soup. Some people believe that the word "soup" stems from the word "sop". People would pour broth over a slice of bread which would "sop" up the broth. The word soup possibly developed from this. Others believe the word soup stems from the slurping sound while sipping the liquid from the spoon. Another possibility could be the word "sup" which means to eat the evening meal; this even may be where our word "supper" comes from.



When You're Sick

Soup, of course, can't cure the common cold or the flu but it can help. Scientists have discovered that eating soup can loosen the mucus through the nose that helps relieve congestion and it also acts as an anti-inflammatory by hindering the movement of immune system cells that contribute in the body's inflammatory reaction. It also helps keep your body hydrated and gives your body the calories for the energy to fight the virus your body is being attacked by.



If you're worried whether there is a difference between canned or homemade soup when you're sick, you can stop fretting. Researchers compared the two versions and found that many worked just as well. The important ingredients to look for in a soup when you're sick is vegetables and noodles for the nutrients and whether it's made with chicken broth which contains vitamins and minerals.

When You're Limited for Time

Canned soup is one of the perfect meals to have when your time is limited because it's already prepared and ready to be heated either by stove or microwave. Your typical can of soup can last in your pantry for months if not over a year.



But if homemade soup is the way you'd rather go that can be easy to make as well. Not only is it easy to prepare for all different levels of cooks but it's easy to freeze for future meals as well. An excellent and simple way to cook homemade soup is to throw all the ingredients into a slow cooker. There are quite a few websites that have recipes for making soup in your slow cooker. Keep in mind that to keep the soup's freshness and flavor do not freeze homemade soup for more than three months.

www.associatedcontent.com

www.razzledazzlerecipes.com/crockpot-soup-recipes/index.htm

www.hgtv.com

<http://en.wikipedia.org/wiki/Soup>

Word Search Puzzle

SOUPS FROM AROUND THE WORLD

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

AJIACO
AVGOLEMONO
BAJAJOU
BISQUE
BORSCHT
BOUILLABAISSE
CALDOVERDE
CALLALOO

EGGDROP
ETROG
FANESCA
GUMBO
LAGMAN
LEEK
LENTIL
MENUDO

MINESTRONE
MISO
MULLIGATAWNY
SHCHAV
SOLYANKA
TARATOR
TOMATO
VICHYSOISE
ZUREK

**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.**

Soup Terminology

Broth	A liquid resulting from cooking vegetables, meat, or fish in water. Synonymous with bouillon.
Consommé	A clear meat or fish broth, served hot or cold. Consommé can be served hot or cold and is often use as a base for other dishes and soups.
Soup	Any combination of vegetables, meat, or fish cooked in a liquid. It may be thick or thin, hot or cold.
Stew	A dish with a thick soup-like broth containing meat and vegetables.
Stock	A liquid that is strained after cooking vegetables, meat, or fish and other seasonings in water.



AJIACO



AVGOLEMONO



GUMBO

SOUP PHOTOS WITH THIER NAMES FROM WORD SEARCH (BAJAJOU DOES NOT HAVE A PICTURE)



BOUILLABAISSE



ETROG



MENUDO



TOMATO



LENTIL



BORSCHT



EGGDROP



LEEK



ZUREK



MINISTRONE



BISQUE



CALLALOO



LACMAN



MULLIGATAWNY



SHCHAV



TAFATOR



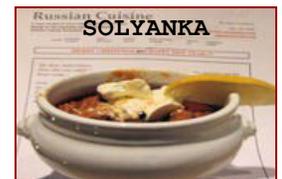
CALDOVERDE



FANESCA



MISO



SOLYANKA



VICHYSOISE

Safety Slogan

"WHILE STANDING ON A LADDER, NEVER STEP BACK TO ADMIRE YOUR WORK"

Anonymous

"DON'T FIX THE BLAME, FIX THE PROBLEM!"

Anonymous

Safety Hot Line

(850) 245-1543

You can now report hazards by telephone.

You can remain anonymous.

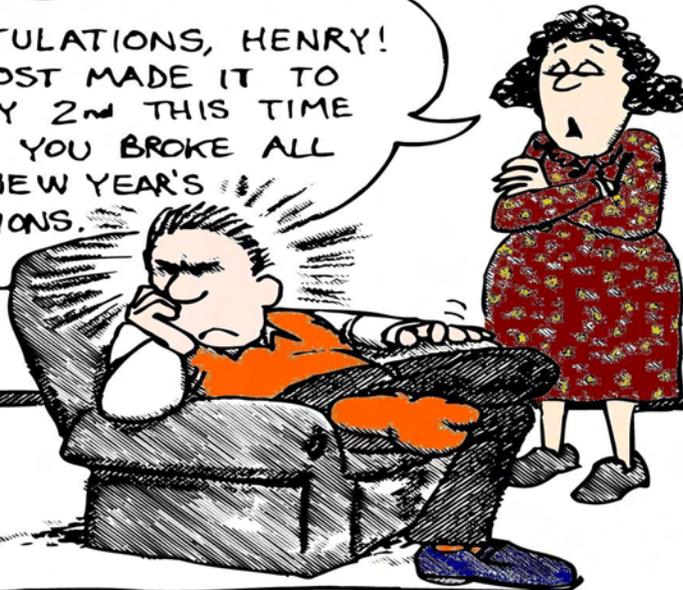
Everything is confidential.

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



JANUARY

CONGRATULATIONS, HENRY!
YOU ALMOST MADE IT TO
JANUARY 2ND THIS TIME
BEFORE YOU BROKE ALL
YOUR NEW YEAR'S
RESOLUTIONS.



Roy Wheeler

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>		

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".**

Please Print	
Safety Slogan	
<p>_____</p> <p>_____</p> <p>_____</p>	
Name: _____	Location/Office: _____
District: _____	Phone: (____) _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				PAY DAY	 STATE HOLIDAY	2
3 "DRAGNET" PREMIERES NBC 1952	4	5	6	7 "NEWLYWED GAME" PREMIERES ABC 1967	8 ELVIS PRESLEY BIRTHDAY 1935	9
10	11 DESIGNATED HITTER RULE 1973	12	13 WHAM-O PRODUCES 1ST FRISBEE 1957	14	15 MARTIN LUTHER KING, JR. BIRTHDAY 1929 PAY DAY	16 1ST PHOTO FINISH CAMERA HIALEAH FL 1936
17 BENJAMIN FRANKLIN BIRTHDAY 1706	18 MARTIN LUTHER KING, JR. DAY STATE HOLIDAY	19	20	21 THANK YOUR MENTOR DAY	22 75% OF NORTH AMERICA SNOW COVERED 1982	23
24 31	25 1ST WINTER OLYMPIC GAMES CHAMONIX, FR 1924	26	27	28 CHALLENGER 1986	29 PAY DAY	30 BEATLES LAST GIG TOGETHER 1969

THE MONTH OF JANUARY IS

National Mentoring Month

National Blood Donor Month

National Birth Defects Prevention Month

National Soup Month

