



March

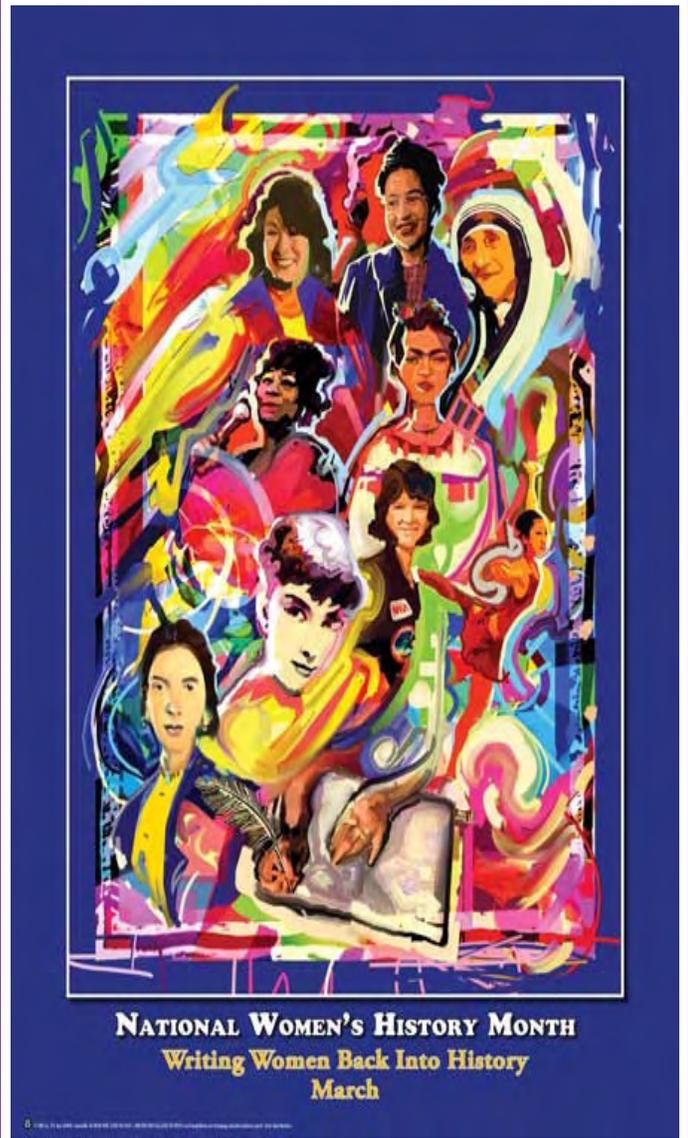
"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well."

President Jimmy Carter-1980

The public celebration of women's history in this country began in 1978 as "Women's History Week" in Sonoma County, California. The week including March 8, International Women's Day, was selected. In 1981, Sen. Orrin Hatch (R-Utah) and Rep. Barbara Mikulski (D-Md.) co-sponsored a joint Congressional resolution proclaiming a national Women's History Week. In 1987, Congress expanded the celebration to a month, and March was declared Women's History Month.

The knowledge of women's history provides a more expansive vision of what a woman can do. This perspective can encourage girls and women to think larger and bolder and can give boys and men a fuller understanding of the female experience.

<http://www.nwhp.org/whm/index.php>



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Proper Hand Washing in the Workplace

by

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Since I was initially trained and educated as a Biological Scientist over 25 years ago, one of my many health concerns in the workplace is the lack of employees and visitors properly washing their hands when engaged in their daily work activities or when utilizing the restroom or shower facilities. Numerous times I have observed visitors, as well as employees, use the restroom facilities and exit without washing their hands and quickly returning to their work stations or meeting activities to spread their newly acquired germs and bacteria to others. I have also observed on occasion employees working in the field operating equipment and/or applying chemicals break for lunch without even pausing to wash their hands. The most alarming fact is that I have even observed Physicians, Physicians Assistants, Nurses, Pharmacists, and other licensed health care personnel outside the workplace who do not wash their hands between patients or do not utilize proper hand

washing techniques or hygiene.

It is more important than ever during the Flu Season and due to the threat of H1N1, the common flu virus, antibiotic resistant bacteria, flesh eating bacteria and multiple types of fungal infections to practice proper hand washing and hand sanitizing. We are no longer only exposed to localized viruses, bacteria and fungi since most countries are easily accessible and frequently visited by many people from many different geographic areas around the globe. The statement that we are one world is very true. Species of flora and fauna once found only on a specific Continent are now being discovered on other Continents due to the increased speed of travel and the requirements to escalate the mass transportation of food and equipment..

It is very important to wash hands, fingernails, and wrists in warm water with soap for at least 20 seconds as recommended by the CDC. Employees and health care professionals may also utilize gel hand sanitizers with a minimum of 62% Ethyl Alcohol content when washing facilities are unavailable, conducting operations in the field, or when working in remote areas. Hand sanitizers are convenient, but they have other hazardous risks

associated with them and also require a 15 second contact time on the skin to eliminate common germs and bacteria. Most alcohol based hand sanitizers are formulated for external use only, they are required to be stored away from heat or flames, and shall never be given to unsupervised small children or infants as these products have the potential to cause alcohol poisoning.

The most important rule to remember when utilizing hand washing to prevent the spread of germs, bacteria, or fungi is to prevent the re-contamination of your hands that you have just finished washing or disinfecting. Wash hands for a minimum of 20 seconds under flowing warm water and soap. When finished washing your hands turn off the water faucet with a dry paper towel if the facility is not equipped with automatic faucets or a clothing covered part of your body such as the elbow. Last and most important, always remember to use a dry paper towel to open the door or shut the light off when exiting the room to eliminate re-contact with germs, bacteria, or other microbes that may spread disease. The key to disease prevention and reducing lost work time due to illness is the frequent proper use of hand washing or hand sanitizing.

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/

Use Your Head, Wear Your Hard Hat

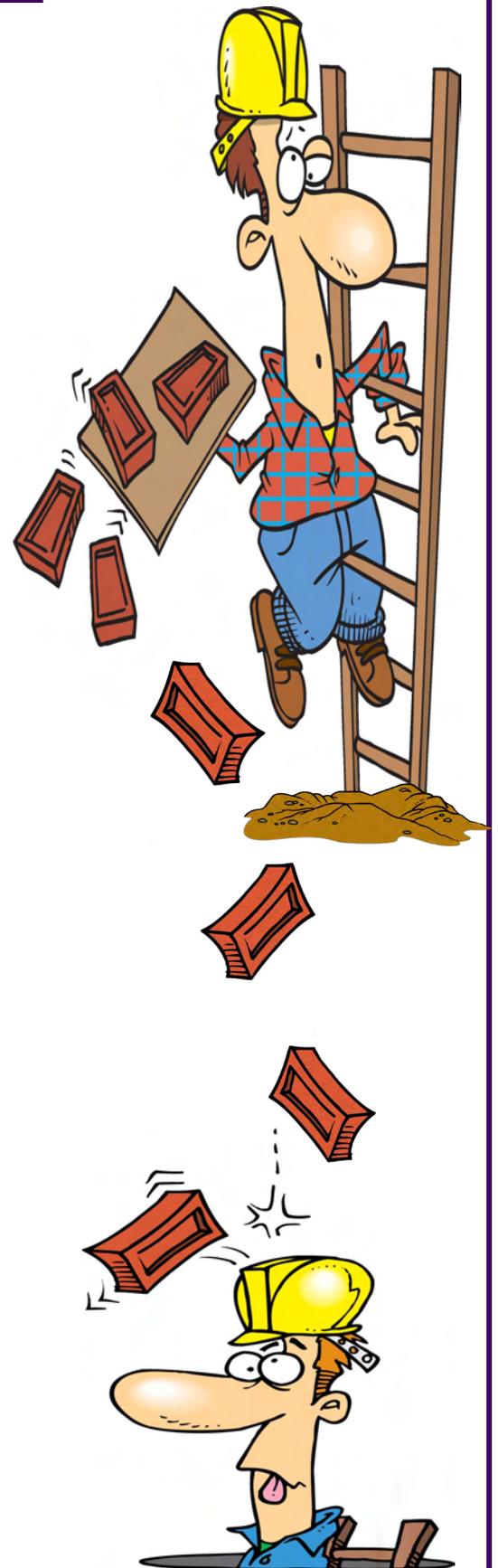
Your head is the most important part of your body. You think, feel, talk, smell, and hear with your head. Therefore, it makes sense that you should protect your head from any injury.

Wearing a hard hat is the first line of defense against head injuries on the job. A hard hat can protect your head against the hazard of falling material and guard against accidental bumping. The hard hat softens any blow to the head. It resists and deflects the blow and distributes the impact over a large area. The hat's suspension acts as a shock absorber. Even if the hat dents or shatters, it still takes some of the force out of the blow and off your head. It can also shield your scalp, face, neck, and shoulders against spills or splashes.

Choose the hard hat most suitable for the work being performed and only wear approved hard hats manufactured to meet required standards. These are made to give your head maximum protection. Make sure your hat fits correctly. Hats that fit right provide you with the most comfort and protection.

The ability of a hard hat to protect a worker depends on the shock absorbing space between the shell and head by the suspension provided. Therefore, it is important that sweat bands and suspension straps be properly adjusted to obtain the maximum protection. Sunlight and heat can rot the sweatband and straps, so don't leave your hard hat on the window ledge of your car. Take good care of your hard hat. Don't drop it, throw it, or drill holes in it. Inspect your hard hat every day for cracks, gouges, and frays or breaks in the straps.

Colors can be used to identify different crafts and supervisory personnel, and should be encouraged and given consideration when issuing such equipment. All levels of supervision should set the example by wearing hard hats. Observe and comply with "Hard Hat Area" sites. Remember! A hard hat is a status symbol; it identifies a safe worker, one who believes in and practices safety.



Workplace Eye Safety

Why is eye safety at work important?

Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. About 1 in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20 % will cause temporary or permanent vision loss.

Experts believe that the using the proper eye protection could have lessened the severity or even prevented 90% of eye injuries in workforce incidents.

What are the common causes of eye injuries?

Common causes for eye injuries are:

- Flying objects (bits of metal, glass)
- Tools
- Particles
- Chemicals
- Harmful radiation
- Any combination of these or other hazards

What is my best defense against an eye injury?

There are three things you can do to help prevent an eye injury

- Know the eye safety dangers at work-complete an eye hazard assessment
- Eliminate hazards before starting work. (Use machine guarding, work screens, or other engineering controls)
- Use proper eye protection.



When should I protect my eyes at work?

You should wear safety eyewear whenever there is a chance of eye injury. Anyone working in or passing through areas that pose eye hazards should wear protective eyewear.

What type of safety eyewear is available to me?

Safety eyewear protection includes:

- Non-prescription and prescription safety glasses
- Goggles
- Face shields
- Welding helmets
- Full-face respirators

What type of safety eye protection should I wear?

The type of safety eye protection you should wear depends on the hazards in your workplace. If you are working in an area that has particles, flying objects, or dust, you must at least wear safety glasses with side protection (side shields). If you are working with chemicals, you should wear goggles. If you are working near hazardous radiation (welding, lasers, or fiber optics) you must use special-purpose safety glasses, goggles, face shields, or helmets designed for that task.

What is the difference between glass, plastic, and polycarbonate safety lenses?

All three types of safety lenses meet or exceed the requirements for protecting your eyes.

Glass lenses

- Are not easily scratched
- Can be used around harsh chemicals
- Can be made in your corrective prescription
- Are sometimes heavy and uncomfortable

Plastic lenses

- Are lighter weight
- Protect against welding splatter
- Are not likely to fog
- Are not as scratch-resistant as glass

Polycarbonate lenses

- Are lightweight
- Protect against welding splatter
- Are not likely to fog
- Are stronger than glass and plastic
- Are more impact resistant than glass or plastic
- Are not as scratch resistant as glass

www.preventblindness.org

WORD SEARCH PUZZLE

TEST YOUR GREEN VOCABULARY

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

ALTERNATE FUELS
BIODEGRADABLE
BIOFUEL
CARBON DIOXIDE
CARBON FOOTPRINT
CLIMATE
CONSERVATION

EMISSIONS
ENERGY
ENVIRONMENT
FOSSIL FUEL
GLOBAL COOLING
GLOBAL WARMING
GREENHOUSE GAS

POLLUTION
RECYCLE
REDUCE
RENEWABLE
REUSE
SUSTAINABILITY
VAMPIRE POWER

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.



Keys to Safe Forklift Operation



Many employees are injured when forklifts are inadvertently driven off loading docks or fall between docks and an unsecured trailer. Other workers are hurt when they are struck by a forklift, or when they fall while standing on elevated pallets and tines (something they shouldn't be doing).

Most incidents also involve property damage, including damage to overhead sprinklers, racking, pipes, walls, and machinery.

You can prevent the incidents, injuries, and damage if you make sure forklift operators comply with these 22 keys to safe forklift operation.

1. Never drive trucks up to anyone standing in front of a bench or other fixed object.
2. Don't let anyone stand or pass under the elevated portion of any truck, whether loaded or empty.
3. Do not permit unauthorized personnel to ride on forklifts. A safe place to ride must be provided where riding of trucks is authorized.
4. Never place arms or legs between the uprights of the mast or outside the running lines of the truck.
5. When left unattended, lower the truck's forks, place controls in neutral, shut off power, and set the brakes. Block the wheels if the truck is parked on an incline.
6. Maintain a safe distance from the edge of ramps or platforms while on any elevated dock, platform, or freight car.
7. Make sure there is a sufficient amount of headroom under overhead installations, lights, pipes, or sprinkler systems.
8. Use an overhead guard to protect against falling objects.
9. Observe all traffic regulations.
10. Drivers must slow down and sound horn at cross-aisles where vision is obstructed.
11. Ascend or descend grades slowly.
12. Do not permit any stunt driving or horseplay.
13. Require drivers to slow down for wet and slippery floors.
14. Make sure dockboards and bridgeplates have been properly secured before they are driven over.
15. With motorized hand trucks, enter confined areas with the load-end forward.
16. Only handle stable loads, and never exceed the loaded capacity of the truck.
17. Take all defective or unsafe forklifts out of service.
18. Never fill fuel tanks while the engine is running.



<http://blr.com;wikipedia.org>

SAFETY SLOGANS

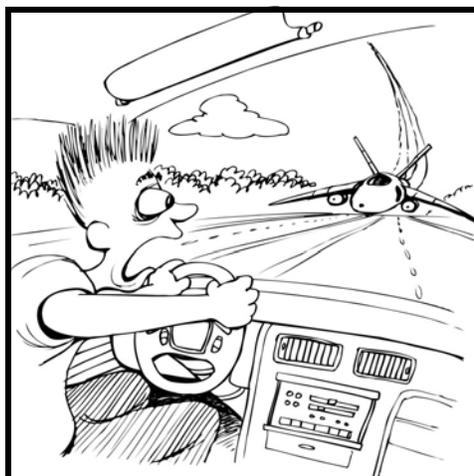
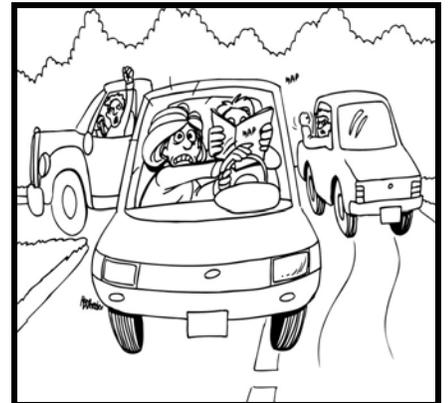
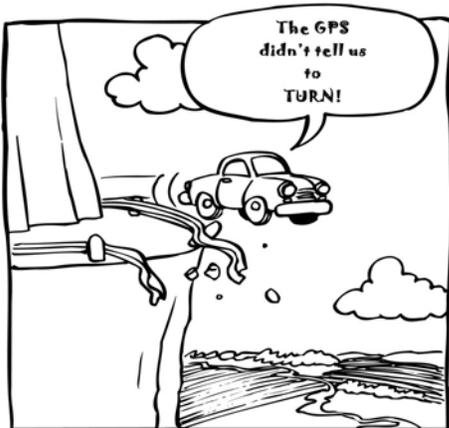
"A Defensive Driver considers the journey ahead"

**Ron Gibson, PLS FDOT District 3
R/W Mapping**

**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.



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".**

Please Print
Safety Slogan

Name: _____ Location/Office: _____
District: _____ Phone: () _____

MARCH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Theodor Geisel's Birthday 1904	3	4 Garret Morgan's Birthday 1877	5 James Merrit Ives Birthday 1824	6
7	8	9	10	11 Paul McCartney Knighted 1997	12 PAY DAY	13
14 Daylight Savings Time Begins	15	16	17 St. Patrick's Day	18	19	20 Spring Begins
NATIONAL SUNSHINE WEEK						
21	22	23 "Give me Liberty, or give me Death" 1775	24	25	26 PAY DAY	27 Nathaniel Currier's Birthday 1813
28 Palm Sunday	29	30	31 "Cogito, ergo sum"	1 April Fool's Day	2 Good Friday	3

THE MONTH OF MARCH IS

National Women's History Month

American Red Cross Month

Florida Bicycle Safety Month

Workplace Eye Safety Month

