



**May**

May is the fifth month of the year in the Gregorian Calendar and one of seven Gregorian months with the length of 31 days. It is also a month within the northern season of spring.

The month of May has been named for the Greek goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in May.

In both common Western calendrical systems, no other month begins on the same day of the week as May.

**Memorial Day**

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day.

In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the "birthplace" of Memorial Day. There, a ceremony on May 5, 1866, was reported to have honored local soldiers and sailors who had fought in the Civil War. Businesses closed and residents flew flags at half-mast. Supporters of Waterloo's claim say earlier observances in other places were either informal, not community-wide, or one-time events.

**Mother's Day**

Mother's Day, Muttertag, La Festa della Mamma, Mothering Sunday, Fête des Mères, Día de las Madres... it goes by many different names, but however you say it, the expression of love and appreciation is the same.

Once every year, the world stops being busy and says thank you. Flowers, cards, and gifts are just the outward signs. What mothers love most is the fact that their families really do notice all that they do and for one day every mom is queen for a day...

Happy Mother's Day!



*Carnations, traditional flowers for Mother's Day*

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# Improving Safety and Managing Risk for Bicyclists

Daniel P. Connaughton  
& Jamie L. Humphrey

From the occasional rider, to the avid enthusiast and the daily commuter, millions of Americans ride a bicycle. With an increased emphasis on physical activity, obesity prevention, safe routes to school, economics, sustainability and environmental concerns, the number of bicyclists is likely to grow in the future.

Bicycling is a relatively safe activity. However, as a result of numerous factors, many bicyclists are injured or killed each year. For example, during 2008, in the U.S., 714 pedal cyclists (non-motorized bicycles, tricycles, and unicycles) were killed and an additional 45,000 were injured in traffic crashes alone. In Florida, during 2008, 118 bicyclists were killed and 4,380 were injured in crashes investigated by state or local law enforcement agencies (Florida Highway Safety and Motor Vehicles, 2009). The number of bicyclists that seek treatment, each year, in U.S. hospital emergency rooms is estimated to exceed 500,000 (bicyclinginfo.org., 2005).

## Safety Recommendations

Individuals who are new to bicycling, returning after a lengthy layoff, wanting to increase their bicycle riding knowledge and/or skills, or using their bicycle in a different manner than they did before (e.g., switching from an occasional, short recreational ride to regularly commuting to school or work) should learn how to skillfully operate their bicycle. For instance learning how to properly

stop, turn, avoid hazards, and handle a bicycle will greatly decrease injury risk. Unfortunately, these skills are not instinctive and must be learned.

To keep their bicycle working properly and in a safe condition, bicyclists should always perform a brief pre-ride bicycle inspection. The brakes, tires, quick releases, and drive train (crank, chain, and cassette) should be checked before every ride. A more detailed inspection and regular maintenance should also be periodically performed.

In Florida, bicycles are considered vehicles and operators are required to follow the same rules of the road as other vehicle operators. Additionally, Florida's municipalities and cities may have additional laws regarding bicycling. Florida's bicycle laws are numerous and address many areas including but not limited to: obeying traffic laws, controls and signals; required bicycle equipment (seat, brakes, etc.); riding on sidewalks; lighting; roadway position; and signaling turns. Florida law prohibits a bicyclist from wearing a headset, headphones, or other listening device, besides a hearing aid, when riding. Bicyclists should be knowledgeable of and obey all local and state laws.

Bicyclists should always wear a properly fitted bicycle helmet every time they cycle. In 2004, approximately 151,000 people were treated in U.S. hospital emergency rooms for bicycle-related head injuries. Helmets reduce the severity of head injuries in bicycle crashes by 85% (U.S. Consumer Product Safety Commission, 2006). By law, in Florida, a bicycle rider or passenger under 16 years old must wear a bicycle helmet that is properly fitted, securely fastened, and meets a nationally recognized safety standard.

Bicyclists must also ride in the same direction as traffic, take extra caution when cycling in busy areas, ride defensively, and learn how to select safer roads when possible. Bicyclists should also increase their visibility by wearing brightly colored clothing, and ride predictably (in a straight line) and under control at all times. They should stay alert, focused, and scan the scene ahead being wary of traffic, blind spots, road hazards, and other potentially dangerous obstacles. Being prepared to instantly stop or avoid a hazard is critical in preventing crashes.

## **Conclusion**

Bicycling can be a very enjoyable and reasonably safe activity. To increase safety and reduce the chances of injuries and death, it becomes increasingly important for cyclists to learn and practice safe bicycling techniques.

Further information about the *Florida Traffic and Bicycle Safety Education Program* can be obtained on their website at: < [www.safety.hhp.ufl.edu](http://www.safety.hhp.ufl.edu) > or by contacting:

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University of Florida  
Department of Tourism, Recreation & Sport Management  
P.O. Box 118208  
Gainesville, FL 32611  
Phone: (352) 392-4042, ext. 1370  
E-mail: [safety@hhp.ufl.edu](mailto:safety@hhp.ufl.edu)

Article submitted by:  
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# MOTORCYCLE AWARENESS

## LOOK for riders.

So often you will hear that a driver "never saw" the motorcyclist that they hit. As surprising as it may seem that you wouldn't see a vehicle, even if you looked right at it, a surprising study by Dr. Arien Mack shows that it is a real phenomenon. The fancy name for this is Inattentional Blindness, and the result is that people see what they are looking for and screen out everything else. When driving, people are looking for cars, and consequently do not see motorcyclist, bicyclists, or even pedestrians. We all know that this can lead to deadly consequences. So when you are driving, PLEASE look for any on coming traffic or bystanders...they may very well be there!!!

## Don't tailgate!

Rear ending a rider can KILL !

## Don't cut off that motorcycle!

Even if you are frustrated, even if you are in a hurry, no matter what, give riders space. Remember that you are only a few feet from that person's body.

## WAIT! You are misjudging their speed!

We assess vehicle speed all the time on cars and judge when we have enough time to go or when we should wait for the traffic to pass. This judgment of speed is actually based on the visual mass of the vehicle. Cars are bigger than motorcycles, and as such, motorcycles appear to be going slower than they actually are. If you see a rider, you have less time than a car at the same perceived rate of speed. So, just wait and let the motorcycle pass if you have any doubts.



## Give riders extra room.

## Watch for riders in groups and try not to separate riders.

## Motorcycles are entitled to a right of way.

A person operating a motorcycle is entitled to the same rights and right of way as a car. So often drivers will disregard motorcyclists right of way. For example, if a motorcycle is turning left and they got to the stop sign first, the motorcycle goes first...just like a car.

## Motorcycles are entitled to their own lane.

Motorcycles are entitled to their own lane on the road...a whole lane. You wouldn't drive in a lane with another car, you wouldn't push a car off to the shoulder, and it is against the law to do it to a motorcycle.

## Road Rage can KILL a rider.

Riders sometimes do rude things, just like drivers do from time to time. In a car, driving recklessly has a steel-framed cushion, a rider, however, is totally exposed. A stupid move to try to prove a point can take a life. It just isn't worth the consequences. Please drive sane.

<http://www.bikerfriend.org/tips.asp>

# Word Search Puzzle

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

AERIAL  
AWARENESS  
BACKING  
BOATING  
CHAINSAW  
COMPETENT  
COMPLIANCE  
CONSTRUCTION  
FALLS

FIRE  
FIRSTAID  
FLAGGING  
HAZARDS  
HOUSEKEEPING  
IDENTIFICATION  
MAINTENANCE  
PATHOGENS  
PREVENTION

PROTECTION  
RESPONSIBILITIES  
SLIPS  
TRAINING  
TRIPS  
VISABILITY  
WORKZONE

**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.**

# Working Safely with Chain Saws

The chain saw is one of the most efficient and productive portable power tools used in the industry. It can also be one of the most dangerous. If you learn to operate it properly and maintain the saw in good working condition, you can avoid injury as well as be more productive.

## Before Starting the Saw

- Check controls, chain tension, and all bolts and handles to ensure they are functioning properly and adjusted according to the manufacturer's instructions.
- Fuel the saw at least 10 feet from sources of ignition.
- Check the fuel container for the following requirements:
  - Must be metal or plastic
  - Must not exceed a 5 gallon capacity
  - Must be approved by the Underwriters Laboratory, Factory Mutual (FM), the Department of Transportation (DOT), or other Nationally Recognized Testing Laboratory.

## While Running the Saw

- Keep hands on the handles, and maintain secure footing while operating the chainsaw.
- Clear the area of obstacles that might interfere with cutting the tree or using the retreat path.
- Do not cut directly overhead.
- Shut off or release throttle prior to retreating.
- Shut off or engage the chain brake whenever the saw is carried more than 50 feet, or across hazardous terrain.
- Be prepared for kickback; use saws that reduce kickback danger (chain brakes, low kickback chains, guide bars, etc.).

## Personal Protective Equipment Requirements

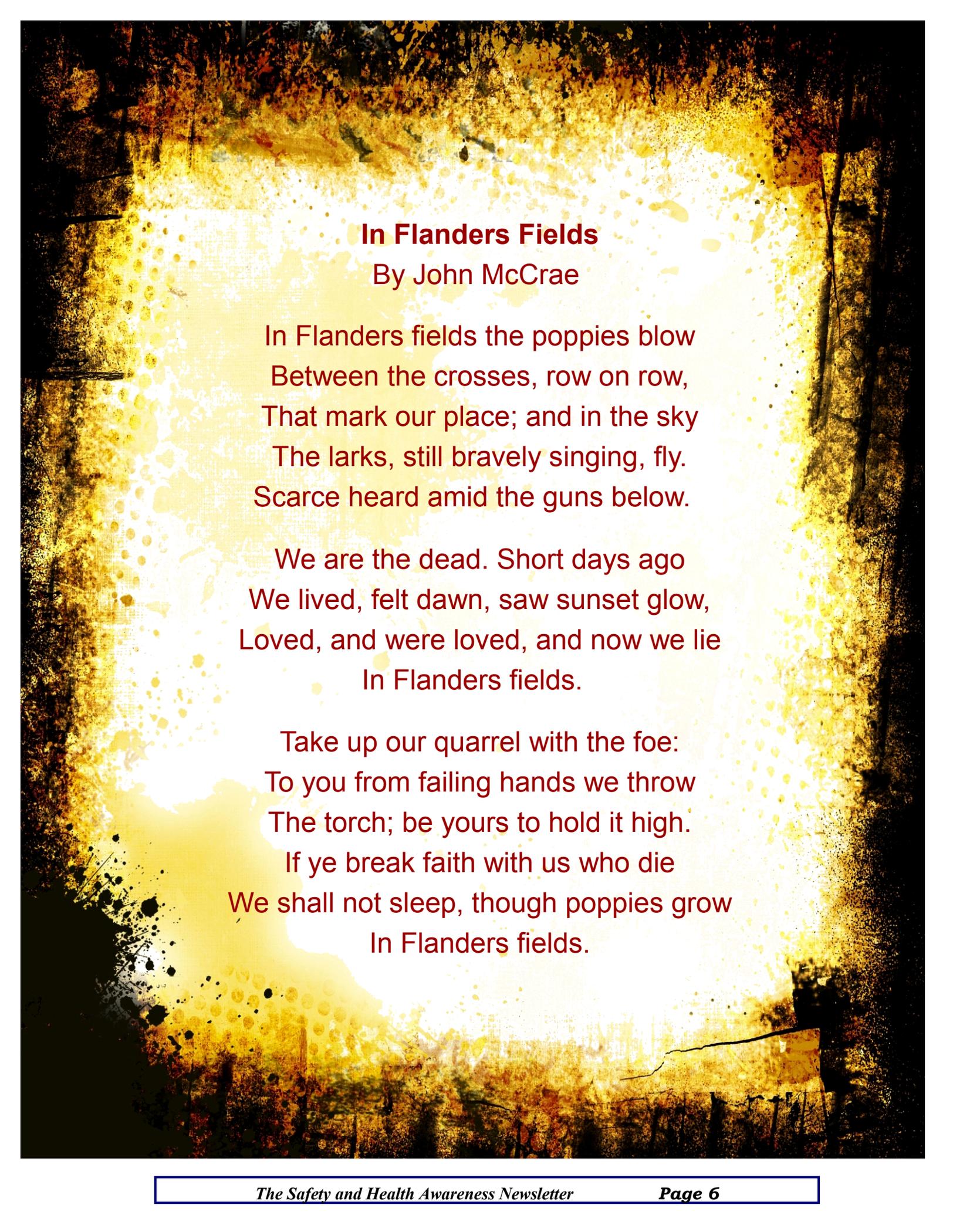
Personal protective equipment (PPE), for the head, ears, eyes, face, hands, and legs are designed to prevent or lessen the severity of injuries to loggers and other workers using chain saws.

- PPE must be inspected prior to use on each work shift to ensure it is in serviceable condition
- The following PPE must be used when hazards make it necessary:
  - Head Protection
  - Hearing Protection
  - Eye/Face Protection
  - Leg Protection
  - Foot Protection
  - Hand Protection

## Training

Employers involved in tree removal/logging are required to assure that their employees are able to safely perform their assigned tasks. When loggers are trained to work safely they should be able to anticipate and avoid injury from the job related hazards they may encounter. Training requirements include:

- Specific work procedures, practices, and requirements of the work site, including the recognition, prevention, and control of general safety and health hazards.
- Requirements of the OSHA Logging standard, Bloodborne Pathogens standard, First Aid, and CPR training.
- How to safely perform assigned work tasks, including the specific hazards associated with each task and the measures and work practices which will be used to control those hazards.
- How to safely use, operate, and maintain tools, machines and vehicles which the employee will be required to utilize in completing the assigned requirements



## In Flanders Fields

By John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly.  
Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

# SAFETY SLOGANS

**“Drive as if every child on the street were your own !”**

*Anonymous*

**“Alert today-Alive tomorrow”**



***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.



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 intranet address is: [Infonet.dot.state.fl.us/safetyoffice/](http://Infonet.dot.state.fl.us/safetyoffice/)

**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)

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Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.

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**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](mailto:mark.eacker@dot.state.fl.us)  
In the subject line of your email please write "Safety Slogan Entry".**

Please Print  
Safety Slogan

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Name: \_\_\_\_\_ Location/Office: \_\_\_\_\_  
District: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

# MAYE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 Kentucky Derby
2 Lou Gehrig Plays #2130 1939	3	4	5 "Freedom 7" 1961	6 Hindenburg 1937	7 "Long and Winding Road" 1970 PAY DAY	8 V-E Day 1945
9 MOTHER'S DAY	10	11 1st Tubeless Tire 1947	12	13	14 Last Episode of "Seinfeld" aired 1998	15 Armed Forces Day
16 William Seward Birthday 1801	17 First Kentucky Derby 1875	18	19 Ringling Bros. Circus Premieres 1884	20	21 PAY DAY	22 Mary Cassat Birthday 1844
23	24	25 Ralph Waldo Emerson Birthday 1803	26	27 Pop-Up Toaster 1919	28	29 Patrick Henry Birthday 1736
30	31 STATE HOLIDAY					

**THE MONTH OF MAY IS**  
**National Motorcycle Awareness Month**  
**National Bike Month**  
**National Stroke Awareness Month**  
**National Salad Month**

**MSF**  
**Motorcycle**  
 Awareness Month



**MAY IS NATIONAL**  
**STROKE**  
**AWARENESS MONTH**  
 STOP Stroke • Act F.A.S.T. • Spread HOPE

