

SAFETY ADVISOR

MARCH 2013



March

March is Florida Bicycle Safety Month



Along with the beginning of warmer weather, green four-leafed clovers, thoughts of bunnies, and blooming flowers, what does March mean to Floridians? March is Florida Bicycle Month. It's time to dust off the bike or even ride for the first time. What better way to explore and discover places in Florida? The positive energy that is generated from riding with friends builds community.

Cyclists experience many benefits from riding, such as:

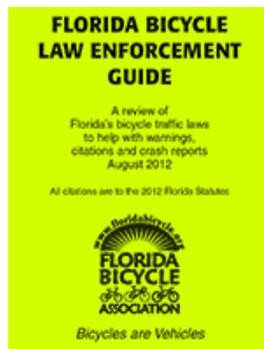
- Getting fresh air
- Avoiding the high price of gas
- Reducing stress levels
- Getting some exercise

Join us as we celebrate "Round Up: Wheeling for

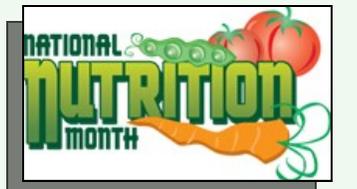
Safety" to promote safety awareness for cyclists on Florida roads. Here are some facts you might be interested in to help you protect citizens:

- 1 in 20 traffic fatalities in Florida is a bicyclist
- 88 bicyclists are injured every week
- 2.3 bicyclists are killed every week

In an effort to increase public awareness and promote safety, the Florida Department of Transportation elevated bicycle and pedestrian safety to a departmental focused initiative. The message is: "Alert Today. Alive Tomorrow. Safety Doesn't Happen By Accident". Whether you are driving, biking or walking. Pay attention. Read the signs. Learn the rules.



- 1. Obey All Traffic Laws.** A bicycle is a vehicle and you're a driver. You should ride in the same direction of traffic on the street, obey all traffic signs, signals, and lane markings.
- 2. Yield to Traffic When Appropriate.** It's better to yield than "be in the right" and risk injury.
- 3. Be Predictable.** Ride in a straight line and be sure those around you understand your intentions.
- 4. Be Visible.** Spend a little extra on lights to get a bright headlight and taillight, and always use them at night. Position yourself in the lane so others can easily see you, especially at intersections.
- 5. Watch for Parked Cars.** Don't ride in the "door zone" of parked cars even when the bike lane is adjacent to them.



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NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. This year, over 142,000 people will be diagnosed with colorectal cancer and an estimated 50,830 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests detect colorectal cancer early, when it can be more easily and successfully treated.

COLORECTAL CANCER SYMPTOMS

Early stages of colorectal cancer don't usually have symptoms. Later on, people may have these symptoms:

- Bleeding from the rectum or blood in or on the stool.
- Change in bowel habits.
- Stools that are more narrow than usual.
- General problems in the abdomen, such as bloating, fullness or cramps.
- Diarrhea, constipation or a feeling in the rectum that the bowel movement isn't quite complete.
- Weight loss for no apparent reason.
- Being tired all the time.
- Vomiting

COLORECTAL CANCER PREVENTION & EARLY DETECTION

Colorectal Cancer Prevention

- Be physically active for at least 30 minutes, at least five days a week.
- Maintain a healthy weight.
- Don't smoke. If you do smoke, quit.
- If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man.
- Eat fruits, vegetables and whole grains to help you get and stay healthy.
- Eat less red meat and cut out processed meat.

Colorectal Cancer Early Detection

If you're at average risk for colorectal cancer, start getting screened at age 50. If you're at higher risk, you may need to start regular screening at an earlier age and be screened more often. If you're older than 75, ask your doctor if you should continue to be screened. The best time to get screened is before you have any symptoms.

Although a leading cause of cancer death for both men and women, if detected early, colorectal cancer can be more easily and successfully treated. Use this information to help you talk about screening options with your health care professional.

<http://preventcancer.org/prevention/preventable-cancers/colorectal>

National Nutrition Month

The National Nutrition Month® (NNM) is a nutrition education campaign sponsored annually by the American Dietetic Association (ADA) and its Foundation. It is appropriate and fitting that March is National Nutrition Month, since it is in between winter and spring. Winter holiday gatherings have passed and have left many of us with cherished memories and frequently unwanted weight gain!

Healthy eating and routine exercise are needed all year round; but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body.

Healthful eating fuels physical activities at every stage of life.

Well nourished and active children and teens grow, develop, and learn better. Good nutrition also helps ensure a healthy pregnancy and successful breast feeding. And, healthful eating and active living help adults and seniors feel their best, work productively, and lower their risk for a variety of conditions.

Fitness at every age comes from a lifestyle that includes good nutrition and regular physical activity. The sooner you start the better your health.

Food and physical activity choices are personal.

Foods nourish your body. Being well nourished means you get enough of the nutrients your body needs. Part of being well nourished also means eating portions of foods just right for you. The true definition of fitness refers to your own optimal health and overall well being. Fitness is your good health at its very best.

Food is a source of pleasure and good taste.

The taste of foods adds pleasure to eating, especially if you eat a greater variety of foods and learn how to include your favorites in an overall healthful eating style.

Staying fit means you have a better chance for a higher quality of life, and perhaps a longer one, too.

When you are fit, you:

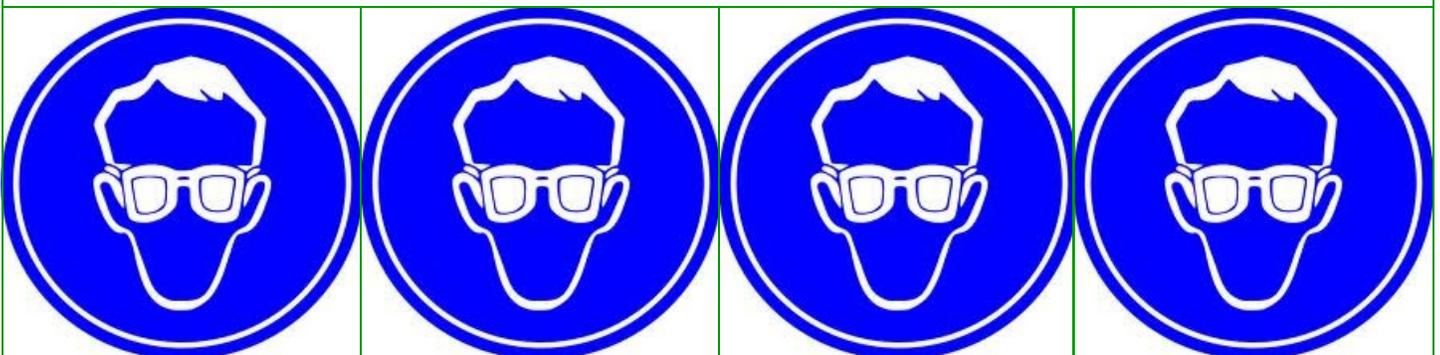
- improve your mood, reduce your stress, and increase your energy.
- reduce your risk for heart disease, cancer, and diabetes.
- can look and feel your best.
- have the physical strength and endurance to do the things you want to do.

<http://www.medicinenet.com/>

Workplace Eye Wellness Month

Nearly one million Americans have lost some degree of sight to an eye injury. According to the Bureau of Labor Statistics, more than 2,000 workplace eye injuries occur each day, and these eye injuries cost an estimated \$1 billion each year. Nearly 100,000 of these injuries will be disabling, resulting in temporary or permanent vision loss. Learn more about protecting your eyes by taking this quiz.

- | | | |
|---|---|---|
| 1. Safety glasses can be bad for your eyes. | T | F |
| 2. Using a computer terminal won't damage your eyes. | T | F |
| 3. Safety glasses that have scratches or pits do not need to be replaced. | T | F |
| 4. Contact lenses provide enough safety in a work environment so you don't need safety glasses. | T | F |
| 5. Face shields by themselves offer adequate eye protection. | T | F |
| 6. Industrial safety glasses can be made with your own prescription. | T | F |
| 7. All eyeglasses sold in the U.S. are required to be impact resistant. | T | F |
| 8. The differences between glass, plastic and polycarbonate lenses are minimal. | T | F |
| 9. Proper occupational safety eyewear is available outside the workplace. | T | F |
| 10. Serious eye injuries usually happen only at work. | T | F |



http://www.preventblindness.org/sites/default/files/national/documents/fact_sheets/MK32_WorkSafetyQuiz.pdf



Safety Quiz Answers

1. **FALSE:** Safety eyewear is made of optical-quality glass or plastic. Looking through them, even for long periods of time, will not affect your vision.
2. **TRUE:** There is no clinical evidence showing that video display terminals (VDTs) can damage your eyes.
3. **FALSE:** Protective eyewear with scratched, pitted lenses or damaged frames are less resistant to impact and should be replaced. Safety eyewear should be regularly cleaned, inspected, repaired and, if necessary, replaced.
4. **FALSE:** Contact lenses can be used in the workplace but **ONLY** when worn with other appropriate eye protection.
5. **FALSE:** A face shield provides adequate protection only when used together with the right safety glasses or goggles.
6. **TRUE:** Industrial lenses can be made to fit most prescriptions.
7. **TRUE:** But, there's a catch: while all eyeglasses must be impact resistant, they are not impact-proof. Industrial-type safety eyewear (both lenses and frames) must meet more stringent standards than regular eyeglasses or sunglasses. Protective eyewear that meets the industrial standard, ANSI Z-87, must be marked with the manufacturer's logo on each lens and with "Z-87" on all component parts (frames, temples, etc.)
8. **FALSE:** Polycarbonate lenses are by far the strongest and most impact resistant. Plastic and polycarbonate lenses are lighter, protect against welding splatter and are not as likely to fog. Glass lenses provide good scratch resistance and can withstand chemical exposure.
9. **TRUE:** Hardware stores, home care centers, safety equipment suppliers and optical shops are good places to start. Protectors for home use must have the ANSI Z-87 mark on their frames. Sports protectors should indicate that they have been tested for the appropriate sport.
10. **FALSE:** There are also many home activities that require industrial grade eye protection and sports that require special sports protectors. Not wearing protective eye gear may cause serious eye injuries.

SAFETY SLOGAN

"Let's all learn and use the ABC's of Safety. . . Always Be Careful!"

Cheri Kelley

Communications Office
District One

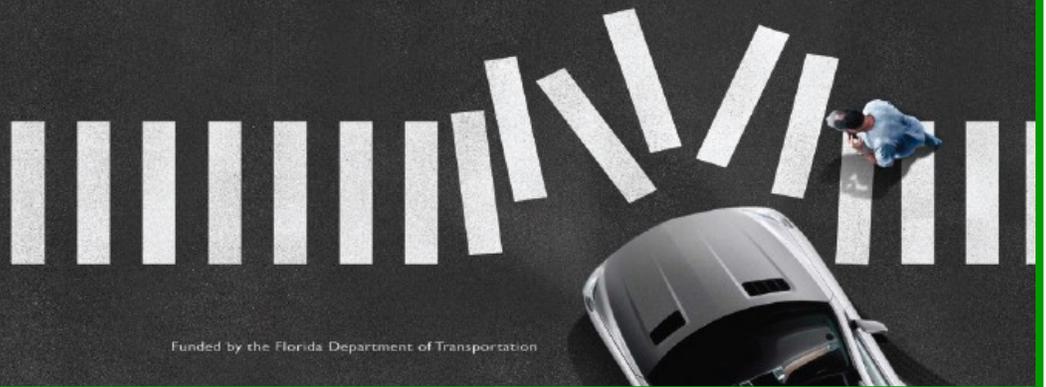
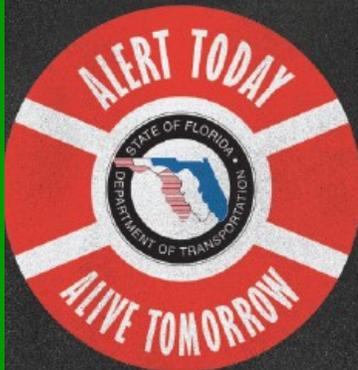


Safety Hot Line (850) 245-1543

You can report hazards by telephone.
You can remain anonymous.
Everything is confidential.
An investigation will follow and
any necessary actions will be taken and you
will be notified within 30 days if you so de-
sire.



SAFETY DOESN'T HAPPEN BY ACCIDENT.



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This monthly newsletter is produced by the State Safety Office by Mark Eacker.
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Our internet address is: www.dot.state.fl.us/safety
Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/



Word Search Puzzle

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

ACCIDENT
ALERT
APPRECIATION
AWARENESS
BICYCLE
CANCER
COLORECTAL
DAYLIGHT
DETECTION
ENDURANCE

ENFORCEMENT
EXERCISE
EYEWEAR
FALSE
FLORIDA
HEALTHFUL
INDUSTRIAL
LIFE
MARCH
NOURISHMENT

NUTRITION
OCCUPATIONAL
POLYCARBONATE
PREDICTABLE
PREVENTION
SAFETY
SYMPTOMS
VISIBLE
VISION
YIELD

**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 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 your 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 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1 EMPLOYEE APPRECIATION DAY	2
3	4	5	6	7	8 PAY DAY	9
10 DAYLIGHT SAVING TIME BEGINS	11	12 GIRL SCOUTS DAY	13	14 NATIONAL π DAY	15	16
17 	18	19	20 SPRING BEGINS	21	22 PAY DAY	23
24 PALM SUNDAY EASTER 31	25	26 PASSOVER BEGINS	27	28	29	30

THE MONTH OF MARCH

March 2013 is Observed as	Women's History Month, National Nutrition Month, Save Your Vision Month, Workplace Eye Wellness Month, Colorectal Cancer Awareness
Birthstone	Aquamarine, Bloodstone & Jade
Fruit & Vegetables for the Month of March	Kiwi, Guava, Grapefruit, Tamarillo, Feijoa, Red Banana, Kiwano Melon, Green Onions & Leeks
March Flower	Daffodil
Astrological Signs	Pisces (till 20th) & Aries (21th--)