

SAFETY ADVISOR

OCTOBER 2014

“National Breast Cancer Awareness Month”



October marks National Breast Cancer Awareness Month, a great opportunity to learn more about breast cancer and steps you can take to prevent this disease.

Second to skin cancer, breast cancer is the most common form of cancer in women. It is the main cause of cancer death in Hispanic women, and is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women. Some risk factors for breast cancer include being female, age (higher risk for women

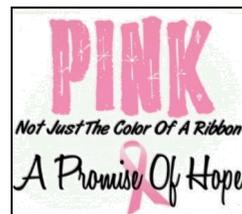
age 60 and older), personal history of breast cancer, family history of breast cancer, and the breast cancer genes, which consist of an “alteration” in one of two genes that are important for regulation breast cell growth.

Fortunately, there are lifestyle choices you can make to live a healthier life and to help reduce your breast cancer risk. They include:

- Decreasing your daily fat intake, especially saturated or hydrogenated fats. Eat leaner meats and limit red meat.
- Increasing fiber in your diet.
- Eating fresh fruits and vegetables.
- Limiting alcohol.

- Staying active. The U.S. Surgeon General suggests engaging in a moderate amount of physical activity (such as taking a brisk, 30-minute walk) on most days of the week.
- Avoiding smoking.

It is important for women to practice good breast health and it is suggested that women obtain regular mammography screening starting at the age of 40, or earlier, obtain annual clinical breast exams, perform monthly breast self-exams, and obtain a risk assessment from a physician.



<http://www.breastcancer.org/>



INSIDE THIS ISSUE:

Breast Cancer	1
Eye Injury	2
Halloween Safety	3
Fire Prevention	4
First Responder	7
October Fun Facts	8
Word Search	9
Safety Slogans	10
Satisfaction Survey	11
Calendar	12

October Is Eye Injury Prevention Month

The American Academy of Ophthalmology has designated October as Eye Injury Prevention Month. Why not take advantage of this opportunity to reinforce your eye safety message and make sure that we all are taking proper precautions to protect our valuable eyesight on the job?

Understand why workers suffer eye injuries and what you can do about it.

Studies show that the two main reasons so many workers suffer eye injuries are:

1. They weren't wearing any eye protection.
2. They were wearing the wrong kind of protection.

That gives you a big clue about where to focus your eye safety programs. To prevent workplace eye injuries, you need to:

- ▶ Identify all possible eye hazards in your workplace.
- ▶ Put up signs that warn workers about eye hazards and specify the need for proper eye protection.
- ▶ Make sure employees use the right kind of eye protection for the job.
- ▶ Train employees to use and maintain eye protection properly.
- ▶ Strictly enforce eye safety rules, including the use of required eye protection.

Make sure you've identified all the hazards.

While some are obvious, others are not. Possible hazards include:

- * **Impact**—from flying chips, particles, sand, and dirt, etc.

- * **Burns**—from sparks, molten metal, or chemical splashes.
- * **Irritation**—from chemical vapors or dust.
- * **Effects of light radiation**—from welding and similar operations.

But to make sure you're not missing anything, get specific. Look at each job for particular eye hazards and remote risks. Even a 1 in 10,000 chance of an eye accident could be bad odds for an unlucky employee.

Select the right eye protection for the job.

The wrong kind of eye protection might not be a whole lot better than no eye protection at all in some cases. So make sure you know which safety eye-wear protects against which hazards. For example:

- * Safety glasses with side shields or goggles provide good protection against impact hazards.
- * Ventilated safety goggles prevent chemical vapors or dust from getting at delicate eye tissue.
- * A face shield worn over safety eyewear provides extra protection from flying particles and chemical splashes.
- * Goggles worn with a face shield protect against burn hazards.
- * Welding goggles with special lenses protect eye tissue by filtering out harmful light radiation.

Learn to use eye protection properly and help others. Be sure to highlight these precautions in any eye safety training:

- * Obey all warnings requiring eye protection.

continued from page 2

- * Always put on protective eyewear before entering an area where hazards may be present.
- * When there is doubt about the existence of eye hazards, assume they are present.
- * Make sure eye protection fits properly and comfortably.
- * Inspect protective eyewear for damage before each use, and replace it immediately if there is any defect.
- * Store eye protection safely where it won't get scratched or damaged, and keep it clean.
- * If you're not sure which type of eye protection is required in a particular situation, ask your supervisor before you begin work.

Why It Matters...

- * About 2,000 American workers sustain work-related eye injuries every day, according to the organization **Prevent Blindness America**.
- * As many as ten percent to twenty percent of those employees will suffer a disabling injury, and some will be permanently blinded—at least in one eye.

And don't ever forget that training must go hand in hand with personal protective equipment rules.

Make sure you are wearing the eye protection you need every day, all day.

Reference: **Business & Legal Reports, Inc.**

Give Your Kids A Safe Halloween

If you're planning to let your kids go trick-or-treating this year, review this Halloween safety checklist before the big day:

- ◆ Are your kids wearing flame-resistant or flame-retardant costumes with reflective strips?
- ◆ Have you avoided costumes that are long or billowing and might cause trips or falls?
- ◆ Can they see through their masks? Painting their faces or using makeup is safer.
- ◆ Are they carrying a lightweight flashlight with a strong beam and good batteries?
- ◆ Have you reviewed the rules for crossing streets?
- ◆ Are young kids accompanied by an adult and are older kids trick-or-treating with a group?

Reference: **Business & Legal Reports, Inc.**



FIRE PREVENTION MONTH

Home Fire Prevention and Preparedness

Fires and burns continue to be a major cause of unintentional injury death at home.

Facts

- ▶ 80 percent of all fire deaths occur in the home.
- ▶ The leading cause of fire deaths is careless smoking.
- ▶ Having a working smoke detector increases your chance of surviving a fire.

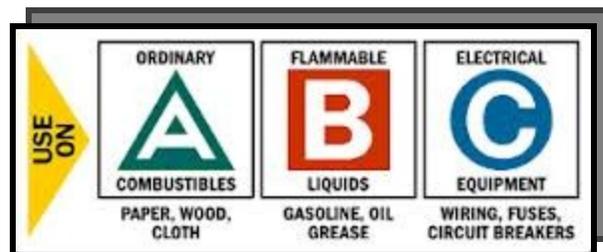
Smoke Detectors

- ▶ One is definitely NOT enough! Every home should be equipped with smoke detectors on every level, particularly outside of sleeping areas.
- ▶ Ensure that your smoke detectors are tested monthly and batteries are replaced twice a year.



Fire Extinguishers

- ▶ Keep an all-purpose (ABC) fire extinguisher in your kitchen.



- ▶ It's a good idea to keep fire extinguishers near the furnace, garage, and anywhere else a fire may start. These extinguishers are affordable, life-saving equipment for your home.
- ▶ Make sure every able-bodied member of the family is trained and familiar with the proper way to use the fire extinguishers.
- ▶ If you must use an extinguisher, make sure you have a clear way out in the event you can't put out the fire.
- ▶ Keep matches, lighters, and candles out of reach and out of sight of children!

Flammables

- ▶ Smoking is dangerous! No one should ever smoke in bed. Make sure that cigarettes/cigars are extinguished properly before dumping ashes.



continued from page 5

continued from page 4

- ▶ Avoid grease build-up in the kitchen and on appliances. Cooking fires are common. Don't leave food cooking on stovetops unattended.
- ▶ If a fire should occur, suffocate it with a pot/pan lid or cookie sheet, or if in the oven, close the oven door.
- ▶ The holidays are just around the corner. So watch where you place burning candles.

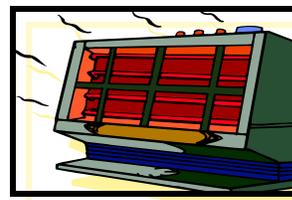


- ▶ Dispose of materials from fireplaces and grills in non-flammable containers.
- ▶ Never put children to sleep in "day" clothes. Fire-retardant sleepwear can make a difference in burn outcomes.
- ▶ Chimney fires are common. Have your chimney inspected and cleaned annually.
- ▶ Keep appliances unplugged when not in use.

Electrical Safety and Heat Sources

- ▶ Make sure your electrical system is not being overtaxed. This can cause a fire. Do your lights dim or flicker when extra appliances are plugged in? If you have questions or concerns, consult a certified electrician.
- ▶ Inspect wires and cords. If you find any worn or exposed wiring from appliances, discontinue their use immediately! A fire is imminent!

- ▶ Space heaters can be dangerous if not used correctly. Make sure yours will automatically shut off if tipped over. Read the operating instructions to make sure you are using space heaters, gas fireplaces, and other heat sources as intended by the manufacturer. Keep all flammable materials away from heat sources! If there are young children in the house, make sure space heaters and hot water heaters are inaccessible.



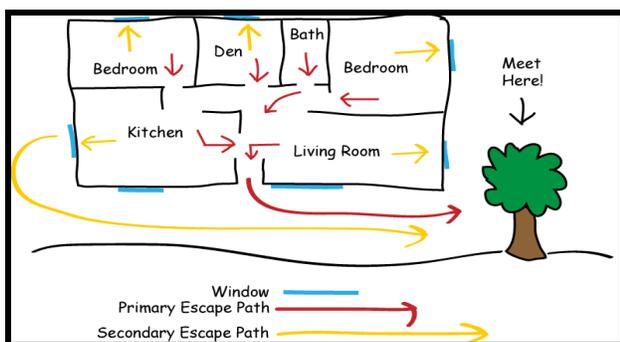
Escaping a Fire

- ▶ Keep bedroom doors shut while sleeping. If you think there is a fire, feel the door and knob for heat before opening.
- ▶ Have an escape route for each area of the home and a designated meeting place outside.
- ▶ Draw a map that is easy for all members of the family and visitors to understand. Make sure everyone knows about and understands the map and escape plans.
- ▶ When planning for a family with young children, be sure to teach them not to hide from fire or smoke and go to firefighters who are there to help them.
- ▶ All children should be familiar with the ideas of "crawling underneath the smoke" to escape a fire. "Sop, drop, and roll" is another safety principle that must be ingrained into children's minds.
- ▶ Multi-storied buildings are of special concern. Ensure that everyone is familiar with how to use an escape ladder if necessary.

continued from page 6

continued from page 5

- ▶ Make sure every sleeping room has two means of escape in the event of a fire. Windows provide a secondary means of escape. Ensure they are in proper working order, are not painted shut, and guards are able to be removed in case of fire and escape is necessary through that window.
- ▶ Call emergency responders (911) from a neighbor's house.
- ▶ Make sure to practice your escape plan periodically. It will be easier to remember in case of emergency.



- ▶ Young children should know their street address and last name (and, of course, how to dial 911).
- ▶ After you've planned for the family, don't forget the pets. Alert firefighters about your pets. In the event your pet suffers from smoke inhalation, rush the animal to the veterinarian.



Reference: National Safety Council, U.S. Fire Administration Study, and National Fire Protection Association (NFPA)

National Nut Day History

National Nut Day is a public observance in celebration of all the good things about nuts. It is observed on October 22nd each year. It is promoted mostly in the United States and United Kingdom.

Facts about National Nut Day

No one really knows the origin of this day. Was it intended to celebrate all the nutty people and crazy behavior in the world? Or, was it a day dedicated to celebrating the edible 'nut' so many people eat?

- ▶ Peanuts are legumes, a member of the *Pea* family, not really nuts.
- ▶ There are about 540 peanuts in a 12 ounce jar of peanut butter.
- ▶ Nuts do not contain any cholesterol. In fact, nuts contain mono-unsaturated fatty acids especially oleic acid. It helps to lower LDL or 'bad cholesterol' and increases HDL or 'good cholesterol' level in the blood.
- ▶ Walnuts are considered one of the healthiest nuts. Walnuts contain the most omega-3 fatty acids. Walnuts also contain antioxidants that promotes immune system health.

National Nut Day Top Events and Things to Do

- ▶ Eat nuts for lunch, dinner or as a snack.
- ▶ Learn more about the health benefits of nuts. Do an internet search for 'health benefits of nuts'.
- ▶ Try some of the lesser known nut butters: Almond Butter, Pecan Butter, Cashew and Hazel nut butter.
- ▶ Cook or bake something that uses nuts.

FIRST RESPONDER APPRECIATION

The Thirteenth Annual Leon County Sheriff's Office First Responders Appreciation luncheon was held on Wednesday, October 1st, 2014 at the Tallahassee Antique Car Museum. The event was held to recognize the dedicated men and women working for the area's emergency response agencies whose public service truly makes a difference in our community.

The guest speaker at the luncheon was NASCAR Championship Driver Dale Earnhardt, Jr.. Representing the Department of Transportation on behalf of Secretary Prasad were Chief Safety Officer, Lora B. Hollingsworth, P.E. and Impaired Driving Coordinator, William Grissom.

Guest speaker Dale Earnhardt, Jr.



Impaired Driving Coordinator
William Grissom with
Dale Earnhardt, Jr.



Chief Safety Officer Lora B. Hollingsworth with
Dale Earnhardt, Jr.

October Fun Facts

Columbus Day History

Columbus Day is the celebration of the arrival of Christopher Columbus in the Americas on October 12, 1492. In the US, it is celebrated by all US states except for Hawaii, South Dakota and Alaska. Columbus Day is celebrated on the second Monday in October each year.

Columbus Day Facts & Quotes

Colorado was the first state to officially recognize and celebrate Columbus Day in 1906.

In 1937, President Franklin D. Roosevelt declared October 12th every year as Columbus Day.

In 1971, the official holiday was moved to the second Monday in October in order to give workers in the US a long weekend. This was part of the Uniform Monday Holiday Act.

Only those who dare to fail greatly can ever achieve greatly. - Robert F. Kennedy

Many Italian-Americans celebrate their heritage with special celebrations on this date.

Columbus Day Top Events and Things to Do

Eat some good Italian food.

Watch a parade.

Visit the Library of Congress's online exhibit 1492: ["An Ongoing Voyage"](#).

Host a scavenger hunt for the neighborhood kids and let them become Explorer's for the afternoon.

US Office of Personnel Management
Library of Congress: 1492, [An Ongoing Voyage](#)

Halloween History

Halloween, also called All Hallow's Eve, occurs on the eve of the Western Christian celebration of All Hallow's or All Saints Day, a day set aside to honor all the Saints of Christendom. Halloween is also a popular celebration with ties to the Celtic festival of Samhain, a celebration of the end of the harvest. The name Halloween comes from the longer name 'All Hallow's Eve'. In the US, this is a popular holiday for young and old and involves dressing up in costumes, harvest parties, and 'trick-or-treating'. It is celebrated every year on the 31st of October.

Facts about Halloween

Dressing up in costumes dates back to the Middle Ages when poor folks would dress up and go door to door on Hallowmas (November 1st), receiving food in exchange for prayers for the dead on All Souls Day (November 2).

In early Celtic celebrations, turnips or other root vegetables were used in place of pumpkins. A burning lump of coal was placed inside the hollowed out vegetable and carried during the festivities.

More than 70% of Americans actively celebrate Halloween. (Source: National Retail Federation)

Halloween sales for costumes, decorations and candy was over \$8 billion in 2012. (Source: National Retail Federation)

The Guinness Book of World Record holder for the heaviest pumpkin was attained in October 2011 with a pumpkin weighing in at 1,818 lbs. 5 oz.

www.halloweenhistory.org
www.guinnessworldrecords.com/records-1/heaviest-pumpkin/



Word Search Puzzle

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

BLINDNESS
BREAST CANCER
CANDLES
COLUMBUS
CURE
ELECTRICAL
ESCAPE PLAN
EXTINGUISHERS
EYES
FILTERING

FIRE PREVENTION
FLAMMABLES
GLASSES
GOGGLES
HALLOWEEN
HERITAGE
HOPE
MATCHES
OCTOBER
PROTECTION

RADIATION
RESPONDERS
SAFETY
SMOKE DETECTORS
SMOKING
TREAT
TRICK
VOYAGE
WALNUTS
WELDING

**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 SLOGANS

THEY'LL
SEE YOU
BEFORE
YOU SEE
THEM.

DON'T DRINK & DRIVE.



“GET YOUR HEAD OUT OF YOUR APPS,
NO TEXTING AND DRIVING!”

Doug Martin

COCOA BREVARD OPERATIONS

“AT WORK, AT PLAY, LET SAFETY ALWAYS LEAD THE
WAY!!!! ”

Keny Hazard

LEESBURG CONSTRUCTION



This monthly newsletter is produced by the State Safety Office by Mark Eacker, For content information, please call or email the editor, Mark Eacker, at:

850-414-4176 / 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/



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: 850 414 4221

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: (____) _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29	30	1	2	3 PAY DAY	4	
5	National Fire Prevention Week Drive Safely Work Week						11
12	13  Columbus Day	14	15	16	17 PAY DAY	18	
19	National School Bus Safety Week National Teen Driver Safety Week						25
26	27	28	29	30	31  PAY DAY	1	

THE MONTH OF OCTOBER

October 2014 is Observed as	Breast Cancer Awareness Month; Domestic Violence Awareness; National Apple Month; National Physical Therapy Month; and Eye Safety & Injury Prevention Month.
Birthstone	Opal and Tourmaline.
Fruit & Veggies for the Month	Pears; Apples; Persimmons; Ginger; Galangal; and Tumeric.
October Flower	Calendula.
Astrological Signs	Libra (till 22th) & Scorpio (23rd →).
Other October Dates & Events	Oct 2: National Poetry Day.