

SAFETY ADVISOR

SEPTEMBER 2014

“Put It Down” Anti-Texting While Driving Campaign

Texting while driving is stupid and dangerous. There’s wide agreement on that. Until now, though, there’s been little information about how to stop it.

A new study has good news: The easiest and most obvious intervention is making texting while driving illegal and it works. Traffic fatalities dropped 3 percent in states that allow police to pull over drivers for texting, according to new research from the American Journal of Public Health. States that focus the

prohibition specifically on younger drivers cut traffic deaths among 15- to 21-year-olds by 11 percent.

The findings, published in the August issue of the *Journal of American Health*, represent the best proof yet that widespread anti-texting laws are effective. Analyzing national traffic fatality data over an 11-year period, researchers studied the effects of laws that allow police to stop drivers specifically for texting (called primary enforcement laws),

as well as laws that ban the practice but allow police to write tickets only in conjunction with other traffic violations as is the practice here in Florida.

Experts have long agreed that texting while driving, a move that takes a driver’s eyes off the road for an average of 4.6 seconds, is dangerous. At normal highway speeds that is the length of a football field. So let’s all be safe and just

“Put It Down”, it can wait.

www.businessweek.com/
www.distraction.gov/



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Nearly half of all U.S. high school students aged 16+ text or email while driving



Drivers spend more than half their time focused on things other than driving

Texting and driving is
ILLEGAL in Florida



Child Passenger Safety Week (September 14-20, 2014)

National Seat Check Saturday (September 20, 2014)

The goal is to make sure all parents and caregivers are correctly securing all children in the right car restraints (rear-facing car seat, forward-facing car seat, booster seat or seat belt) for their ages and sizes.

During Child Passenger Safety Week (September 14-20, 2014) many communities will have Certified Child Passenger Safety Technicians on-hand to provide free education on how to use car seats, booster seats, and seat belts for children. Technicians can also help educate consumers about choosing the right car seat for their child, the importance of registering car seats with the manufacturer, and what to expect should that seat be subject to a safety recall. The week concludes with National Seat Check Saturday on September 20, when certified Child Passenger Safety Technicians will be available at car seat events across the country to offer advice and instruction.

KEY STATISTICS

Car seats, booster seats and seat belts offer the best protection for children in crashes.

- Car crashes are a leading cause of death for children 1 to 13 years old.
- During the 5-year period from 2008 to 2012, more than 3,390 children were killed in car crashes. In addition, an estimated 613,000 children were injured.
- In 2012 alone, 121,000 children under age 13 were injured as passengers in car crashes.
- Based on U.S. Department of Transportation, National Highway Traffic Safety Administration (NHTSA) crash data, in 2012 on average, nearly 2 children under the age of 13 were killed and 332 were injured every day while riding in cars, SUVs, pickups, and vans.
- In 2012, over one third (37%) of children killed in car crashes were not in car seats, booster seats, or seat belts.
- Every 34 seconds one child, under age 13, is involved in a crash.

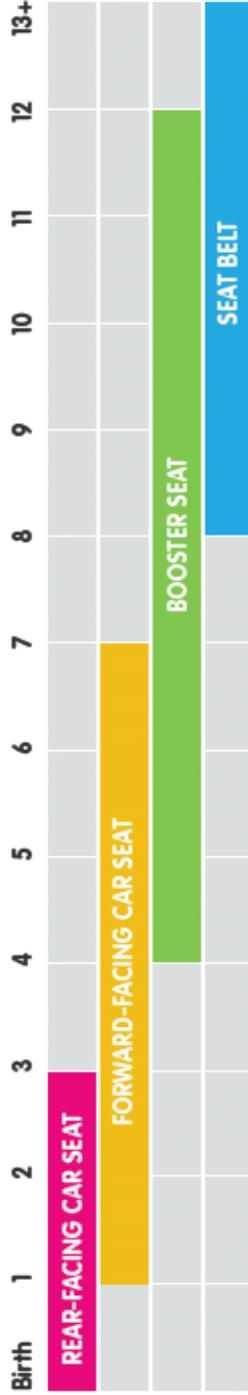
Car seats save lives and work best when used correctly.

- In 2012, among children under the age of 5 in cars, an estimated 284 lives were saved by child restraints.
- An additional 58 children could have lived if car seat use was 100 percent.
- Car seats reduce the risk of fatal injury by 71 percent for infants and by 54 percent for toddlers in cars.
- All 50 States, the District of Columbia, and all U.S. territories have laws requiring children to be restrained while riding in cars. Some States now require kids to ride in appropriate car seats or booster seats until age 9.
- Failure to read and carefully follow the installation instructions included with a car seat as well as those in the vehicle owner's manual can lead to incorrect installation, exposing a child passenger to grave risk of serious injury or death in a crash.

<http://www.trafficsafetymarketing.gov/cps>

Car Seat Recommendations: Choosing the Right Seat

AGE (YEARS)



REAR-FACING CAR SEAT

Your child under age 1 should always ride in a rear-facing car seat in the back seat. There are different types of rear-facing car seats: infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

A rear-facing car seat is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

FORWARD-FACING CAR SEAT

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness in the back seat.

A forward-facing car seat has a harness and tether that limits your child's forward movement during a crash.

BOOSTER SEAT

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

A booster seat positions the seat belt so that it fits properly over the stronger parts of your child's body.

SEAT BELT

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

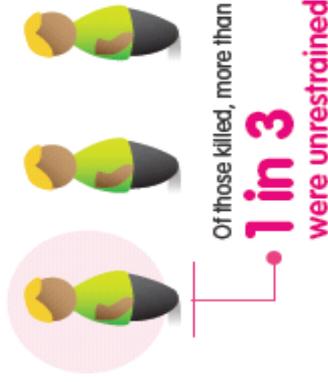
A seat belt should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

Car crashes are a **leading killer** of children ages 1 to 13.

In crashes from 2007-2011, **3,661 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed. An estimated **634,000 children** under 13 were injured.



In 2011, **655 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed in crashes.



Car seats reduce the risk of toddlers (1 to 4 years old) being killed in cars by **54%**



Car seats reduce the risk of infants (under 1 year old) being killed in cars by **71%**



Reduce the risk of death and injury by properly securing your child. To maximize safety, keep your child in the car seat for as long as possible.

CarFit Program Helps Tallahassee Seniors

How far are you from the air bag in your steering wheel? Do you have a clear line of sight above the steering wheel? Are your mirrors positioned correctly?

These were among the questions answered during the recent CarFit checkup event for seniors at Thomasville Road Baptist Church. The purpose was to check how well each person's vehicle "fit" them.

A checklist of 12 factors was reviewed with drivers as they sat in their cars, among them distance between chest and steering wheel (minimum distance should be 10 inches); positioning of gas and brake pedals so they're able to completely depress pedals with the sole of their shoes; side view mirror adjustments; and the steering wheel tilt.

"These are just a few of the safety applications we recommend," said Ralph Salvas, certified CarFit technician.

The final stop in the process was handled by volunteer Dr. Debora Oliveira, Interim Director, Florida A&M University's Occupational Therapy School of Allied Health from Tallahassee. Drivers walked around the vehicle with her to inspect tires and lights. Dr. Oliveira handed each car owner a "thank you" bag filled with a safety booklet, a first aid kit, a tire pressure gauge and other items.

To assist Dr. Oliveira with this effort, she brought 20 of her students from FAMU; these students represented FAMU in an outstanding manner. Their energy and willingness to help in any way they could provided a positive experience for the them and the drivers that they assisted.

CarFit is a national educational program offered by AARP, the American Occupational Therapy Association and AAA.

The Florida CarFit program is an FDOT Safety Office grant funded program. Since its implementation, nearly 4,000 of Florida's senior drivers have been through the CarFit experience.



On March 26, 2014 at the Florida Capitol in Tallahassee, Florida the Ambassadors for Aging Day was celebrated. During this event Ms. Fran Carlin-Rogers, Project Director for the FDOT Safety Office grant funded CarFit Program received the 2014 "Outstanding Ambassador for Aging" award for the accomplishments of the Florida CarFit Program.

For more information, visit <http://www.car-fit.org>.

Elements of an Ergonomic Chair

Ergonomics seeks to reduce occupational stress, injuries and disorders caused by inappropriate posture, repeated tasks or overuse of muscles through proper design of tasks, controls, tools, work spaces, displays and appropriate equipment fitting employees' physical limitations and capabilities (Bush, 2012).

OSHA regards the chair as a crucial element of a workstation design (OSHA, 2011). The following are some of the important elements that should be considered when selecting an ergonomic chair:

- The lumbar support to support the back's lower region to promote proper posture and reduce the lower back's load.
- The chair should have a waterfall edge to eliminate the blocking of blood flow to the lower body parts such as the legs and feet.
- An adjustable armrest to promote compatibility of a sitting operator with tasks.
- Adjustable backrest, height and seat pans to promote comfort during task performance that involves continuous exertion of manual force.
- Seat pans that are slightly tilted to support proper posture in the lower back.

These ergonomics elements highlight the importance of frequently moving a person's body at work to avoid static posture for a long duration of time that can lead to discomfort and ergonomic injuries such as swelling of the feet or pains in the neck, shoulders and at the lower back. These elements of an ergonomic chair support task requirements and enable variation of postures with regards to operators' varying physical capabilities (Bush, 2012).

The recommended working area for a sitting operator is to have the work in front of the operator's body about an elbow height. It is important to consider visual requirements when designing work area height. A sitting operator's seat height ranges from 35-50 cm while the seat's comfort is determined by the backrest, seat material touching the body, seat pan and adjustability design (Bush, 2012).

References

Bush, P. M. (2012). *Ergonomics: Foundational principals, applications, and technologies*. Boca Raton, FL: Taylor and Francis Group.

https://www.osha.gov/SLTC/etools/computerworkstations/components_chair.html(2011)

This is how they start.....

AP Top 25				USA Today Poll				ESPN Power Rankings			
RK	TEAM	RECORD	PTS	RK	TEAM	RECORD	PTS	RK	TEAM	RECORD	PTS
1	Florida State (57)	0-0	1496	1	Florida State (56)	0-0	1543	1	Florida State (13)	0-0	325
2	Alabama (1)	0-0	1361	2	Alabama	0-0	1455	2	Alabama	0-0	295
3	Oregon (1)	0-0	1334	3	Oklahoma (3)	0-0	1382	3	Oklahoma	0-0	288
4	Oklahoma (1)	0-0	1324	4	Oregon (1)	0-0	1314	4	Oregon	0-0	285
5	Ohio State	0-0	1207	5	Auburn	0-0	1271	5	Auburn	0-0	271
6	Auburn	0-0	1198	6	Ohio State (1)	0-0	1267	6	Ohio State	0-0	252
7	UCLA	0-0	1106	7	UCLA	0-0	1085	7	Michigan State	0-0	235
8	Michigan State	0-0	1080	8	Michigan State	0-0	1050	8	UCLA	0-0	224
9	South Carolina	0-0	1015	9	South Carolina (1)	0-0	1009	9	South Carolina	0-0	211
10	Baylor	0-0	966	10	Baylor	0-0	965	10	Stanford	0-0	201
11	Stanford	0-0	885	11	Stanford	0-0	955	11	Baylor	0-0	200
12	Georgia	0-0	843	12	Georgia	0-0	905	12	Georgia	0-0	190
13	LSU	0-0	776	13	LSU	0-0	833	13	LSU	0-0	171
14	Wisconsin	0-0	637	14	Wisconsin	0-0	654	14	USC	0-0	126
15	USC	0-0	626	15	USC	0-0	627	15	Notre Dame	0-0	114
16	Clemson	0-0	536	16	Clemson	0-0	535	16	Clemson	0-0	110
17	Notre Dame	0-0	445	17	Notre Dame	0-0	509	17	Wisconsin	0-0	108
18	Ole Miss	0-0	424	18	Arizona State	0-0	358	18	Texas A&M	0-0	86
19	Arizona State	0-0	357	19	Ole Miss	0-0	346	19	Ole Miss	0-0	73
20	Kansas State	0-0	242	20	Texas A&M	0-0	266	20	Washington	0-0	55
21	Texas A&M	0-0	238	21	Kansas State	0-0	257	21	North Carolina	0-0	47
22	Nebraska	0-0	226	22	Nebraska	0-0	228	22	Nebraska	0-0	42
23	North Carolina	0-0	194	23	North Carolina	0-0	175	23	UCF	0-0	37
24	Missouri	0-0	134	24	Texas	0-0	143	24	Texas	0-0	34
25	Washington	0-0	130	25	Washington	0-0	142	25	TCU	0-0	31

How will they finish ?



September Fun Facts

Fall begins (Northern H.) History

Fall begins in the Northern Hemisphere when the Sun is perpendicular to the equator. This day has equal hours of day and night. The first day of Fall is also called the Autumnal Equinox. In many areas it coincides with harvests. The first day of Fall happens between each year between September 22 and 24. This year it is the 23rd of September.

Fall begins (Northern H.) Facts & Quotes

The Harvest Moon is the full moon which occurs closest to the autumnal equinox.

The Fall Equinox is also known as: Alban Elfed, Cornucopia, Feast of Aivilon, Festival of Dionysus, Harvest Tide, Mabon, Night of the Hunter, Second Harvest Festival, and Wine Harvest.

The Earth take 365.25 days to make one complete revolution around the Sun. This results in the first day of Fall beginning 6 hours later each year, and moving a full day backwards on Leap Years.

During the "Fall", the leaves on many trees die and fall to the ground. 500 years ago, expressions like "fall of the leaf" and "fall of the year" were quite common in the English speaking world. The term "Fall" as the name for this season comes from these early expressions.

Constitution Day and Citizenship Day

Constitution Day and Citizenship Day is a combined event that is annually observed in the United States on September 17. This event commemorates the formation and signing of the

Constitution of the United States on September 17, 1787. It also recognizes all who, by coming of age or by naturalization, have become US citizens.

Patriot Day (Sept 11) History

Patriot Day is a day the US remembers the terrorist attacks on September 11, 2001. This day is commonly referred to as "9-11" ("Nine-Eleven"). It is believed that 2,977 people died in the attacks. President George W. Bush proclaimed September 11th Patriot Day in 2002.

Facts about Patriot Day (Sept 11)

On September 11th, US Flags should be flown at half mast - both on US soil and abroad.

A moment of silence is held at 8:46 a.m. (EST) across the nation - commemorating the time the first plane struck the North Tower of the World Trade Center on September 11, 2001.

The National September 11 Memorial and Museum takes up over half of the destroyed World Trade Center site. It contains bronze parapets inscribed with the names of those killed on September 11, 2001 and those killed in the 1993 World Trade Center attack.

Cleaning up Ground Zero, as the World Trade Center was renamed, took 18 months and 19 days, and was completed in May of 2002.

The Twin Towers of the World Trade Center were once the tallest buildings in the world, and contained enough concrete to build a sidewalk from New York City to Washington D.C.



<http://www.wincalendar.com>

Word Search Puzzle

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

ALABAMA
ARIZONA STATE
AUBURN
BAYLOR
CHILD
CLEMSON
FLORIDA STATE
GEORGIA
KANSAS STATE
LSU

MICHIGAN STATE
MISSOURI
NEBRASKA
NORTH CAROLINA
NOTRE DAME
OHIO STATE
OKLAHOMA
OLE MISS
OREGON
PASSENGER

SAFETY
SOUTH CAROLINA
STANFORD
TCU
TEXAS A AND M
TEXTING
UCLA
USC
WASHINGTON
WISCONSIN

**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

"IGNORING SAFETY CAN BE RISKY BUSINESS !"

*Tharwat "Sam" Hannadawod
D5 Materials & Research*

**THEY'LL
SEE YOU
BEFORE
YOU SEE
THEM.**

DON'T DRINK & DRIVE.



IS YOUR CHILD IN THE RIGHT CAR SEAT?

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: 850 245-1554

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: (____) _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Labor Day State Holiday	2	3	4	5 PAY DAY	6
7 Grandparents' Day	8	9	10	11 Patriot Day	12	13
14	15	16	17	18	19 PAY DAY	20 National Seat Check Saturday
21	22	23 Autumnal Equinox	24 Rosh Hashanah	25 Rosh Hashanah	26 Rosh Hashanah	27
28 Gold Star Mother's and Family's Day	29	30	1	2	3	4

Child Passenger Safety Week

THE MONTH OF SEPTEMBER

September 2014 is Observed as	National Cholesterol Education; National Alcohol and Drug Addiction Recovery Month; National Honey Month; National School Success Month; Whole Grains Month; Prostate Cancer Awareness Month; and Leukemia & Lymphoma Awareness Month.
Birthstone	Sapphire
Fruit & Veggies for the Month	Nectarines; Figs; Cayenne Pepper; Chili Peppers; Poblano Peppers; Serrano Pepper; and Jalapeno Pepper.
September Flower	Aster & Forget-me-not.
Astrological Signs	Virgo (till 22th) & Libra (23rd →).
Other September Dates & Events	Sept 27: Family Health & Fitness Day USA.