



SAFETY ADVISOR

APRIL 2013

April

Distracted Driving

Kills – I Know!

Gentry Richardson

District 1 Safety Manager

The National Safety Council (NSC) has proclaimed April 2013 as National Distracted Driving Awareness Month. The US House of Representatives passed the Distracted Driving Awareness resolution in 2010, in memory of 9-year old Erica Forney, who was struck and killed by a distracted driver in Ft. Collins, Colorado in November 2008.

According to the Centers for Disease Control (CDC)/National Center for Health Statistics (NCHS), there are three main types of driver distraction:

- Visual—taking your eyes off the road;
- Manual—taking your hands off the

wheel; and

- Cognitive—taking your mind off what you are doing.

Distracted driving isn't just about talking on the cell phone or texting. Distracted driving can come in many forms such as eating and drinking, talking to passengers, grooming, reading, including maps, using a GPS device, watching a video, or adjusting a radio, CD player, or MP3 player. Distracted driving can also have fatal consequences. I know first-hand that the consequences of distracted driving can be devastating. I know; because I lost the most important person in my life as a result of distracted driving incident many years ago.

While I was a 14 year old teenager, living in Adel, Georgia I experienced a life-changing

event when my mother died in a single car crash where she was the driver and only occupant in the vehicle. She crashed into a concrete bridge column on Interstate 75 in South Georgia and died instantly according to the County Sheriff who came to our home and delivered the dreadful news. I remember a knock on our front door just after eleven o'clock that night and I vividly remember watching with fear as my Dad opened the door and I saw Sheriff McCall standing at the door with his blood stained white uniform shirt and his head hanging low. I was standing behind my Dad when the door opened and I knew instantly, before a single word was said, that something bad had happened.

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April is
Distracted Driving
Awareness Month



April is
**Alcohol
Awareness
Month**
NCADD
ncadd.org



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I remember my mother was out for the evening tending to her cake decorating business but I recall she was late coming home. I remember the Sheriff telling us shortly after coming inside the living room to bear the bad news, as he was noticeably sobbing, that he had done everything he could to save her and he was so sorry he could not bring her back. From the Sheriff's first-hand account and explanation of the details of the crash, I believe she most certainly crashed and died because of her inattention and distraction while driving that fateful night on I-75.

Please review the following tips from the American Automobile Association (AAA) before your next trip. By remembering and applying these tips you can perhaps make a difference and prevent someone you know from causing a distracted driving crash, injury or the death of someone's loved one.

- Always focus on the important task of driving, and avoid any kind of distraction while behind the wheel.
- If another activity demands your attention, pull off the road and safely stop your vehicle.

- As a general rule, if you cannot devote your full attention to driving because of some other distracting activity, take care of the other activity before or after your trip, not while behind the wheel.
- If you are with a passenger, enlist the passenger's help to carry out activities that would otherwise distract you from driving safely.
- AAA has long encouraged drivers to avoid the use of cell phones while driving, except in absolute emergencies. Never use text messaging, email functions, video games, or the internet with a wireless device while driving.

Distraction kills – I know.



Gentry Richardson
District Safety and Health
Manager



April Marks 27th Alcohol Awareness Month

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) sponsors NCADD Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues. This April, NCADD highlights the important public health issue of underage drinking, a problem with devastating individual, family and community consequences. With this year's theme, "**Help for Today, Hope for Tomorrow,**" the month of April will be filled with local, state, and national events aimed at educating people about the treatment and prevention of alcoholism. Local NCADD Affiliates as well as schools, colleges, churches, and countless other community organizations will sponsor a host of activities that create awareness and encourage individuals and families to get help for alcohol-related problems.

Alcohol use by young people is extremely dangerous—both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors. Annually, over 6,500 people under the age of 21 die from alcohol-related injuries and thousands more are injured.

Additionally:

- Alcohol is the number one drug of choice for America's young people, and is more likely to kill young people than all illegal drugs combined.
- Each day, 7,000 kids in the United States under the age of 16 take their first drink.
- Those who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21.
- More than 1,700 college students in the U.S. are killed each year—about 4.65 a day—as a result of alcohol-related injuries.
- 25% of U.S. children are exposed to alcohol-use disorders in their family.
- Underage alcohol use costs the nation an estimated \$62 billion annually.

Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, the entertainment industry, alcohol manufacturers/retailers and young people.

An integral part of Alcohol Awareness Month is **Alcohol-Free Weekend** (April 5-7, 2013), which is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. During this seventy-two-hour period, NCADD extends an open invitation to all Americans, young and old, to participate in three alcohol-free days and to use this time to contact local NCADD Affiliates and other alcoholism agencies to learn more about alcoholism and its early symptoms.

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

DRUNK DRIVING

-WHILE-

TEXTING DRIVING

INCREASES THE LIKELIHOOD
OF CAUSING A CAR CRASH BY

INCREASES THE LIKELIHOOD
OF CAUSING A CAR CRASH BY



4x

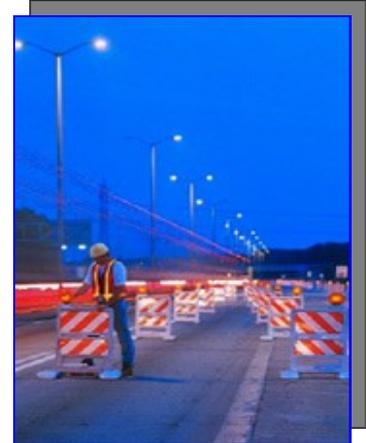


8x

WORK ZONE SAFETY AWARENESS

As our highway infrastructure ages, many highway agencies are focusing on rebuilding existing roadways instead of building new ones. Highway improvement projects being performed on roadways that are open to traffic are increasing. At the same time, traffic continues to grow and creates more congestion. This combination of more work zones, heavier traffic, and greater reliance on night work results in increased risk for highway workers. The following methods can be used to minimize and control risks for workers:

- High-visibility Apparel
- Worker Training
- Activity Area Planning
- Speed Control
- Positive Separation
- Lighting
- Worker Safety Planning
- Special Devices



Creating Safer Work Zones:

Improving Operations on Both Sides of the Barrel

High-visibility Apparel:

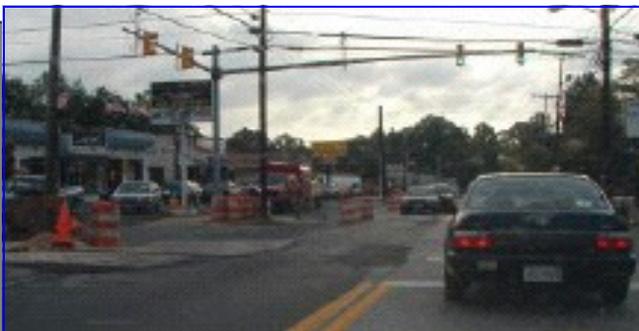
- All workers should wear high visibility apparel.
- Worker visibility during dawn or dusk conditions may be enhanced by the use of fluorescent colored high-visibility apparel.
- The use of colors such as yellow-green for the worker apparel may help to differentiate the worker from the orange colored work vehicles, signs, drums, etc.

Worker Training:

- Workers should be trained in how to work near traffic.
- Workers responsible for temporary traffic control should be adequately trained.
- Work rules should be established and enforced to minimize worker risks from traffic.

Activity Area Planning:

- Routes should be identified and marked to allow workers and work vehicles to safely enter and exit the work space.
- Backing should be controlled by spotters or other positive means wherever workers or pedestrians may be present.
- Overhead and underground utilities should be located and marked to prevent contact by equipment and workers.



Speed Control:

Compliance with posted speed limits is important to protect workers and the traveling public. The following strategies can be used to control traffic speeds through work zones, whether or not the speed limit is reduced:

- Establish appropriate speed limits for work zone.
- Properly posted regulatory speed limits.
- Law enforcement.
- Radar activated changeable message signs.
- Flaggers (under some conditions).



Positive Separation of Traffic and Work Activities:

Separating traffic from work activities by the use of temporary traffic barriers, shadow vehicles with truck-mounted attenuators, or similar devices minimizes risk for both workers and travelers. The need for positive separation should be based on work zone factors including:

- Traffic speed and volume.
- Distance between workers and traffic.
- Duration and type of work operations.
- Physical hazards present in the work zone.
- Alignment of traffic lanes through the work zone.



Lighting:

Temporary lighting should be used in night work zones to accomplish the following:

- The work area and its approaches should be lighted to provide better visibility for drivers to safely travel through the work zone.
- Illumination should be provided wherever workers are present to make them visible.
- Glare must be controlled so as not to interfere with the visibility of the work zone by drivers and workers.



Worker Safety Planning:

Planning, implementation, and oversight of worker safety should be the responsibility of a competent safety specialist, and should adequately address the requirements of OSHA and MUTCD. In particular:

- A hazard assessment of the work site should be conducted to identify worker risks.
- Engineering and administrative controls and personal protective measures should be implemented to protect workers from the identified risk.

Special Devices:

Judicious use of special traffic control devices may be helpful in reducing worker risks in certain work zone situations. These include:

- Rumble strips.
- Changeable message signs.
- Intrusion alarms.



<http://safety.fhwa.dot.gov/wz/fhwas03009/>

SAFETY SLOGAN

“Safety today – Joy forever”

Radhika Nori

OIS Business Systems Support Office

“I never heard anyone live to say, ‘I’m glad I wasn’t wearing my hard hat!’ ”

Kex Zinch

Quality Systems Manager
FDOT District 5
Materials & Research

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
desire.



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:
850-245-1510 / 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/



Word Search Puzzle

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

ACTIVITIES
ADMINISTRATIVE
ALCOHOL
APPAREL
APRIL
AUTOMOBILE
AWARENESS
COGNITIVE

CONTROLS
DIAMOND
DISTRACTED
DRINKING
DRIVING
ENGINEERING
HEALTH
MANUAL

PLANNING
SAFETY
SCHOOLS
SPEED CONTROL
TRAINING
VISIBILITY
VISUAL
WORK ZONE

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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: () _____



April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
31	1	2	3	4	5 PAY DAY	6	
7	8	9	10	11	12	13	
14	WORK ZONE AWARENESS WEEK					19 PAY DAY	20
21	22	23	24	25	26	27	
28	29	30	1	2	3	4	

THE MONTH OF APRIL	
April 2013 is Observed as	Alcohol Awareness Month, National Work Zone Awareness Week, National Autism Awareness Month, National Older Americans Month,
Birthstone	Diamond
Fruit & Vegetables for the Month of April	Artichoke, Asparagus, Broccoli, Lettuce, Mangoes, Pineapple, Rhubarb, Spring peas, & Zucchini.
April Flower	Sweet pea
Astrological Signs	Aries (till 20th) & Taurus (21th→)