



SAFETY ADVISOR

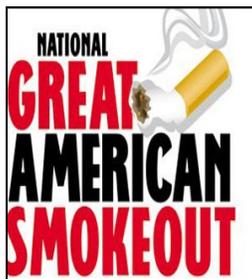
NOVEMBER 2013

The Great American Smokeout

What is the Great American Smokeout?

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout. They may use the date to make a plan to quit, or plan in advance and then quit smoking that day. The event challenges people to stop using tobacco and helps people know about the many tools they can use to quit and stay quit.

In many towns and communities, local volunteers support quitters, publicize this anti-smoking event, and press for laws that control tobacco use



and discourage teens from starting.

Research shows that smokers are most successful in kicking the habit when they have support, such as:

- Telephone smoking-cessation hotlines.
- Stop-smoking groups.
- Online quit groups.
- Counseling.
- Nicotine replacement products.
- Prescription medicine to lessen cravings.
- Guide books.
- Encouragement and support from friends and family members.

Using 2 or more of these measures to help you quit smoking works better than using any one of them alone. For exam-

ple, some people use a prescription medicine along with nicotine replacement. Other people may use as many as 3 or 4 of the methods listed above.

Telephone stop-smoking hotlines are an easy-to-use resource, and they are available in all 50 states. Call them at 1-800-227-2345 to find telephone counseling or other support in your area.



Support is out there, but the most recent information suggests that fewer than 1 in 3 smokers reports having tried any of the recommended therapies during their last quit attempt.

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



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NOVEMBER 11, 2013
HONORING ALL WHO SERVED



www.va.gov

Thanksgiving Travel

The Thanksgiving holiday period is among the busiest long-distance travel periods of the year. During the 6-day Thanksgiving travel period, the number of long-distance trips (to and from a destination 50 miles or more away) increases by 54 percent compared to the average number for the remainder of the year. And although heavy media attention focuses on crowded airports and bus and train stations on the Wednesday before and Sunday after Thanksgiving, when personal vehicle trips are added to the mix the National Household Travel Survey (NHTS) reveals that Thanksgiving Day is actually a heavier long-distance travel day than Wednesday.

Travel Patterns

Most long-distance holiday travel, about 91 percent, is by personal vehicle, such as by car. The percentage of long-distance travelers who travel by personal vehicle during the holidays is not statistically different from the 89 percent who make long-distance trips by personal vehicle during the rest of the year. Only 5 to 6 percent of holiday trips are by air, while 2 to 3 percent are by bus, train, ship, or other mode. Thanksgiving Day is a more heavily traveled day than Wednesday. Among those traveling more than 100 miles, travel is evenly spread throughout the Wednesday-Sunday period, with no statistically significant difference among the traffic flows during those five days.

For those traveling by air, bus, rail, or other commercial mode, Thanksgiving travel patterns follow a traditional pattern where Wednesday's volumes are higher than Thursday's. While crowded airports and bus and train stations receive heavy media attention on Wednesday and Sunday of Thanksgiving weekend, 9 out of 10 travelers use personal vehicles. And, depending on the distance traveled, these travelers have two very distinct travel patterns:

- For those traveling between 50 and 99 miles (44 percent of personal vehicle trips), more travel on Thursday than Wednesday, and more return on Saturday than Sunday.
- For those traveling at least 100 miles away (56 percent of personal vehicle trips), trips are spread almost equally throughout the Wednesday through Sunday travel period.



Thanksgiving Travel Cont'd

The average Thanksgiving long-distance trip length is 214 miles, compared with 275 miles over the Christmas/New Year's holiday. For the remainder of the year, average trip distance is 261 miles.

Improve the safety of your Thanksgiving travel by packing the following items:

- A GPS unit: Program your GPS before you get on the road. Double check all of your addresses and review your driving route before pulling out of the driveway.
- Maps (the paper kind): Electronics have a canny tendency to fail right when you need them. Luckily, paper maps don't lose power.
- A first aid kit: Make sure your first aid kit is fully stocked with all the necessities such as a flashlight, shovel, flares, pens, paper etc.
- If you're traveling in areas known for inclement weather, make sure to include blankets, mittens, and other protective gear.
- Distractions for the kids: Antsy kids can make it tough to stay focused on your driving. Less stress is key to an easy commute, so bring along something for the kids to do. Portable DVD players, MPS players, magazines and coloring books are a few great options.
- Car Insurance: Make sure you have a copy of your car insurance policy on hand. This will come in handy in the case of an accident.
- Fully charged cell phone.

Buckle up, watch your speed, and most importantly, pay attention.





ODE to the Turkey Diet

Its Thanksgiving time again my friends,
The fourth Thursday in November to be exact.
Whether it started with Pilgrims or before,
Has always been a disputed fact.

But in 1863 we know for sure,
Old Abe made it a national holiday.
And since then the turkeys of this world,
Have had their life to pay.

When a turkey is born he's hopeless,
What he has to look forward to instead.
Is one day on a Thanksgiving Eve,
Someone will cut off his head.

Then into some very hot oven,
Stuffed with dressing to add to his shame.
Did anyone ever stop to even think,
Of eating a chicken or some other game?

But no it's always the turkey,
With the dressing and cranberry sauce.
Won't someone even ask the blessing,
So his life won't be a total loss?

At least be thankful for the gravy,
That you pour upon his tasty meat.
And look at the future sandwiches,
For days they will be an added treat.

The only thing the turkey can hope for,
Is this year you decide to grill steak.
The yearn for red meat could save him,
And his life you would not take.

But we know this will never happen,
Someone will fuss about breaking tradition.
The only thing that can save his life,
If on Thanksgiving he's in bad condition.

No one wants to eat a skinny turkey,
So maybe he should go on a diet.
If saving your neck means to lay off the corn,
Then for one year at least he should try it.

Then on Thanksgiving eve when they come his way,
And he starts shaking all over with fear.
He can rest knowing his diet has actually worked,
His life is spared for at least a year.

Because everyone wants a bird that is plump and fat,
Not a skinny one that would taste like jerky.
So joining weight watchers before holidays,
Is even smarter if you are a turkey.

Thanksgiving 2013 Freddie Simmons



National Diabetes Awareness Month

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes, working together with their support network and their health care providers, can take steps to control the disease and lower the risk of complications.

Types of diabetes

Type 1 diabetes was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes. Type 1 diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. To survive, people with type 1 diabetes must have insulin delivered by injection or a pump. This form of diabetes usually strikes children and young adults, although disease onset can occur at any age. In adults, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes. Risk factors for type 1 diabetes may be autoimmune, genetic, or environmental. There is no known way to prevent type 1 diabetes. Several clinical trials for preventing type 1 diabetes are currently in progress or are being planned.

Type 2 diabetes was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes. In adults, type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes. It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it.

Type 2 diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Native Hawaiians or other Pacific Islanders are at particularly high risk for type 2 diabetes and its complications. Type 2 diabetes in children and adolescents, although still rare, is being diagnosed more frequently among American Indians, African Americans, Hispanic/Latino Americans, and Asians/Pacific Islanders.

Gestational diabetes is a form of glucose intolerance diagnosed during pregnancy. Gestational diabetes occurs more frequently among African Americans, Hispanic/Latino Americans, and American Indians. It is also more common among obese women and women with a family history of diabetes. During pregnancy, gestational diabetes requires treatment to optimize maternal blood glucose levels to lessen the risk of complications in the infant.

Other types of diabetes result from specific genetic conditions (such as maturity-onset diabetes of youth), surgery, medications, infections, pancreatic disease, and other illnesses. Such types of diabetes account for 1% to 5% of all diagnosed cases.

Treating diabetes

Diet, insulin, and oral medication to lower blood glucose levels are the foundation of diabetes treatment and management. Patient education and self-care practices are also important aspects of disease management that help people with diabetes lead normal lives.

<http://www.cdc.gov/diabetes/>

Word Search Puzzle

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

CANCER
COURAGE
DIABETES
DIET
DISTRACTIONS
ENVIRONMENTAL
FLARES
FLASHLIGHT
GESTATIONAL
GLUCOSE

HOLIDAY
INSULIN
INSURANCE
JUDGEMENT
MEDICATION
MONDAY
NICOTINE
NOVEMBER
PATIENT
PUT IT DOWN

SACRIFICE
SMOKEOUT
THANKSGIVING
THURSDAY
TOBACCO
TRAVEL
TURKEY
VALOR
VETERANS

**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.



“BE ALERT! ACCIDENTS HURT!”

*Carol Joy
Pinellas Maintenance - FDOT*

“Make SAFETY your #1 task”

*Jack Tattel
Ocala Construction - FDOT*

“Work Safer by Choice Not by Chance”

*Christy M. Caputo
District 1 Health and Safety Specialist*

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/



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
27	28	29	30	31	1 PAY DAY	2
3	4	5	6	7	8	9
10 Jason L. Dunham Birthday 1981	11 VETERANS DAY STATE HOLIDAY	12	13	14	15 PAY DAY	16
17	18	19	20	21 Great American Smokeout	22	23
24	25	26	27	28 THANKSGIVING STATE HOLIDAY	29 PAY DAY STATE HOLIDAY	30

THE MONTH OF NOVEMBER

November 2013 is Observed as	National Entrepreneurship Month, Military Family Month, American Diabetes Month, Lung Cancer Awareness Month, National Alzheimer's Awareness Month, National Adoption Month, National Native American Heritage Month, Critical Infrastructure Security and Resilience Month, National Family Caregivers Month, and National Diabetes Month.
Birthstone	Topaz and Citrine
November Flower	Chrysanthemum
Astrological Signs	Scorpio (till 21th) & Sagittarius (22nd→)
Other Notable November Dates & Events	Hanukkah Nov.27-Dec. 5, 2013