

SAFETY ADVISOR

JUNE 2014

National Safety Month

The National Safety Council has announced that the 2014 National Safety Month theme, "**Safety: It takes all of us,**" was inspired by the idea of continuous risk reduction, a key pillar in the journey to safety excellence. The success of our safety program depends on all of us spotting hazards early, evaluating their risk and removing or controlling them before harm is done. This June find creative ways in reducing risks in your workplaces. A little effort today has the potential to prevent tragedy tomorrow.

A hazard refers to anything that has a potential to harm or cause injury to a person or property under certain work conditions. Hazards in the workplace come from various sources such as material, substances, practice, and process among others. They can include a moving forklift, noisy machines, repetitive task, working at a high height, electricity, or dangerous chemicals (Jensen, 2012). For example, workplace processes such as

welding (hazard) can cause metal fume fever (harm). Conditions like wet floors (hazard) are also hazards because they can cause slips or falls (harm). The source of energy is also another example of a workplace hazard. For example, electricity (hazard) can harm a person through shock or electrocution (Collins & Scheid, 2001).

A risk refers to the probability of something such as equipment, a process, or dangerous chemical causing harm to a person when exposed to a given hazard in a workplace.

Risks are basically illustrations or rating of chances that a hazard can harm a person working in a hazardous environment. In many cases, risks are rated as low, medium or high. In a workplace, level of risk depends on various factors like the number of employees involved, severity of injuries, and how often a task is done (Jensen, 2012). For example, exposure to asbestos fibers that are airborne can be rated as high because even a single exposure has

the potential to cause serious lung disease. On the other hand, risks associated with the use of display screens for short duration could be taken as low because the potential adverse health effects are very low (Clarke & Cooper, 2004).

Clarke, S., & Cooper, C. L. (2004). *Managing the risk of workplace stress: Health and safety hazards*. London: Routledge.

Collins, L., & Schneid, T. D. (2001). *Physical hazards of the workplace*. Boca Raton: Lewis Publishers.

Jensen, R. C. (2012). *Risk-reduction methods for occupational safety and health*. Hoboken, NJ: John Wiley & Sons.

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Prevent Heat Illness in Outdoor Workers

Heat illness can be deadly. Every year, thousands of workers become sick from exposure to heat, and some even die. Heat illnesses and deaths are preventable.

What is heat illness?

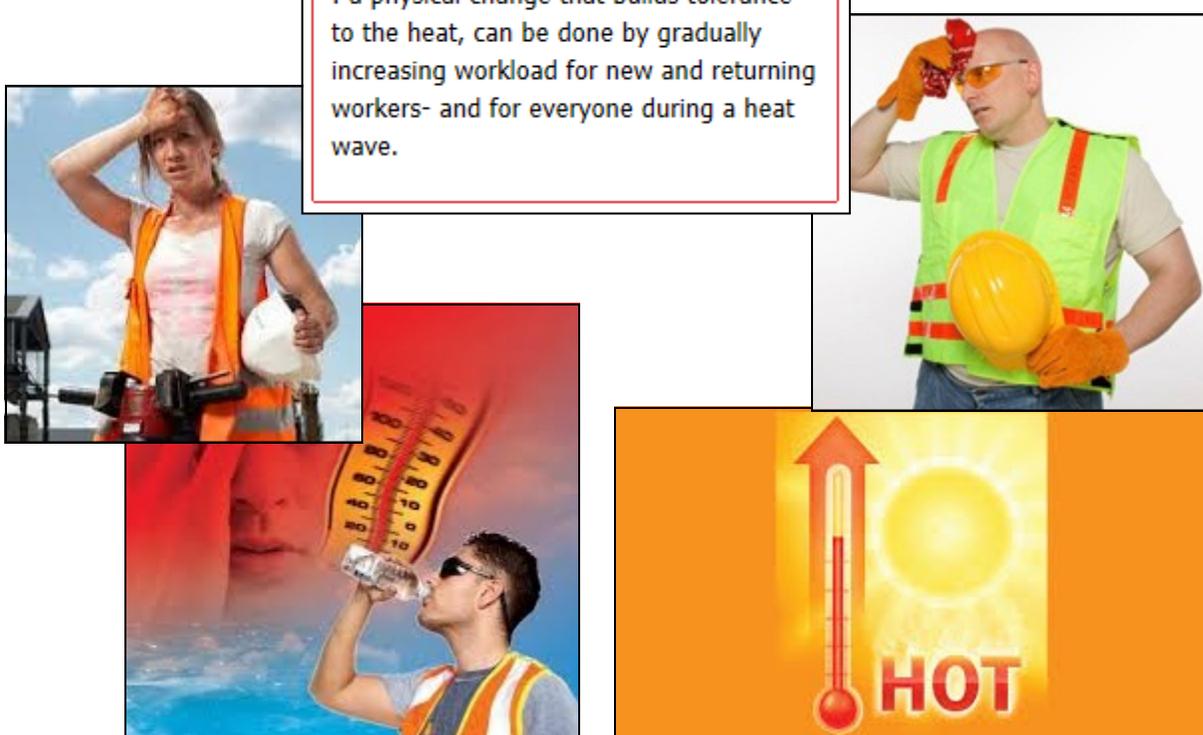
The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken such as drinking water frequently and resting in the shade or air conditioning. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires immediate medical attention and can result in death.

How can heat illness be prevented?

We should establish a complete heat illness prevention program to prevent heat illness. This includes: provide workers with water, rest and shade; gradually increase workloads and allow more frequent breaks for new workers or workers who have been away for a week or more to build a tolerance for working in the heat (**acclimatization**); modify work schedules as necessary; plan for emergencies and train everyone about the symptoms of heat-related illnesses and their prevention; and monitor each other for signs of illness. Workers new to the heat or those that have been away from work and are returning can be most vulnerable to heat stress and they must be acclimatized.

Ac·cli·ma·ti·za·tion

: a physical change that builds tolerance to the heat, can be done by gradually increasing workload for new and returning workers- and for everyone during a heat wave.



To prevent heat related illness and fatalities:

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- "Easy does it" on your first days of work in the heat. You need to get used to it.
- If workers are new to working in the heat or returning from more than a week off, and for all workers on the first day of a sudden heat wave, implement a work schedule to allow them to get used to the heat gradually.



Remember these three simple words: Water, Rest, Shade. Taking these precautions can mean the difference between life and death.

Who is affected?

Any worker exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions, including new workers, temporary workers, or those returning to work after a week or more off. This also includes everyone during a heat wave.

Industries most affected by heat-related illness are: construction; trade, transportation and utilities; agriculture; building, grounds maintenance; landscaping services; and support activities for oil and gas operations.

<https://www.osha.gov/SLTC/heatillness/index.html>

National Weather Service Heat Index Chart
Temperature (F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity
 Caution
 Extreme Caution
 Danger
 Extreme Danger

Summer Safety

Firing Up the Grill

Picnics and barbecues are a staple of the summer months. Keep these tips in mind to keep kids safe around the grill:

- Position the grill well away from siding, deck railings, out from under eaves and overhanging branches and a safe distance from lawn games, play areas, and foot traffic.
- Keep children and pets away from the grill area by declaring a 3-foot "kid-free zone" around the grill.
- Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately.
- Always supervise children around outdoor grills.

In the water, on a boat

Whether it's a day at the beach, an afternoon by the pool, or taking the boat out on the lake, remember these tips to keep your kids safe around any body of water:

- Actively supervise children in and around water, giving them your undivided attention.
- Teach children to swim with an adult. Older, more experienced swimmers should still swim with a partner every time. From the first time your kids swim, teach children to never go near or in water without an adult present.
- Swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard approved life jacket.
- A large portion of boating accidents each year involve alcohol consumption by both boat operators and passengers. To keep you and your loved ones safe, it is strongly recommended not to drink alcoholic beverages while boating.

Following the nature trail

Planning to escape the city this summer? Sending your kids to summer camp? Don't forget these simple tips that will keep you safe on the trail, in the woods, and around camp fires:

- Make sure your children have the appropriate clothing and gear. Camps will often send a required packing list. Follow it. The right gear will help your campers stay safe.
- Give your children a few first aid basics such as when to use a bandage, what a tick might look like, and how to spot poison ivy.
 - Teach kids never to play with matches and lighters, and keep a bucket of water and a shovel near your camp fire.

On the road again

Whether it's a three-hour drive to the local beach or a three-week road trip to the Grand Canyon, car travel is a great way to get where you're going. Make sure your whole family arrives safely with these tips:

- Buckling up on every ride is the single most important thing a family can do to stay safe in the car. Seventy-three percent of car seats are not used or installed correctly, so before you hit the road, check your car seat.
- Use a booster seat with the vehicle lap AND shoulder safety belts until your child passes the Safety Belt Fit Test.
- Kids are VIPs, just ask them. VIPs ride in the back seat, so keep all kids in the back seat until they are 13.
- Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. Never leave your child alone in a car, not even for a minute.

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

Avoid, Create, and Take = A.C.T.

Heatstroke

Babies and young kids can sometimes sleep so peacefully that we forget they are even there. It can also be tempting to leave a baby alone in a car while we quickly run into the store. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. These tragedies are completely preventable. Here's how we can all work together to keep kids safe from heatstroke.

Hard Facts

Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 10 days a child dies from heatstroke in a vehicle.

Top Tips

Reduce the number of deaths from heatstroke by remembering to **ACT**.

A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

<http://www.safekids.org/heatstroke#sthash.Sld9EvaG.dpuf>

Car Seat Checkup

Top 5 Things to Do



- Right Seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.



- Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.



- Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.

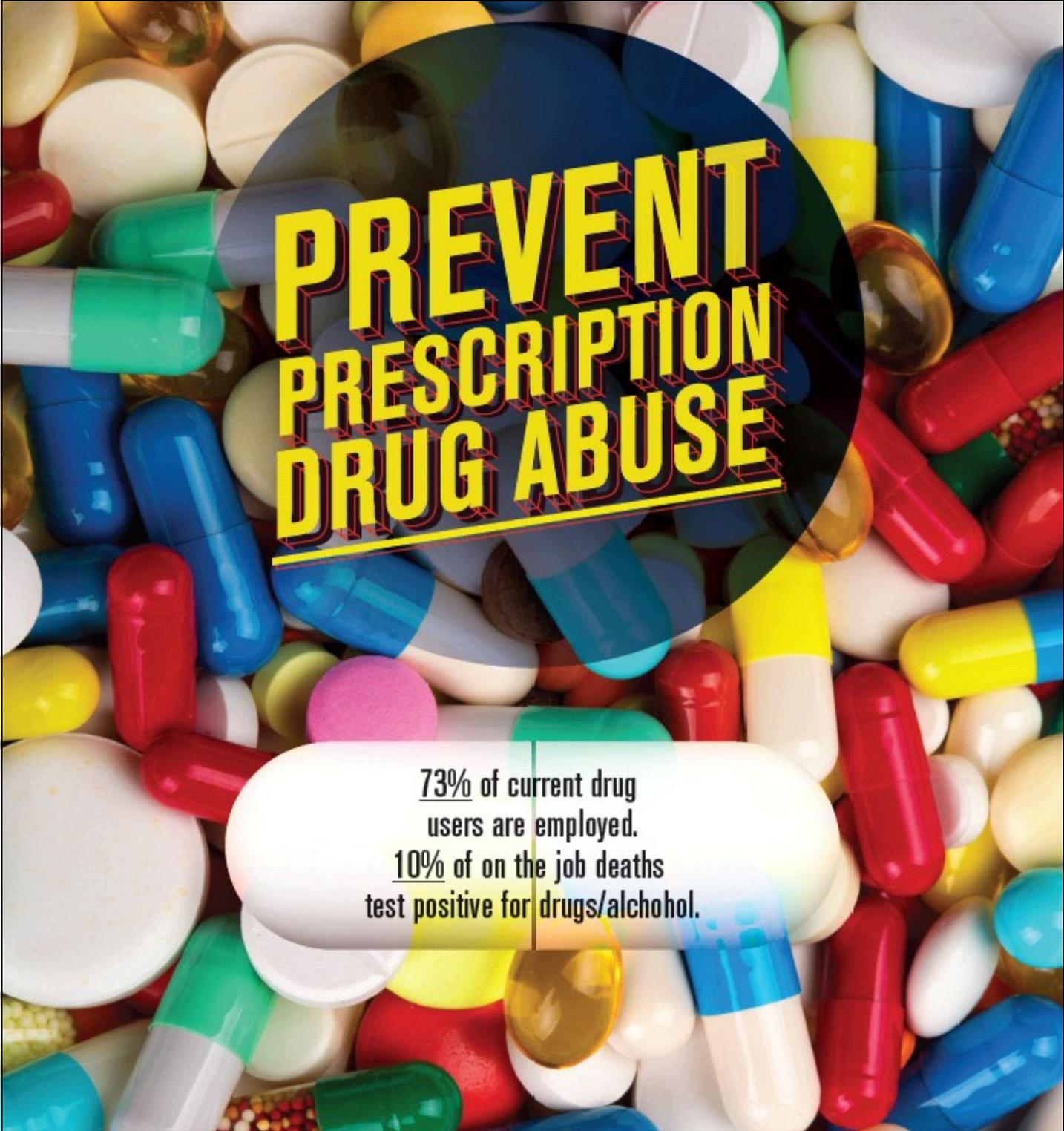


- Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.



- Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

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



**PREVENT
PRESCRIPTION
DRUG ABUSE**

73% of current drug users are employed.
10% of on the job deaths test positive for drugs/alcohol.

NATIONAL
SAFETY
MONTH 2014

Week 1: *“Prevent Prescription Drug Abuse”*
June 1-7, 2014

STOP SLIPS, TRIPS AND FALLS

.....
\$40,000 = the average cost/incident.
Number 2 cause of traumatic brain injuries.
15% of all accidental deaths (higher for older workers).
.....



NATIONAL
SAFETY
MONTH

2014

Week 2: Stop Slips, Trips, and Falls

June 8-14, 2014

BE AWARE OF YOUR SURROUNDINGS

Falls, slips, hit by or against an object, and bodily reactions cause 50% of all workplace injuries.



NATIONAL
SAFETY
MONTH

2014

Week 3: *“Be Aware of Your Surroundings”*
June 15-21, 2014

PUT AN END TO

DISTRACTED

DRIVING



Sending or receiving a single text message while driving at 55 mph takes a driver's eyes off the road for the length of an entire football field.



NATIONAL
SAFETY
MONTH 2014

Week 4: *“Put An End To
Distracted Driving”
June 22-28, 2014*

SUMMER SAFETY

Heat stress causes more deaths per year than hurricanes, lightning, tornados, earthquakes, and floods *combined!*

NATIONAL SAFETY MONTH 2014

Bonus Week : “*Summer Safety*”
This can be used more than just as a bonus week here in Florida.

Word Search Puzzle

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

ACCLIMATIZATION
ASBESTOS
AVOID
CONSTRUCTION
CREATE
DISTRACTED
DRIVING
DRUG ABUSE
ENVIRONMENT
FALLS
FATHERS DAY

FLAG DAY
HAZARD
HEAT
HEATSTROKE
MAINTENANCE
PREVENTION
REST
RISK
SAFETY
SHADE
SLIPS

SUMMER
SYMPTOMS
TAKE
TASK
TOLERANCE
TRANSPORTATION
TRIPS
WATER
WELDING
WORKPLACE

**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 SLOGAN

THEY'LL
SEE YOU
BEFORE
YOU SEE
THEM.

DON'T DRINK & DRIVE.



*Safety is the message to which we should all adhere,
It's for the sake of all those we hold dear.*

*Be courteous, be aware,
And exert the most care.*

*When you are out on the road
and in your abode.*

Judith G. Ferguson, PLS
District Seven,
Surveying & Mapping



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
1	2	3	4	5	6	7
8	9	10	11	12	13 PAYDAY	14 Flag Day
15 FATHERS' DAY	16	17	18	19	20	21 Summer Solstice
22	23	24	25	26	26 PAYDAY	28
29	30	1	2	3	4 STATE HOLIDAY	5

THE MONTH OF JUNE

June is observed as	National Oceans Month; African-American Music Appreciation Month; National Caribbean-American Heritage Month; Great Outdoors Month; Cataract Awareness Month; Men's Health Month; and National Safety Month.
Birthstone	Alexandrite, Pearl, & Moonstone.
June Flowers	Rose.
Astrological Signs	Gemini (till 20th) & Cancer (beginning 21st).
Other Notable May Events	June 8 World Oceans Day and June 23 National Pink Day.