



SAFETY ADVISOR

APRIL 2022



Distracted Driving Awareness Month

This article was published in the April 2013 Safety Advisor. It may be nine years ago but it is as impactful today as when it was then.

Distracted Driving Kills – I Know!

Gentry Richardson
Retired 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:

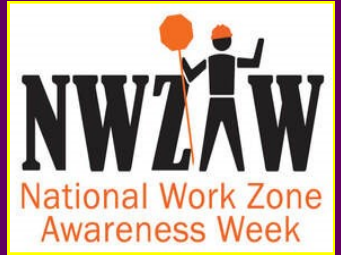
- Visual—taking your eyes off the road;
- Manual—taking your hands off the wheel; and
- Cognitive—taking your mind off what you are doing.

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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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.

Districted Driving Kills – I know.



Gentry Richardson

District 1 Safety and
Health Manager
Retired

NO text.
NO call.
NOTHING
is worth losing a life over.

APRIL IS DISTRACTED DRIVING AWARENESS MONTH



SCIENCE SAYS LISTENING TO ELTON JOHN CAN MAKE YOU A SAFER DRIVER

WHAT IS YOUR FAVORITE DRIVING SONG?

OURS IS **TINY DANCER**

JUST BE SURE TO SET THAT PLAYLIST **BEFORE** YOU HIT THE ROAD



TARGETZEROFL.COM

ART

ATTRACT • RETAIN • TRAIN

To Attract, Retain, and Train an Exceptional Workforce

CELEBRATING YOU



In our efforts to Attract, Retain, and Train an exceptional Work Force, FDOT's Vital Few ART Team aims to celebrate our employees' success! An element of this includes FDOT Shoutouts. *Shoutouts!* allows you to send a special email to someone who deserves to be recognized for a job well done.

Aligning Safety with this ART Team's focus, this is a great time to use the **Target Zero Shoutout Badge** to recognize your fellow employee's efforts to improve safety for the traveling public.



The **Target Zero** shoutout badge is given to the person or team who has undertaken a safety initiative to help us towards accomplishing our "Target Zero" vision of zero serious injuries and fatalities.

For more information , please visit: [Foster Talent \(sharepoint.com\)](https://sharepoint.com)



BLOODBORNE PATHOGENS



Julio Ruiz III,
Senior Safety Specialist D-5

Bloodborne pathogens are a huge concern for workers in certain industries, but they should also be a concern to everyone. While not everyone has the risk to be exposed to bloodborne pathogens on a daily basis at their job, there is always a chance that you could come into contact with potentially infectious materials. Examples of scenarios include providing first aid after an accident or medical event, or cleaning up potentially infectious materials.

What are Bloodborne Pathogens?

Bloodborne pathogens are disease-causing microorganisms that are present in human blood and other potentially infectious materials like human body fluids. There are many different types of bloodborne pathogens, but the three most common bloodborne pathogens referenced when discussing occupational exposure are:

- Hepatitis B (HBV) — A serious liver infection caused by the hepatitis B virus.
- Hepatitis C (HCV) — A viral infection that causes liver inflammation, and can lead to serious liver damage.
- HIV (Human Immunodeficiency Virus) — A virus that attacks the body's immune system, and that, if untreated, can lead to AIDS (acquired immunodeficiency syndrome).

How Are Individuals Exposed to Bloodborne Pathogens?

The most common cause of transmission in the workplace is when an infected person's blood enters another person's bloodstream through an open wound. Exposure can also occur when an individual is exposed through contact with infectious materials to the nose, eyes, mouth, or broken skin.

Best Practices to Prevent Exposure to Bloodborne Pathogens

When dealing with bodily fluids or any potentially infectious materials, use "universal precautions". The Occupational Safety and Health Administration (OSHA) defines Universal Precautions as an approach to infection control to treat all human blood and body fluids as if they contain bloodborne pathogens. Always use proper PPE when dealing with potentially infectious materials. If you are exposed to potentially infectious materials, immediately flush and scrub the exposed area with warm water and soap. Notify a supervisor of the possible exposure and seek medical treatment.

Summary

While you may not work an industry such as healthcare where exposure to bloodborne pathogens is a major concern, you should still be aware of how to prevent exposure. Whether at home or at work, the potential to have to provide first aid or clean up potentially infectious materials in your lifetime is high. Protecting yourself from exposure to bloodborne pathogens needs to be your first concern when dealing with potentially infectious materials.

Hazardous Material

Hazardous materials are found in most workplaces, but do all employees understand the risks?



Julio Ruiz III,
Senior Safety Specialist D-5

Occupational Safety & Health Administration (OSHA) in 29 CFR 1910.1200, and GSA in FED-STD-313 define Hazardous Material as: Any item or chemical which is a "health hazard" or "physical hazard", including the following:

- Chemicals that are carcinogens, toxic or highly toxic agents, reproductive toxins, irritants, corrosives, hepatotoxins, nephrotoxins, neurotoxins, agents that act on the hematopoietic system, and agents that damage the lungs, skin, eyes, or mucous membranes;
- Chemicals that are combustible liquids, compressed gases, explosives, flammable liquids, flammable solids, organic peroxides, oxidizers, pyrophorics, unstable (reactive) or water-reactive; and
- Chemicals that, in the course of normal handling, use or storage, may produce or release dusts, gases, fumes, vapors, mists or smoke having any of the above characteristics.

Any item or chemical which, when being transported or moved, is a risk to public safety or is an environmental hazard, and is regulated as such by one or more of the following:

- DOT-Department of Transportation; Hazardous Materials Regulations (49 CFR 100-180);
- IMO-International Maritime Organization; International Maritime Dangerous Goods (IMDG) Code;
- IATA-International Air Transport Association; Dangerous Goods Regulations;
- ICAO-International Civil Aviation Organization; Technical Instructions; and AF-Air Force "INTERSERVICE" Manual, Preparing Hazmat for Military Air Shipments (AFMAN 24 -204).

Most are probably familiar with Safety Data Sheets, called SDS's, as these documents have been around for almost 30 years. However, SDS's for products from various manufacturers and importers often look very different, which sometimes makes it very difficult to find specific safety and health related information about the hazards of a product. So OSHA revised their hazard communication standard to require manufacturers and importers of hazardous products to replace their old SDS's with new GHS-compliant Safety Data Sheets, also known as an SDS's.

Every hazardous material that is or may be used in the workplace should have its own Safety Data Sheet (SDS) that is easily accessible by all employees in a common area, like a Right to Know Center. Each SDS includes information such as:

- the properties of the chemical
- the physical, health and environmental health hazards
- protective measures
- safety precautions for handling, storing and transport

2022 NATIONAL WORK ZONE AWARENESS WEEK

WORK ZONES ARE A SIGN TO SLOW DOWN

APRIL 11-15, 2022





Dig into Better Practices

Avoid hitting underground facilities! Let them know when and where you're digging (call 811 or use their online services) and they will notify member utility companies so they can mark their lines, pipes or cables near your job site. This is a **FREE** service. Sunshine 811 is a call center and educational resource for Florida's excavators, underground facility owners and operators, and any other stakeholders wanting to prevent excavation damage to underground facilities.

Find resources to help you learn more about Sunshine 811 and safe digging best practices.

<https://www.sunshine811.com/>

Go Orange Day Wednesday, April 13, 2022

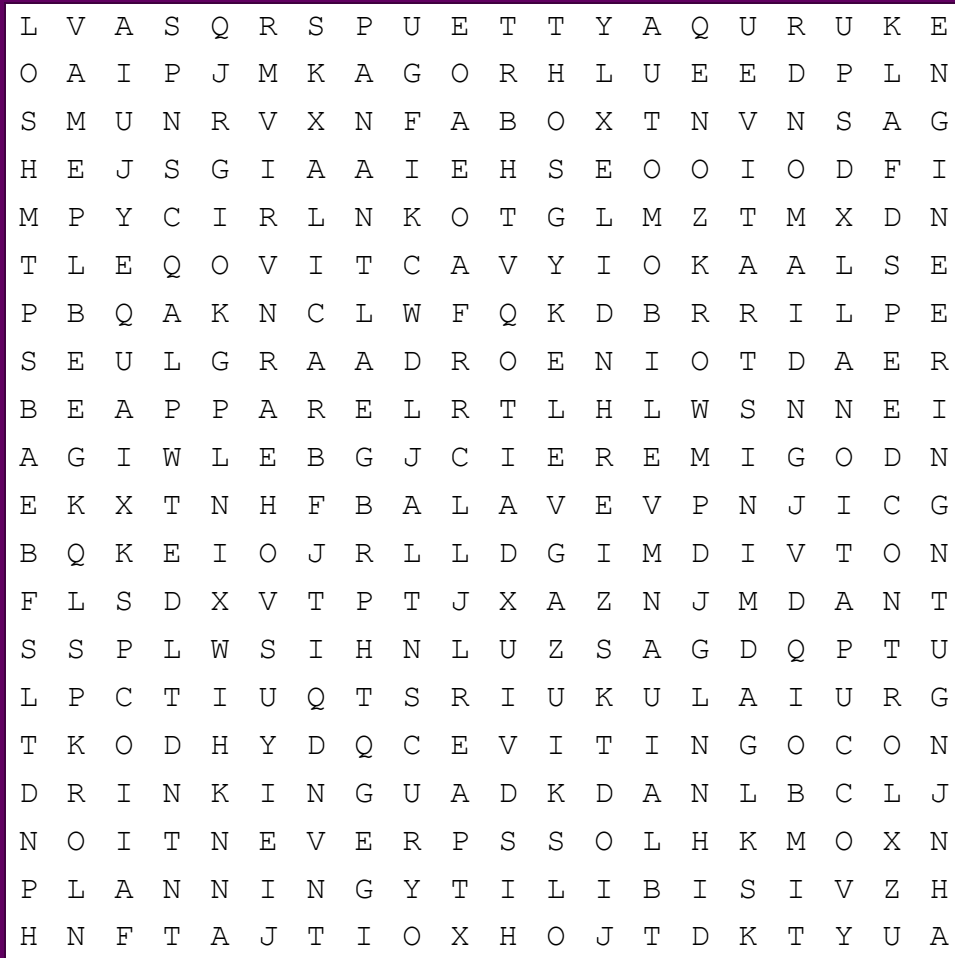


Go Orange Day History

National Go Orange Day, designated to help raise work zone safety awareness, celebrates its seventh year on Wednesday, April 13, 2022. The event has become a staple of NWZAW and is a time for individuals and organizations across the country to express their support for work zone safety by wearing orange. In an effort to stop work zone crashes, this nationwide effort was first introduced by the FHWA as a new component of NWZAW in 2016. ATSSA has since organized and sponsored a social media campaign as part of its contribution to the effort. In 2016 about 100 organizations, including ATSSA members, from across the country posted images of various Go Orange Day efforts. ATSSA's 2018 campaign demonstrated a global reach, with organizations from across the United States mentioning @ATSSAHQ on Twitter or @ATSSATraffic on Facebook and using #Orange4Safety in their social media posts and interactions.

<https://www.nwzaw.org/history.html>

Word Search Puzzle



ACTIVITIES	ADMINISTRATIVE	ALCOHOL
APPAREL	APRIL	AUTOMOBILE
AWARENESS	COGNITIVE	CONTROLS
DIAMOND	DISTRACTED	DRINKING
DRIVING	ENGINEERING	HEALTH
LOSS PREVENTION	OCCUPATIONAL	ORANGE
PLANNING	SAFETY	SPEED CONTROL
TRAINING	VISIBILITY	VISUAL
WORKZONE		

The Safety Advisor puzzle is generated from the
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 and not the producers of this Newsletter.

SAFETY SLOGANS

DNT TXT + DRV



Safety Hot Line
(850) 414-5255

You can report hazards by telephone.
You can remain anonymous.
Everything is confidential.



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

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Our internet address is: <https://www.fdot.gov/safety>





April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8 PAY DAY	9
10	11	12	13 GO ORANGE DAY	14	15 GOOD FRIDAY	16
17 EASTER SUNDAY	18	19	20	21	22 PAY DAY	23
24	25	26	27	28	29	30

THE MONTH OF APRIL

April 2022 is Observed as	Alcohol Awareness Month, National Work Zone Awareness Week, National Autism Awareness Month, National Older Americans Month, Distracted Driving Awareness Month.
Birthstone	Diamond
Fruit & Veggies for the Month	Artichoke, Asparagus, Broccoli, Lettuce, Mangoes, Pineapple, Rhubarb, Spring peas, and Zucchini.
April Flower	Sweet Pea
Astrological Signs	Aries (till 20th) & Taurus (21th→)
Other Notable April Dates & Events	April 13th –GO ORANGE DAY