



# SAFETY ADVISOR

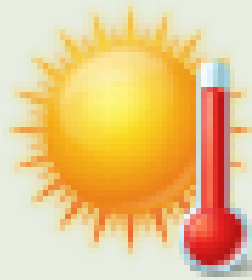
## AUGUST 2024

### More Precautions for Hot Weather Work

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

In the May 2024 issue, I discussed how we should prepare ourselves before working in hot weather. Since then, the heat has ramped up even more in this long summer. Our Safety and Loss Prevention Manual, soon to be released in a 2024 edition as the “Occupational Safety and Health Manual,” will include criteria for supervisors to familiarize themselves while overseeing their employees working in high heat and humidity conditions, including indoor spaces. The prevalence of workers sustaining heat-related injuries and illnesses nationwide has prompted many state and federal agencies to evaluate and provide guidance on how to best protect their employees. In the following pages, we have key principles on personal hydrating for minimizing the risks of heat stress.



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HEAT STRESS

# Hydration

Drinking enough fluids is one of the most important things you can do to prevent heat illness. Water is generally sufficient for hydration.

Urine  
Color  
Test

WELL  
HYDRATED

HYDRATED

DEHYDRATED  
Drink water!

SEVERELY DEHYDRATED  
Drink water immediately!

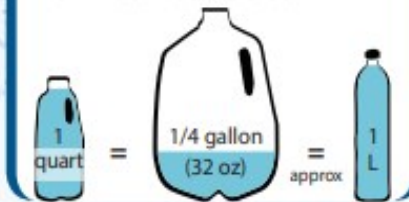
## Hydrate Before Work

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

## Hydrate During Work

- Drink before feeling thirsty. **By the time you feel thirsty, you are already behind in fluid replacement.** Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
  - This translates to  $\frac{3}{4}$ –1 quart (24–32 ounces) per hour.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

How much water is that?



## Hydrate After Work

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones.

Photo by ©Thinkstock

## What to Drink

### Water

Water will almost always maintain hydration during work in the heat, as long as you eat regular meals to replace salt lost in sweat.

Photo by ©Thinkstock

## What to Avoid

### Energy Drinks

- Some energy drinks contain much more caffeine than standard servings of coffee, tea, or soft drinks.
- Drinking several energy drinks per day can raise your caffeine levels enough to affect your heart. High caffeine levels can be risky when added to the strain placed on your body by heat.
- Many energy drinks contain as much or more sugar as soft drinks, which adds hundreds of extra calories to your diet.

### Alcohol

- Alcohol can cause dehydration.
- Drinking alcohol within 24 hours of working in the heat can increase the risk of heat illness.

### What about salt tablets?

NIOSH does not recommend taking salt tablets. In most cases, salt can be replaced by eating normal meals and snacks throughout the day. Do not skip meals.

### What about caffeine?

The amount of caffeine in tea, coffee, and soft drinks probably will not have an effect on overall hydration.

### Do I need sports drinks?

In general, eating regular meals with adequate water intake is sufficient to maintain water and electrolyte balance.

For prolonged sweating lasting several hours, sports drinks with balanced electrolytes are another option to replace salt lost in sweat.

Heavy consumption of sports drinks will add unnecessary calories to your diet due to the added sugar.

## Landscaping for Pedestrian Safety

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

The Central Office had a recent exterior facelift, improving pedestrian visibility for passing drivers. The State Safety Office was notified by multiple CO staff, concerned over approaching motorists having an obstructed view of a pedestrian crossing area because of a boxwood hedge along the sidewalk. Our State Safety Office worked with CO Support Services to address the concern and identify a way to make the area safer for pedestrians, increase visibility for motorists, and provide esthetically pleasing landscaping. Support Services consulted with local landscaper, “Grass Eaters,” to plant native species of flowers in this location. Since then, my eye has caught other areas in town that should be addressed for motorist visibility. All staff in each district can play a part in projects like this. Speak with your Support Services staff to address a concern you’ve noticed. Then, work with them in providing ideas and solutions to improve pedestrian safety.



# August's Back to School Breakfast

## RECIPES FOR THE ROAD — WINTER SERIES FLORIDA STRAWBERRY STUFFED FRENCH TOAST

RECIPE CREATED BY:  
**CHEF JUSTIN TIMINERI**



### INGREDIENTS (SERVES 4)

- 2 cups Florida strawberries, diced
- 8 ounces goat cheese, softened
- 3 tablespoons brown sugar
- 2 tablespoons vanilla extract
- 1 loaf brioche bread, sliced 1 ½-inch thick
- 1 cup whole milk
- 3 eggs
- 4–6 tablespoons unsalted butter
- Toppings (such as Florida honey, Florida strawberries, powdered sugar, or syrup)
- Pinch of sea salt

### PREPARATION

In a small bowl combine softened goat cheese, brown sugar, and 1 tablespoon vanilla. Mix thoroughly and set aside. Prepare bread by making a pocket in each slice (do not cut all the way through). Using a small spoon fill each slice of bread with 1 tablespoon goat cheese mixture, spreading evenly. Add 1–2 tablespoons diced strawberries and seal by pressing edges together. Continue until all slices have been stuffed. Reserve ½ cup strawberries for toppings. Place into a baking dish.

In a small bowl whisk together milk, eggs, 1 tablespoon vanilla, and a pinch of salt. Pour mixture over stuffed bread slices and allow to soak for a minimum of 10 minutes, flipping halfway through.

Preheat a large sauté pan over medium-high heat with 2 tablespoons butter. Cook each slice of bread on both sides until golden brown, about 2 minutes per side. Serve immediately with toppings of your choice.

**Fresh tip** — Any variety of bread will work using this recipe to include: sourdough, whole wheat, or French bread. You can also substitute cream cheese for goat cheese.



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WHEN BUYING INGREDIENTS.**

# SCHOOL'S OPEN - DRIVE CAREFULLY



## FLORIDA: DO I NEED TO STOP?

Remember that your phone must be **hands-free in a school zone.**

### Divided Highway

On a highway divided by a median, cars traveling in opposite directions are not required to stop but should proceed with caution.



### Multi-lane paved across

Vehicles traveling in both directions **MUST** stop.



### Two Lane

Vehicles traveling in both directions **MUST** Stop.

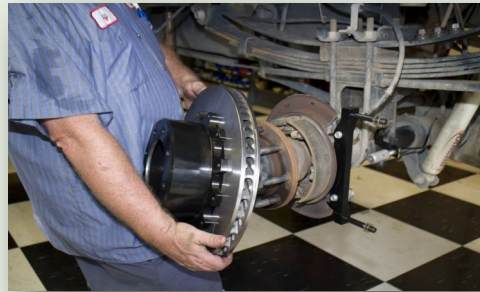
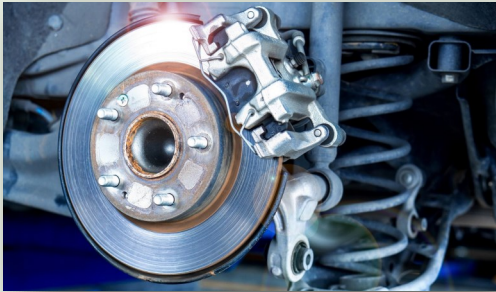


## ***Did You Know?***

### **Brake Safety Week: Aug. 25-31, 2024**

Every August, the Commercial Vehicle Safety Alliance (CVSA) promotes “Operation Airbrake.” The Alliance aims to prevent commercial motor vehicle crashes, injuries, and fatalities and believes that collaboration between government and industry improves road safety and saves lives. This year’s Brake Safety Week focuses on the condition of the brake lining and pad. Here are tips from commercial motor vehicle inspectors to help ensure your brake linings and pads are in good shape to be on the road:

- 1. Inspect visible portions of the brake lining and pads as part of your pre and post trip inspections.*
- 2. Look for signs of missing lining or grooves in drums.*
- 3. Look for signs of leaks from the hub.*
- 4. Check for visible cracks or voids in lining blocks.*
- 5. Ensure there are no missing lining blocks or pads.*
- 6. Check for exposed rivets or lining blocks that look loose on the shoe.*
- 7. Look at the shoe to drum clearance, ensuring adequate lining on the shoe.*
- 8. For disc brakes, what’s the condition of the rotors? Are they rusty?*



The Safety Advisor is distributed electronically to all FDOT staff monthly to promote indoor and outdoor workplace safety and generate an overall awareness of safety in our lives. It is produced monthly by the State Safety Office in Tallahassee, Florida.

For content information or ideas, please email Keith Myhre

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See Department safety information at: <https://www.fdot.gov/safety>

Anonymously report hazards in your workplace: (850) 414-5255

