

FLORIDA DEPARTMENT OF TRANSPORTATION

# SAFETY & HEALTH ADVISOR

## DECEMBER 2024

### The FDOT Defensive Driver CBT Modernization

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

Our FDOT computer-based training for Defensive Driving is in the beginning stages of updating content and visual enhancements and addressing new statutory driving safety laws developed after this training was last produced. The FDOT State Safety Office and Office of Organizational Development are working together to prepare for this upgraded training. A brief survey has been prepared for staff who have recently completed this training. If you have a moment, please assist us with your thoughts and feedback by completing the survey by December 31, 2024. The link is provided below. On behalf of the State Safety Office, thank you for your time. [\*Defensive Driving Survey\*](#)



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# IN THE RIGHT *light*

## DECORATE YOUR HOME SAFELY DURING THE HOLIDAYS:

According to the National Fire Protection Association, **860 home fires** caused by holiday decorations occur **each year**. An additional **210 home fires** are caused by Christmas trees per year. Follow these steps to ensure you decorate your home safely during the winter holidays.



Make sure all **extension cords and electrical decorations** are marked for **proper use**



**Outdoor electric lights and decorations** should be plugged into circuits protected by **ground fault circuit interrupters (GFCIs)**



**Inspect** all lights, decorations, and extension cords for **damage before using**



**Exercise caution** when decorating near power lines. Keep yourself and your equipment at least **10 feet from power lines**



**Turn off** all indoor and outdoor electrical decorations **before leaving home or going to sleep**



**Avoid overloading electrical outlets** with too many decorations or electrical devices. They can **overheat and cause a fire**



**Never** connect more than **three strings of incandescent lights** together



**Water** your Christmas tree **daily**



Keep all decorations at least **3 feet away from heating equipment or an open flame**



**Purchase electrical decorations from reputable retailers** and that are approved by a national recognized testing lab such as **UL** (Underwriters Laboratories), Intertek (**ETL**), or Canadian Standards Association (**CSA**)

FOR MORE INFORMATION ON ELECTRICAL FIRE PREVENTION VISIT [WWW.ESFI.ORG](http://WWW.ESFI.ORG)

**PLEASE SHARE THIS FREE RESOURCE TO SAVE LIVES**



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[www.youtube.com/ESFI.org](https://www.youtube.com/ESFI.org)

## Vehicle Security During the Holidays

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

It happens fast and without warning. I write this on the same afternoon my son's car was broken into while he ran an errand during lunch. Within 10 minutes, his back window was smashed out, and multiple items were removed from the car. Fortunately, the person encountering the thief was not confronted with a weapon. The thief can break, snatch, and go quickly, regardless of a car alarm. Public Safety agencies nationwide encourage motorists to think securely during this time of year and offer clear and simple information to minimize the risk of stealing or damaging your property. Increased vehicular and foot traffic around shopping areas creates more targets for opportunistic criminals.

- ◆ *Keep shopping bags, cell phones, purses, and other belongings out of sight. Preferably locate these items in your vehicle's trunk or under the seats.*
- ◆ *Keep windows rolled up and doors locked.*
- ◆ *Take keys or key fob with you.*
- ◆ *During evenings, try to park in well-lit areas. If possible, look for and park near security surveillance cameras.*
- ◆ *When parking your vehicle, take a moment to look around for suspicious people or activity. If present, stay in your vehicle and call law enforcement*
- ◆ *Do NOT walk through a parking area while on your cell phone. Stay Alert!*
- ◆ *Do not confront a thief. They may be armed. Take a photo if safe. Call Police.*



**Information courtesy of the National Insurance Crime Bureau**

# HAVE A SAFE AND HAPPY HOLIDAY SEASON

On the twelfth day of safety,  
my true love said to me...



Use  
"DND".



Watch for  
roadway users,



Leave a little  
early,



Show compassion  
to others,



Plan a sober  
ride-share,



Keep the  
speed limit,



Drive awake  
and focused,



Preset your  
playlist,



Normalize  
your blinker,



Be  
courteous,



Keep safe  
distance,



And get home  
to who you love!

LET'S GET EVERYONE HOME SAFELY  
THIS HOLIDAY SEASON.



[TargetZeroFL.com](http://TargetZeroFL.com)



## Job Stress May Contribute to A-fib Development

Work-related stress may heighten the risk of developing atrial fibrillation later in life, results of a recent study out of Canada indicate.

A-fib causes the heart to beat irregularly and can lead to stroke, heart failure, or other cardiovascular complications, an American Heart Association press release states.

Researchers looked at 18 years' worth of medical records for nearly 6,000 white-collar workers. They found that:

- *Participants who reported "high job strain" had an 83% greater risk of developing A-fib than those unaffected by the stressors.*
- *Workers who perceived an effort-reward imbalance had a 44% greater risk, than those who didn't report this imbalance.*
- *The combination of high job strain and an effort-reward imbalance was linked to a 97% increased risk of A-fib.*

More than 12 million people in the United States are projected to have A-fib by 2030, according to AHA's heart disease and stroke statistics.

"Our study suggests that work-related stressors may be relevant factors to include in preventive strategies," senior study author Xavier Trudel, an occupational and cardiovascular epidemiologist and associate professor at Laval University, said in the release. "Recognizing and addressing psychosocial stressors at work are required to foster healthy work environments that benefit both individuals and the organizations where they work."



*Are you interested in stress management courses? Visit the FDOT **Learning Curve**, to find many stress management courses available to you!*

This study was published online in the *Journal of the American Heart Association*. Photo courtesy of *Witthaya Prasongsin*

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

*It must be reported if you are involved in a crash or collision incident while operating a state vehicle or heavy industrial equipment. Chapter 5 of the **FDOT Occupational Safety and Health Manual** identifies the specific information required when reporting vehicle crashes or incidents. **Form 500-000-15, Vehicle Crash/Incident Report**, must be filled out in full by the operator, supervisor, designated safety specialist, unit manager, and the District Safety Manager. Upon completion of the form, the information from the completed form is then entered into the **ISIMS database** (Industrial Safety Incident Management System). ISIMS is a database that allows us to track, monitor, and identify trends in injuries, illnesses, and vehicular collisions. This information may be used for training purposes, reports, or studying injury occurrences and causes to better understand how to minimize the risk to our employees. If you have questions on data entry, reporting or how to use ISIMS, contact your District Safety Manager <https://www.fdot.gov/Safety/programs/indsafety-1.shtm> or the State Safety Office at (850) 414 - 4176.*



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.

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See Department safety information at: <https://www.fdot.gov/safety>  
Anonymously report hazards in your workplace: (850) 414-5255

