



Vital Few Foster Talent

Welcome back to the Florida Department of Transportation's monthly publication of the "Safety Advisor". Each month we will try our best to enlighten all by the transfer of knowledge as why safety is center to being a well rounded member of our FDOT family.

FDOT Co-Branding

We have the opportunity to work with the Foster Talent Vital Few teams to co-brand our safety messages. There are 5 Foster Talent teams within FDOT.

- **Balance and Stability**
- **Advancing your Ideas**
- **Advancing your Career**
- **Enhancing our Community**
- **Celebrating your Success**

Each month we will focus on one of the five teams and highlight a few of their initiatives. This month the focus will be with the Balance and Stability team.

The **Balance and Stability** team focuses on the resources provided by FDOT to promote Work/Life Balance and Stability.



BALANCE. STABILITY.

The team developed a Wellness Wheel showing eight dimensions of wellness.



These dimensions include: Intellectual, Mental, Professional, Physical, Community, Financial, Social and Spiritual. All the dimensions of the Wellness Wheel are interconnected and important to establish and maintain a well-rounded and balanced lifestyle. Wellness is an active process of living a fully engaged life at every level of being.

In conjunction with the Wellness Wheel, this team has developed a self-assessment each employee can complete.



**THEY'LL
SEE YOU
BEFORE
YOU SEE
THEM.**

DON'T DRINK & DRIVE.

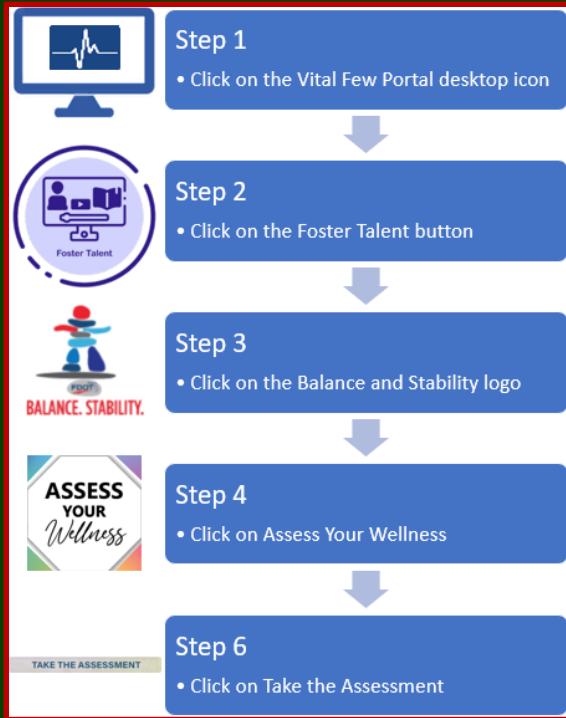


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Balance and Stability Continued...

To access this resource please complete the steps below.



Once the assessment is complete, employees will receive a report of strong and weak dimensions and resources FDOT provides to strengthen each dimension.

One of the dimensions is Physical Wellness. Safety is an essential part of physical wellness. The Balance and Stability team highlights the resources provided by the District and Statewide Safety teams. Some of these resources include: Safety Posters, Advisories and Manuals. See these resources by clicking the Physical Icon



DID YOU KNOW?

Physical Wellness is actively pursuing and maintaining a healthy lifestyle. Making informed decisions regarding all areas of health and preventative care are important. Positive physical health habits can help decrease stress, lower the risk of disease, and increase energy.

STAY PHYSICAL through:

- Consistent healthy nutrition
- Diligent self-care
- Purposeful relaxation
- Regular exercise
- Adequate sleep

HELPFUL REMINDER

If you enter a ramp the wrong way:

See This	Do This
	STOP
	Pull Over
	Turn Around
	Call *FHP for assistance, if needed

FDOT fdot.tips/wrongway

ODE TO OUR BIG FAMILY

Well we almost made it to Christmas
I can't believe the year went so fast.
I hope you enjoy the holidays
Making memories that forever last.

We all have a lot to be thankful for
It's been a good year at D O T.
We all spend so much time together
It's like we're a big family.

There's Planning to look to our future
Environmental to protect our health.
Design to put our plans on paper
Work Program & Budget to manage our wealth.

Right of Way secures our place here on earth
Materials insures our investments endure.
Construction makes our dreams a reality
Maintenance preserves it all that's for sure.

Transit gets us to where we must go
Whether by sea, air, bus or train.
Safety makes sure we arrive alive
By focusing on things that cause us pain.

Traffic Ops helps us get there on time
And warns of problems ahead.
The Inspector General keeps us all in line
The General Counsel prevents suits we all dread.

Organizational Development teaches us skills we need
OIS keeps us technologically sound.
Procurement provides us folks for support
The best help there is to be found.

The Comptroller pays our monthly bills
Human Resources keep our family in-tact.
Emergency Management always protects us
From all danger and that's a fact.

We also have the Communication bunch
To keep us out of the news.
And the Legislative Programs office staff
To express to the Legislature all our views.

There's seven Districts and the Turnpike
They are all still family as well.
We all should look quite similar
So the family resemblance you can tell.

There's family branches I may not have listed
But they're important just the same.
It takes us all to handle our business
I could list your every name.

We're led by some great family members,
That we trust and know they are able.
To continue each year-after-year.
To place a new budget on our table.

Yep we are a great big family
Another New Year approaches with lots to do.
So we're thankful this Christmas that you are a part
Because the family wouldn't be complete without you.

Freddie Simmons 11-11-15



Happy Holidays

The 12 DAYS of SAFETY

- Never use lighted candles near trees or boughs


- Keep poisonous plants out of reach of children and pets


- Keep trees away from fireplaces, radiators and other heat sources


- Make sure your tree has a stable platform


- Choose an artificial tree that is labeled fire resistant


- If using a natural tree, make sure it is well watered


- Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire


- Turn off all tree lights and decorations when not in use


- When putting up decorations, use a step stool or ladder to reach high places


- Designate a sober driver


- When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat


- Reheat leftovers to at least 165° F



Happy Holidays.



nsc.org

Your Safety and Health

The Purpose of Tools: Ergonomic, Practical, and Safe

- ✔ **Use the proper tool for the designated task.**
- ✔ **Frequent use of inadequate or poorly designed equipment** will eventually lead to health hazards (tendonitis, trigger finger, white finger, and carpal tunnel syndrome).
- ✔ **Never carry/yank a tool by its cord or hose.** Also be sure to keep these cords or hoses far from oil, heat, water, and sharp edges.
- ✔ **Protect your ears and eyes** from intense noises and vibrations; opt for power tools with lower vibrations, muffled noises, and longer trigger tools.
- ✔ **Ensure hand tools do not conduct heat or electricity.**
- ✔ **Maintain good posture and balance the tools** in correct alignment to your body at all times.
- ✔ **Keep other people well away from machine-operating areas.** Consider investing in a construction safety program for your employees.
- ✔ **Always be aware of your surroundings.** Look for overhead lines, obstructions, low clearances, underground utilities, and other such obstacles that could prove to be a nuisance or a lethal hazard.
- ✔ **Know, understand, and follow your workspace's comprehensive safety program** issued for that specific workspace, job position, and task at hand.
- ✔ **Don't use damaged tools.** Examine each one before its use to ensure that it is in proper working condition. Maintain tools in good, clean working order.

Hazards While Climbing: Ladders and Stairs

- ✔ **Always inspect** a ladder or stairs before stepping upon it. Avoid stepping on anything that appears loose, worn, weak, or otherwise defected or damaged.
- ✔ **Opt for aerial lifts or elevated platforms,** which are safer options than balancing on a ladder.
- ✔ **Install guardrails** with toe boards, warning lines, and control line systems.
- ✔ **Use fall arrest systems (body harness) and safety net systems** in the emergency of slipping and falling.
- ✔ **Keep steps clean, clear, and dry.**
- ✔ **Don't use metal ladders** on stormy or windy days.
- ✔ **Choose a ladder that is taller** than the spot that you need to reach; at least 3-4 feet above your desired location.
- ✔ **Move as you work;** never overreach, as you could easily lose your balance and fall.

- ✓ **Calculate the distance intelligently:** for every four feet of height, move the ladder's base a foot further from the wall.
- ✓ **Keep tools in your belt** to keep your hands free while climbing and descending.

Your Armory of Personal Protective Equipment (PPE)

- ✓ **Always wear appropriate clothing and shoes** respective to your job.
- ✓ **Always store your tools and gear in a cool, dry place.**
- ✓ **Fire extinguishers** must be available and readily attainable.
- ✓ **First aid kits** must be available and readily attainable.
- ✓ **Never remove or tamper with** safety devices.
- ✓ **Use a back brace** if you're lifting heavy objects or you've got a sensitive back.
- ✓ **A hard hat** will protect you if there's a risk of falling objects, as will steel-toed boots.
- ✓ **Wear gloves** if you're handling sharp objects or toxic substances.
- ✓ **Wear goggles** if your work poses a hazard to your eyes.
- ✓ **Wear safety harnesses** if you're working from an elevated location and there's the risk of falling.
- ✓ **Wear non-skid footwear:**
 - If your workspace involves slippery or elevated surfaces.
 - If you're lifting heavy items.
- ✓ **Wear a breathing mask** at all times, especially if:
 - You deal with dangerous or toxic chemicals or fumes
 - Your workspace has poor ventilation.
 - Your workspace has debris, dust, and other flying particles.
- ✓ **Wear the protective equipment** that is intended and recommended for your particular task.
 - **Seat belts**
 - **Safety glasses or goggles**
 - **Protective clothing, headgear, and/or footgear**
 - **Safety harnesses, etc.**



Drinking and Driving Don't Mix!

OSHA TOP 10 VIOLATIONS: 2021

OSHA Standard	FY 2021 Preliminary Data	Previous Year's Data
1. Fall Protection – General Requirements (<u>1926.501</u>)	5,295 Violations	No. 1 with 5,424 Violations
2. Respiratory Protection (<u>1910.134</u>)	2,527 Violations	No. 3 with 2,649 Violations
3. Ladders (<u>1926.1053</u>)	2,026 Violations	No. 5 with 2,129 Violations
4. Scaffolding (<u>1926.451</u>)	1,948 Violations	No. 4 with 2,538 Violations
5. Hazard Communication (<u>1910.1200</u>)	1,947 Violations	No. 2 with 3,199 Violations
6. Lockout/Tagout (<u>1910.147</u>)	1,698 Violations	No. 6 with 2,065 Violations
7. Fall Protection – Training Requirements (<u>1926.503</u>)	1,666 Violations	No. 8 with 1,621 Violations
8. Personal Protective and Life Saving Equipment – Eye and Face Protection (<u>1926.102</u>)	1,452 Violations	No. 9 with 1,369 Violations
9. Powered Industrial Trucks (<u>1910.178</u>)	1,420 Violations	No. 7 with 1,932 Violations
10. Machine Guarding (<u>1910.212</u>)	1,113 Violations	No. 10 with 1,313 Violations



Winter Solstice (Northern) History

The Winter Solstice happens every year around December 21 or 22. It marks the shortest day of the year as the Northern Hemisphere is angled the farthest away from the Sun on this day.

About the Winter Solstice (Northern) and other interesting facts.

- On the Winter Solstice there are 24 hours of sunlight in the Antarctic Circle, and 24 hours of darkness in the Arctic Circle.
- Many pagan rituals have revolved around the Winter Solstice. The short days and long hours of darkness prompted rituals intended to lure the Sun back.
- The Mayan calendar ended on the Winter Solstice, December 21, 2012.
- 10 inches of snow melts down into only 1 inch of rain.

Winter Solstice (Northern) Top Events and Things to Do.

- Eat more Vitamin-D rich foods to balance out the lack of sunlight.
- Light some candles and enjoy the early evening (see page #4 for safety tips).
- Finish some last minute Christmas shopping.
- Purchase a Christmas tree. Tip: For a more environmentally friendly Christmas, purchase a live tree in a burlap root sack that can be planted after the holiday.
- Watch the lunar eclipse which happens within several days of the winter solstice.

ALERT TONIGHT
FDOT
ALIVE TOMORROW

Avoid Distractions.

- Watch for pedestrians and bicyclists – especially at night.
- Wear bright colored clothing or reflective gear.
- Always use bike lights at night.

CAN YOU SEE ME NOW?

www.AlertTodayFlorida.com

Have a Plan to Maintain Mobility Independence

Some think their personal vehicle is the only way to maintain independence, but what happens if it breaks down? True mobility independence comes when you can get around your community whether you are driving or not. Transportation planning is the first step to keeping you safe, mobile, and independent beyond the driver's seat. Florida's Safe Mobility for Life Coalition wants to help you safely explore your community using different transportation options. With Florida's Guide to Safe Mobility for Life, you can build a personalized transportation plan in just three easy steps:

STEP 1: IDENTIFY TRANSPORTATION OPTIONS

List all the transportation options available in your area with additional details like cost, availability, and contact information. This can include walking, a local bus route, or riding with friends or family. Use FindaRideFlorida.org to find the additional the transportation options available in your community.

STEP 2: PLAN A ROUTINE

Once you have discovered your available transportation options, start thinking about the places you need and want to travel to. Make a list of these places and how often you go there. Can a bike ride get you to your friend's house for your weekly book club? Does your local bus have a stop in front of your favorite shopping center? Is your neighbor willing to share a ride to the grocery store?

STEP 3: PRACTICE AND ADJUST

To gain more confidence using your transportation plan, it is important to practice your plan and adjust if needed. Challenge yourself to complete one errand without taking your personal vehicle. If you learn new things along the way, adjust your plan and keep working to make improvements. It is never too early to become comfortable using new transportation options.

Having a tried-and-true transportation plan is the perfect way to remain confident and maintain mobility independence beyond the driver's seat.

[Florida's Guide to Safe Mobility for Life](https://www.safemobilityfl.com)
([safemobilityfl.com](https://www.safemobilityfl.com))



Word Search Puzzle

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

CANDLELIGHT
 CHIMNEYS
 CHRISTMAS
 COMMUNICATION
 COMPTROLLER
 CONSTRUCTION
 DESIGN
 EMERGENCY MANAGEMENT
 ENVIRONMENTAL
 EXTINGUISH
 FAMILY

FIRE
 GENERAL COUNSEL
 HANUKKAH
 HEARTH
 HOLIDAYS
 HUMAN RESOURCES
 INSPECTOR GENERAL
 KWANZAA
 LEGISLATIVE PROGRAMS
 MAINTENANCE
 MATERIALS

OIS
 ORGANIZATIONAL DEVELOPMENT
 PLANNING
 PROCUREMENT
 PROTECTION
 RIGHT OF WAY
 SAFETY
 SANTA
 SCREEN
 SOLSTICE
 TRANSIT
 WORK PROGRAM AND BUDGET

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 and not the producers of this Newsletter.**

SAFETY SLOGANS



“Looking for these?”

Designate a Sober Driver.



PUT IT DOWN
DNT TXT N DRV

Hotline

Safety Hot Line
(850) 414-5255

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

Hotline

Hotline

Hotline

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:

850-414-4176 / mark.eacker@dot.state.fl.us

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





December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Hanukkah (Start)	29 Hanukkah	30 Hanukkah	1 Hanukkah	2 Hanukkah	3 PAY DAY Hanukkah	4 Hanukkah
5 Hanukkah	6 Hanukkah (End)	7	8	9	10	11
OLDER DRIVER SAFETY AWARENESS WEEK						
12	13	14	15	16	17 PAY DAY	18
19	20	21 Winter Solstice (Northern)	22	23	24 STATE HOLIDAY	25 CHRISTMAS DAY
26 Kwanzaa (Start)	27 Kwanzaa	28 Kwanzaa	29 Kwanzaa	30 PAY DAY Kwanzaa	31 STATE HOLIDAY Kwanzaa	1 New Year's Day Kwanzaa (End)

THE MONTH OF DECEMBER

December 2021 is Observed as	Universal Human Rights Month and Safe Toys and Gifts Month.
Birthstone	Turquoise & Blue Topaz.
Fruit & Veggies for the Month	Comice Pears; Kumquats; Pepino melon; Cherimoya; Ugli fruits; and Parsnip.
December Flower	Narcissus & Holly.
Astrological Signs	Sagittarius (till 21st) & Capricorn (22nd →).
Other December Dates & Events	Dec 26-Jan 1: Kwanzaa.; Nov.28-Dec.6: Hanukkah