

FLORIDA DEPARTMENT OF TRANSPORTATION  
**SAFETY & HEALTH ADVISOR**  
**FEBRUARY 2025**

**American Heart Month 2025**

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

February is an important month for me. Valentines day and my wife's birthday sit side by side on the calendar. And I never want to miss either one of those big days. However, February is not only about valentine hearts and treats, it's also American Heart Month. So, while chocolate and flowers are the first things that may come to mind during February, CPR (Cardiopulmonary Resuscitation) and AED (Automatic External Defibrillator) are also extremely important areas for knowledge, training and skill in saving the life of another coworker, neighbor, or family member, which are all focused on the heart. Last month we discussed starting the new year with a healthy lifestyle. This month we address various ways you can keep your heart healthy for life. We hope you will benefit from this information!



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American  
Heart  
Association.

# How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



## **Fit in 150+**

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



## **Move More, Sit Less**

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



## **Add Intensity**

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



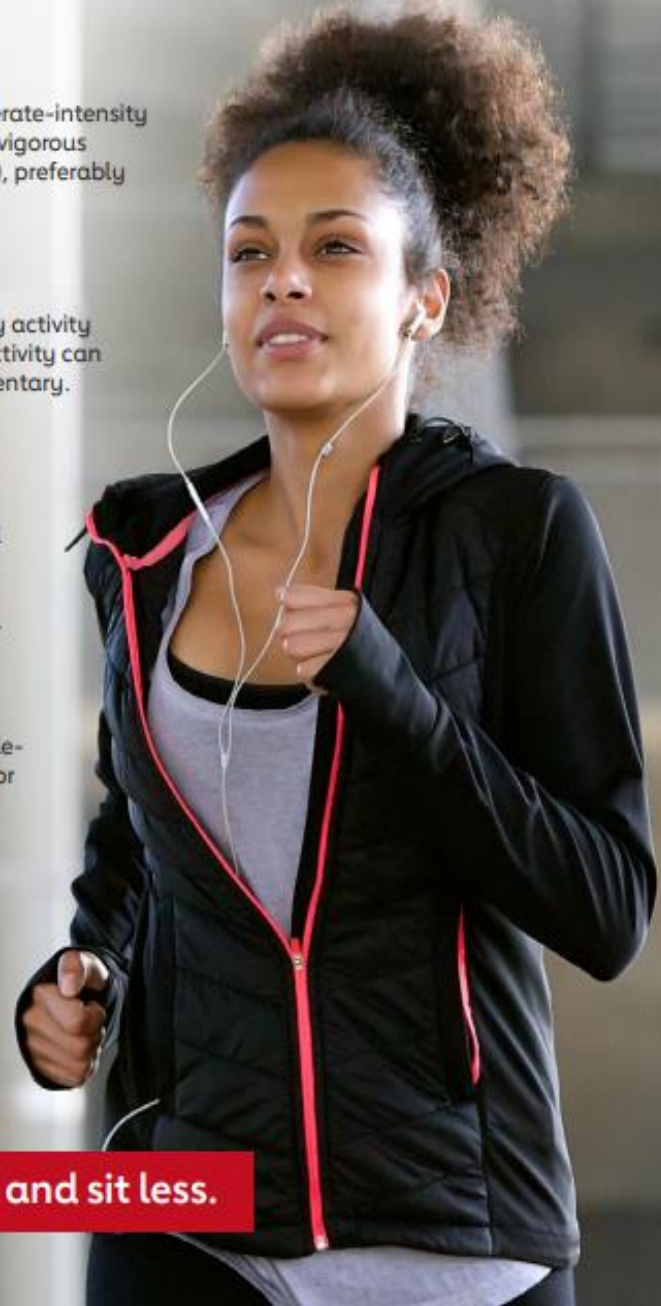
## **Add Muscle**

Include moderate- to high-intensity muscle-strengthening activity, such as resistance or weight training, at least twice a week.



## **Feel Better**

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



**Move more, with more intensity, and sit less.**

Find out how at [heart.org/MoveMore](https://www.heart.org/MoveMore).

## Making Exercise a Habit, Not a Hassle: Simple Tips That May Work

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

So, how are your New Year's goals for exercise and better health going? We are already into February, and some of you may have lost your motivation to maintain those exercise goals for 2025. According to recent research by the American Heart Association (AHA), you are not alone. About 50% of adults meet the aerobic guidelines set by the AHA.

The good news is you don't have to belong to a gym to get enough exercise to improve your health. There are a lot of ways to make regular physical activity part of your daily life — which can help you have more energy, manage stress, reduce your risk of illness and disease, sleep better, and look and feel good!

So how can you start a lasting exercise habit? Here are some tips to help you add physical activity to your life – and maybe even learn to like it!

**Find What You Like.** Don't force yourself to do something you don't enjoy. Find ways to exercise that fit your personality and interests. If you're a social person, try something that engages you socially — group dance classes, group aerobics or water aerobics, a recreational sports team or start a walking group with neighbors or friends. Connecting with others is a great way to stay motivated and avoid working out alone. If you prefer solitude, jogging, walking, bicycling or swimming may be a better fit. Exercise equipment at home may be a better option for you as well.

**Take Your Time.** Each of us are wired differently. A new behavior takes time to become a habit. Try doing your new activity near the same time each day and for a length of time that is easy for you to stick with. Mornings or evenings? You'll soon your body telling you what and when is best for you. Pushing for 30 minutes of whichever exercise you choose, is a solid goal. *(continued)*



Content provided courtesy of the American Heart Association.

## Making Exercise a Habit, Not a Hassle: Simple Tips That May Work

**Break it up.** If you have multiple interests, change up your routine. Alternate daily with walking, aerobics or calisthenics in your living room. Generally, within three weeks, your body crosses a boundary and begins expecting daily exercise. Therefore, it no longer is as much of a challenge to get started each day. My 89 year old mother-in-law started her 30 minute daily walks and stretching years ago. We are continually encouraged by how active and healthy she remains, while enjoying it. It's never too late to begin!

**Keep it going.** If you miss a day, and it will happen, don't be upset. Strive to bring it back the next day. After raising four children, I saw how the hours of the day could slip by quickly. We had to be intentional with adding fitness into our daily schedule. Look for ways to fit in activity in between your other responsibilities. Sometimes you have to be strategic and purposeful to see success.



### Why Is Walking the Most Popular Form of Exercise?

You can get active in lots of ways, but walking is one of the easiest! For most people, it's safe, easy to stick with and low- or no-cost. It doesn't require any special skills or equipment. For such a simple activity, it has so many benefits. Research has shown that walking at a brisk pace at least 150 minutes a week can help you:

- Think better, feel better and sleep better.
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Increase your energy and stamina.
- Improve your mental and emotional well-being and reduce your risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.
- Prevent weight gain.

If 150 minutes sounds like a lot, remember that **even short activity sessions can be added up** over the week to reach this goal. And it's easy to fit in a few minutes of walking several times a day. This could be 10 minutes of brisk walking after breakfast, lunch and dinner.



American Heart Association.  
Healthy for Good™

# MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



**10**  
Minutes  
of stretching is like  
walking the length of  
a football field



**2.5**  
Hours  
of walking every week for a  
year is like walking across the  
state of Wyoming



**30**  
Minutes  
of singles tennis is  
like walking a 5K



**1**  
Hour  
of dancing every week for  
a year is like walking from  
Chicago to Indianapolis



**20**  
Minutes  
of vacuuming is like  
walking one mile



**30**  
Minutes  
of grocery shopping every  
other week for a year is like walking a marathon

Source: [purdue.edu/walktothemoon/activities.html](http://purdue.edu/walktothemoon/activities.html)

EAT SMART MOVE MORE BE WELL

For more ways to add activity to your life, visit  
[HEART.ORG/MOVEMORE](http://HEART.ORG/MOVEMORE)

# The Top 10 OSHA Workplace Injury Risks for FY-2024

By Keith Myhre

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The Occupational Safety and Health Administration (OSHA) has recently released their top 10 most frequently identified workplace risks for injuries nationwide, for fiscal year 2024. These workplace injuries are similar to those of last year. The good news is that nationally, the total number of violations or occurrences dropped a significant 10%. The types and causes of injuries transfer over multiple occupational sectors. Fall protection again ranks first for the 14th consecutive year. Employers failing to train employees on chemical hazards also had a high identified risk count. All ten standards are attainable at any job site with frequent workplace inspections, adequate and consistent training for employees so they know how to recognize the specific hazards, and an established and attainable written hazard communication plan made available and understood by all employees. *(continued on following page)*



## Strategic Elements for Workplace Risk Reduction

1. Planning your communication of the targeted risks.
2. Training with a goal of minimizing confusion and injuries.
3. Verifying comprehension of the training.
4. Evaluating successes or challenges.
5. Conducting inspections or interviews to evaluate compliance.
6. Assessing areas for refresher training, updated training or further controlling of the targeted risks.

## The Top 10 OSHA Workplace Injury Risks for FY-2024

Below are the top 10 OSHA risk of injury areas for FY-2024 (totals in parenthesis). While roofing and construction are the highest number of cases of injury, these standards easily stretch into numerous other locations. FDOT employees may find themselves in work zones where all of these same risk factors are present. Can you identify any infractions in your area? If so, bring this to the attention of your FDOT district safety team.

1. **Fall Protection**, General (6,307) *Failure to provide fall protection to prevent slip, trip, and falls.*
2. **Hazard Communication** (2,888) *Failure to have a written communication plan for workers protection from chemical hazards .*
3. **Ladder Safety** (2,573) *Wrongful use of ladders or failure to secure.*
4. **Respiratory Protection** (2,470) *Failure to provide respiratory protection for employees exposed to airborne contaminants.*
5. **Electrical Lockout/Tagout** (2,443) *Fail to control hazardous energy.*
6. **Powered Industrial Trucks** (2,248) *Lack of training, safety inspections and maintenance.*
7. **Fall Protection Training** (2,050) *Lack of proper training on fall risks.*
8. **Scaffolding** (1,873) *Improperly built scaffolds, exceeding load capacity.*
9. **PPE and Lifesaving Equipment**—Eye and Face Protection (1,814) *Lack of PPE, insufficient training, fit testing or maintenance.*
10. **Machine Guarding** (1,541) *Failure to adequately shield from parts of equipment causing injuries.*



## *Did You Know?*

*Chapter 13, of the new **FDOT Occupational Health and Safety Manual**, provides employees and supervisors with everything expected to know and train for involving Hazard Communication. This is a critical area of information for staff using chemicals or working in the vicinity of chemicals. From information on how containers should be labeled, interpreting chemical information, how and where chemical safety information is stored on site (for **every** chemical in inventory), chemical safety training, how to select and use personal protective equipment, and how spills or other releases of chemicals should be responded to. Additionally, it is a responsibility of a supervisor to maintain a chemical inventory and maintain a chemical hygiene plan for all staff to access. In doing so, there won't be surprises where employees are uncertain to the response. Your planning prepares everyone ahead of time! It's all about protecting employees from exposures to hazardous materials. [Read Section 13.9 in the manual.](#)*



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

