



SAFETY ADVISOR

FEBRUARY 2022



American Heart Month

February is Heart Month as well as Valentine’s Day, so it’s time to celebrate the ways we can keep our hearts and those of our loved ones healthy and happy. So show your heart some love this February and it will thank you all year round.

Tips for a healthy heart this Valentine’s Day:

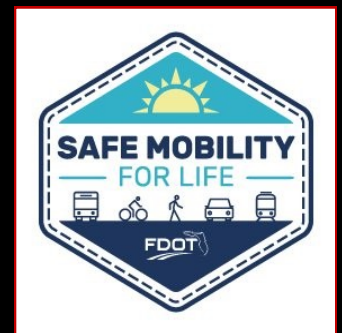
- **Choose chocolate.** Share some **dark** chocolate with your sweetheart. Studies show that eating less than an ounce a day can lower systolic blood pressure by three to four points. High blood pressure or hypertension, which affects one in three American adults, is a major contributor to cardiovascular disease (CVD).
- **Steal a kiss with garlic breath.** Eating one to three cloves of fresh garlic daily is a good way to control high cholesterol, another major factor in CVD. You can crush the clove and add it to extra virgin olive oil for a tasty dip or dressing that can slash your cholesterol level by 10 to 12 points.
- **Go nutty.** Snack on a handful of tree nuts daily. Studies have shown that eating walnuts, which are rich in heart

protecting monounsaturated fats, can help lower blood cholesterol. The same is true of other tree nuts such as almonds and macadamia nuts.

- **Make this month “eggs-traordinary.”** Contrary to popular belief, new studies reveal that eating even as many as six eggs a day has no effect on blood cholesterol levels. Eggs are rich in heart healthy nutrients like protein, vitamin B12, riboflavin, vitamin D and folate.
- **Go fishing.** The American Heart Association has endorsed the use of omega-3 fatty acids for secondary prevention of heart disease such as the prevention of angina, heart attacks, strokes and other cardiovascular events in people diagnosed with CVD. A high quality fish oil supplement, as well as regular consumption of fatty fish such as salmon, sardines and mackerel, are all great sources of omega-3s.

By following these simple tips to show your heart some loving, you’ll feel the heart healthy difference.

Health/Health-News/heart-health



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Know the Warning Signs

Heart Attack Warning Signs

Some heart attacks are sudden and intense, the "movie heart attack" where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest Discomfort**-Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body**-Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath**- with or without chest discomfort.
- **Other signs**- may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Stroke Sign Warnings (Remember F-A-S-T)

- **Face Drooping**-Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness**-Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty**-Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 9-1-1**-If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Cardiac Arrest Warning Signs

- **Sudden loss of responsiveness**-No response to tapping on shoulders.
- **No normal breathing**-The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

Heart attacks, strokes, and cardiac arrest are life and death emergencies, every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast!

GET INVOLVED

Jordan L. Green, PE, CPM
Transportation Support Manager – District Two

[The story goes that a man was grieving, discouraged, and depressed. On a cold day he was visited by a friend that saw him sitting by a glowing fire. While the fire cast a warm, bright glow on the man's face, it did not cheer him up on the inside. It was then that his friend picked up a glowing ember with the fire tongs and moved it aside, separated from the main fire, but still within the fireplace.

Set aside from the remainder of the fire, the ember began to cool and lose its glow. Before long, it had turned an ashen gray. The friend then took the ember and moved it back with the main fire, the whole time silence between the two friends. Almost instantly, the cool, lifeless ember began to glow again as it was rejuvenated and reignited. The man smiled as a sign that he understood.]

**Paraphrased from the allegory The Lonely Ember*

The Vital Few Foster Talent Team has been working on ways that we as employees can give back and serve others in our communities, have that sense of community and togetherness. The *Enhancing Our Community* sub-team has created a SharePoint site on The Vital Few Portal that houses the multitude of opportunities to do just that. Want to learn more?

Click here - [Get Involved! - Enhancing Our Community](#)

Whether it be participating in a community walk/run benefit, serve at a local shelter or food kitchen, or even volunteer at a Department-sponsored safety event and be a Safety Ambassador, opportunity abounds to *enhance our community*. So let's...

Get Involved!!!



TARGET ZERO UPDATE

FATALITIES & SERIOUS INJURIES

The Florida Department of Transportation and our safety partners launched the Target Zero awareness campaign in social media for drivers in Florida, to promote awareness of our safety challenge and our goal of zero serious injuries and fatalities! This will serve as a foundation to future behavior-focused messaging coming this spring. Our tagline is **“Let’s Get Everyone Home”** as a personal call-to-action.

The launch includes photos focusing on relatable experiences and recognizable locations. Pre-testing input from drivers statewide gave us important insight in this design. Together with expertise in graphics and messaging, these concepts were developed based on industry knowledge of what drives social media views and engagement, including:

- Combined existing brand colors with more engaging, brightened colors
- Transparent gradient overlays that are fun and uniquely Floridian
- A direct tie-in to driving in a way that is sure to capture interest and attention



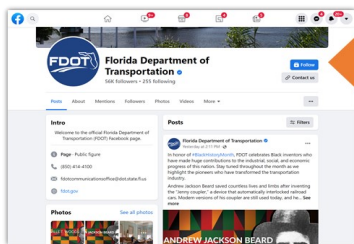
Did you know?

On average, eight people are killed every day on Florida’s roads.

Even one fatality is one too many. Florida’s Target Zero initiative is working toward zero fatalities on our roadways.

Will you help us?
Let’s get everyone home.

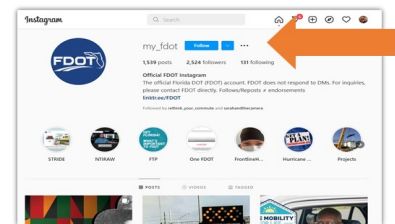
facebook.com/MyFDOT/



twitter.com/MyFDOT



instagram.com/my_fdot/



Why You Need to Take Your Medication as Prescribed or Instructed

by Lou Dixel D4 Safety & Health Manager

Ask yourself this question – So what, I didn't take my medication today, is anyone going to know? The answer is Y-E-S. Your body knows.

Sticking to your medication routine means taking your medications as prescribed – the right dose, at the right time, and in the right way.

Ask yourself this question – Is this so important? The answer is Y-E-S. By not taking your medicine as prescribed by a doctor or instructed by a pharmacist could lead to your disease getting worse, hospitalization, even death.

Stats, did I hear stats to convince you:

- 20-30 percent of new prescriptions are never filled at the pharmacy – **OOPS.**
- Medication is not taken as prescribed 50 percent of the time – **OMG.**
- For patients prescribed medication for chronic diseases, after six (6) months, the majority take less medication than prescribed or stop the medication altogether – **BUSTED.**
- Only 51 percent of patients taking medications for high blood pressure continue taking their medication during their long-term treatment – **TELL THAT TO YOUR CARDIOLOGIST.**

Many patients do not follow health-care provider instructions, on how to take medication for various reasons. The top five (5) reasons are:

- Not understanding the directions.
- Forgetfulness
- Multiple medications with different regimens
- Unpleasant side effects
- Medication isn't working

But a new reason overtaking and jumping into the #1 slot is patients can't afford to fill their prescriptions or decide to take less than the prescribed dose to make the prescription last longer (**A REAL SHAME**).

Listed below are some tips that might help you in taking your prescribed medication:

- Take your medication at the same time every day.
- Take your medication with a daily routine like brushing your teeth or getting ready for bed. If you choose taking at mealtime, check if your medication should be taken on a full or empty stomach.
- Use a pill container. By doing so, this has sections for multiple doses at different times, such as morning, lunch, evening and at night. It also breaks down the seven (7) days of the week and to refill at the same time each week.
- When traveling, be certain to bring enough of your medication, plus a few days extra, in case your delayed.
- If your flying, keep your medication in your carry-on bag to avoid lost luggage. Also, temperatures inside the cargo hold could damage your medication.

So, as an expert in taking medication, I know that I am not shy taking any medication. If you have a question pertaining to any medication, ask your health-care provider, or your pharmacist the same day you have that concern. Don't delay in asking. Remember this – The life you save may be your own.

What are Confined Spaces?

Many workplaces contain areas that are considered "confined spaces" because while they are not necessarily designed for people, they are large enough for workers to enter and perform certain jobs. A confined space also has limited or restricted means for entry or exit and is not designed for continuous occupancy. Confined spaces include underground vaults, tanks, storage bins, manholes, pits, silos, underground utility vaults and pipelines. See 29 CFR 1910.146.

OSHA uses the term "permit-required confined space" (permit space) to describe a confined space that has one or more of the following characteristics: contains or has the potential to contain a hazardous atmosphere; contains a material that has the potential to engulf an entrant; has walls that converge inward or floors that slope downward and taper into a smaller area which could trap or asphyxiate an entrant; or contains any other recognized safety or health hazard, such as unguarded machinery, exposed live wires, or heat stress.

Permit-required confined spaces are confined spaces that:

- May contain a hazardous or potentially hazardous atmosphere.
- May contain a material which can engulf an entrant.
- May contain walls that converge inward or floors that slope downward and taper into a smaller area which could trap or asphyxiate an entrant.
- May contain other serious physical hazards such as unguarded machines or exposed live wires.
- Must be identified by the employer who must inform exposed employees of the existence and location of such spaces and their hazards.

What to Do

- Do not enter permit required confined spaces without being trained and without having a permit to enter.
- Review, understand and follow employer's procedures before entering permit-required confined spaces and know how and when to exit.
- Before entry, identify any physical hazards.
- Before and during entry, test and monitor for oxygen content, flammability, toxicity or explosive hazards as necessary.
- Use employer's fall protection, rescue, air-monitoring, ventilation, lighting and communication equipment according to entry procedures.
- Maintain contact at all times with a trained attendant either visually, via phone, or by two-way radio. This monitoring system enables the attendant and entry supervisor to order you to evacuate and to alert appropriately trained rescue personnel to rescue entrants when needed.

https://www.osha.gov/OshDoc/data_Hurricane_Facts/confined_space_permit.pdf

Can Stretching Programs Prevent Back Injuries?

While stretching may help people who are aging or those with back pain, can it help prevent workers from getting injured in the first place?

This was the question posed to a panel of experts at the American Industrial Hygiene Conference. The title of the panel was “Stretching: The Truth.” The panel consisted of ergonomists, physical therapists, chiropractors, medical doctors, industrial hygienists and one person with a Ph.D. in Biomechanics. Here is what the panel concluded:

- Your risk of injury is related to the amount of force placed on the spine and muscles. Stretching does nothing to reduce the amount of force. That only happens through redesign of the job.
- Studies on the benefits of stretching are complicated because such programs are often not started in isolation. There are often ergonomic changes made at the same time.
- The costs of a stretching program sometimes go unrecognized. If each worker stretches 10 minutes each day, the costs add up quickly and that money could be better spent providing ergonomic solutions to reduce the risks.
- All stretching is not alike. It may be more useful to have warm-up exercises than stretches. If stretches are done, they should be tailored to the type of work being performed. Overall fitness may be more important in terms of injury prevention than stretching certain muscles.
- The actual benefits of a stretching program may come more from the opportunity to plan the day’s work during that time and build team cooperation.

In short, stretching does not help prevent back injuries. By focusing prevention efforts on improving individual workers rather than changing the work and reducing the risk, stretching programs fall into the “blame the worker” approach.

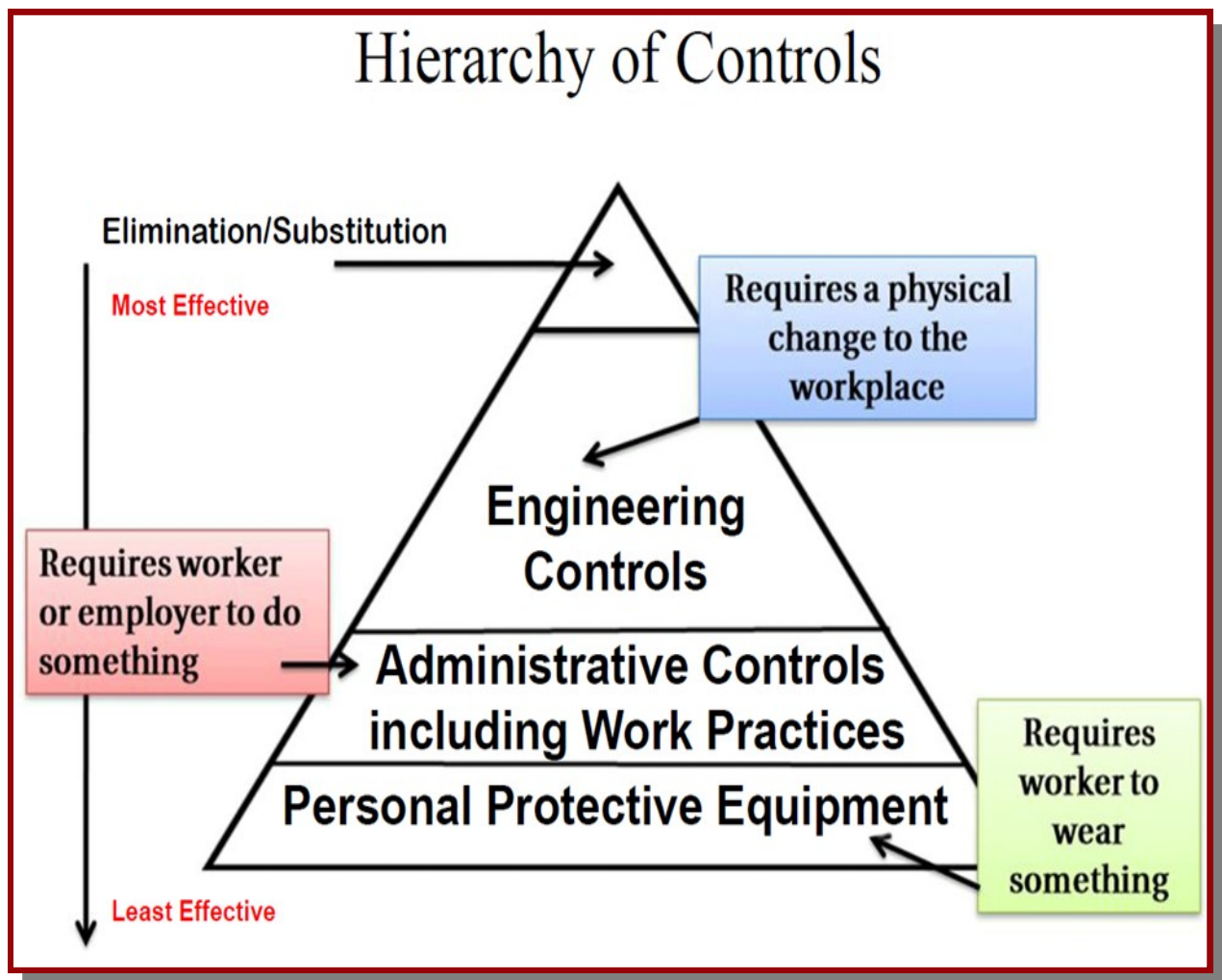
In trying to prevent injuries, safety professionals rely on the “hierarchy of controls.” In this hierarchy, the best (most effective) solution is to eliminate the hazard. Below that is reducing the exposure using engineering controls or through a redesign of the process. Next are administrative controls like rotating workers to reduce their individual exposures. Providing personal protective equipment (PPE) can also help, but is lower on the hierarchy and considered less effective.

(cont'd. on page 8)

(Can Stretching Programs Prevent Back Injuries? *cont'd*)

Where would stretching be on the hierarchy of controls? If it appeared anywhere, stretching would be at the bottom, below even PPE.

As we discovered with back belt research, stretching programs are not silver bullets capable of preventing back injuries among workers with physical jobs like those in the construction industry or our own Roadway Maintenance programs. No matter how much you stretch, you will still have a high risk of back injury if your job requires you to perform heavy lifting tasks (e.g., lifting 90 lb. bags of concrete mix) all day. The best approach is to look at the demands of each task and identify ways to reduce the risk by changing what the task demands.



Portions of this article are retrieved from/<http://www.lhsfna.org/index.cfm/lifelines/>

Valentine's Day History Fun Facts

Valentine's Day is a celebration of love and friendship. The idea of Valentine's Day seems to have originated during the Middle Ages, somewhere around the 14th or 15th century. The holiday derived its name from two Roman martyrs for love, both named Valentine.

The first Valentine was beheaded on February 14th, but not before leaving a note signed *from your Valentine* for his lady. The second Valentine was supposedly a bishop who secretly married young couples, an act that was forbidden by the Roman Emperor who wanted young men to first serve as soldiers before marrying. Valentine ignored the law and was beheaded on February 14. An ancient Roman festival called *Lupercalia*, a celebration for which young men randomly chose the name of a young girl to escort to the festivities, has also been linked to the origins of Valentine's Day. Since then, the custom of selecting a sweetheart on February 14th has spread through Europe and its colonies and transformed itself into the celebration of love and friendship that we know today.

Facts about Valentine's Day

- According to the National Retail Federation, the projected total Valentine's Day spending for 2021 was \$22 billion.
- Symbols for Valentine's day include hearts, chocolate, flowers, and Cupid– the Roman God of Love.
- 52% of US consumers will send out at least 1 Valentine's Day card, 47% will give candy, and 34% will send flowers.
- Spending for 2022's Valentine Day is expected to be \$21.6 billion, according to the National Retail Federation.

Valentine's Day Top Events and Things to Do

- Send someone you care for a Valentine's Day card.
- Go to a special dinner with your sweetheart. Tip: Book early as this is one of the busiest days of the year for restaurants.
- Send someone flowers.
- Send a "Secret Valentine" to someone several days before, and then reveal your identity on February 14th.

<http://www.wincalendar.com/Valentines-Day>



Word Search Puzzle

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

CARDIOVASCULAR
CONFINED SPACES
GROUNDHOG
HEART
LIFELONG
PHYSICAL
PREVENTABLE
STRESS
VALENTINES

CHOCOLATE
DIET
HABITS
KISS
MEDICINE
PRESIDENTS DAY
SCAFFOLDS
STROKE

CHOLESTEROL
FEBRUARY
HAZARDOUS
LADDERS
OBESITY
PRESSURE
SLIPS
TRIPS

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SAFETY SLOGAN



If you're involved in a crash,
stay at the scene
and call for help.

FLHSMV



Hotline

Safety Hot Line
(850) 414-5255

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



Hotline



Hotline



Hotline



Hotline



Hotline

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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 	3	4 Florida School Crossing Guard Awareness Day	5
6	7	8	HIT and RUN		11 PAY DAY	12
13 	14 VALENTINE'S DAY 	15	AWARENESS		18	19
20	21 	22	MONTH		25 PAY DAY	26
27	28	1	2	3	4	5

THE MONTH OF FEBRUARY

February 2022 is Observed as	Black History Month; National Children's Dental Health; American Heart Month; National Wise Health Consumer Month; and Parent Leadership Month.
Birthstone	Amethyst.
Fruit & Veggies for the Month	Oranges; Star Fruit; Calabaza Squash; Chayote Squash; and Bitter Melon.
February Flower	Violet.
Astrological Signs	Aquarius (till 18th) & Pisces (19th→)
Other February Dates & Events	Feb 4: National Wear Red Day; Feb 20-26: National Engineers Week.