

FLORIDA DEPARTMENT OF TRANSPORTATION
SAFETY & HEALTH ADVISOR
JANUARY 2025

Planning Strategies for 2025

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

2025 arrived whether or not you were ready for it. With age, the calendar pages appear to turn faster. This tends to be a time to regroup as an individual, family, or office, making new plans or strategies for the new year. As we return from multiple holidays, which may include travel, many of us are trying to find first gear to get ourselves moving in the workplace again. And what changes do we tend to pursue in January? Dieting, time management, better organization, exercising, prioritizing, or getting rid of stuff are all popular selections. Whichever it is, motivation to keep your plan from tanking in February takes effort. Initially, try making smaller attempts at these efforts to make your goals more obtainable. Identify what works and what doesn't. Then readjust them for the next month. Also, set an end point goal and time. By doing so, you have a way to measure what has been accomplished. Finally, work your plan or strategy to completion. Quitting is too easy and brings discouragement. On the next page, there are "*Ways to Help You Find More Time in the Day*" to help ensure your resolutions are a success.



In This Issue:

- ◆ *Planning Strategies for 2025*
- ◆ *Ways to Help You Find More Time in the Day*
- ◆ *Healthy Lifestyle Habits to Better Brain Health*
- ◆ *Move Over, Florida! Month*
- ◆ *Workplace Health for Preventing Illness*
- ◆ *Did You Know: Personal Protective Equipment*

Ways to Help You Find More Time *in the Day*

..... Ordinary & *Happy*



E N E R G Y

- Meal prep for the week on Sundays
- Streamline your morning routine
- Set clear boundaries at work
- Work during your peak energy hours
- Practice the 80/20 principle

P R E P

- Use to-do lists on paper or with app
- Batch similar tasks
- Use a calendar app
- Automate recurring tasks
- Write down to-do list the night before

W O R K

- Use reminders on your phone
- Use voice commands for quick tasks
- Keep your workspace organized
- Use a task management app
- Try the Pomodoro technique

W O R K

- Prioritize tasks by importance
- Try to reduce meetings
- Delegate simple tasks if possible
- Use your commute time productively
- Say no to non-essential commitments

..... Ordinary & *Happy*

Study Links Healthy Lifestyle Habits to Better Brain Health Later in Life

Do you have uncontrolled high blood pressure, blood sugar or cholesterol? Don't eat well or get enough exercise and sleep?

If so, and you're also between 40 and 60 years old, you may be at greater risk of depression, dementia and stroke down the road, results of a recent study suggest.

Researchers from Yale University evaluated data for more than 316,000 middle-aged people (average age 56) and followed them for five years to evaluate their brain health. Participants were placed into three categories – optimal, intermediate and poor – based on their scores for eight American Heart Association cardiovascular and brain health factors, known as Life's Essential 8.

Those factors: being active, eating better, maintaining a healthy weight, not smoking, maintaining a healthy blood pressure, getting enough sleep, and controlling cholesterol and blood sugar levels.

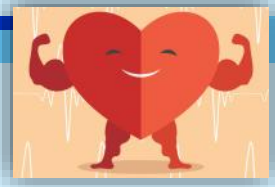
Among the participants with poor scores, 1.8% met the definition for “poor brain health” – defined as developing stroke, dementia or late-life depression. After adjusting for age, sex, race and ethnicity, the researchers found that the participants with poor healthy lifestyle scores were more than twice as likely to develop any of the three neurological conditions compared with the optimal group.

To confirm their findings, the researchers repeated the study with a group of more than 68,000 participants who were followed for five years. The results were similar.

“Brain health is paramount for the optimal well-being of every person, enabling us to function at our highest level and constantly adapt in the world,” said study co-author Santiago Clocchiatti-Tuozzo, a physician at Yale. “Making these healthy lifestyle choices in middle age can have meaningful impacts on brain health later in life.”

The study was published in *Neurology*.





Life's Essential 8

A Few Easy Steps You Can Take to Live a Healthier Lifestyle.

- **Eat Better:** Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.
- **Be More Active:** Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.
- **Quit Tobacco:** Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. Roughly 40% of U.S. children ages 3-11 are exposed to secondhand smoke.
- **Get Healthy Sleep:** Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.
- **Manage Weight:** Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.
- **Control Cholesterol:** High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.
- **Manage Blood Sugar:** Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.
- **Manage Blood Pressure:** Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).



American Heart Association.

Healthy for Good™

Life's Essential 8



Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle.



✓ EAT BETTER

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.

✓ MANAGE WEIGHT

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.



✓ BE MORE ACTIVE

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.

✓ CONTROL CHOLESTEROL

High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.



✓ QUIT TOBACCO

Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. Roughly 40% of U.S. children ages 3-11 are exposed to secondhand smoke.

✓ MANAGE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.



✓ GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

✓ MANAGE BLOOD PRESSURE

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).



Learn more at heart.org/lifes8

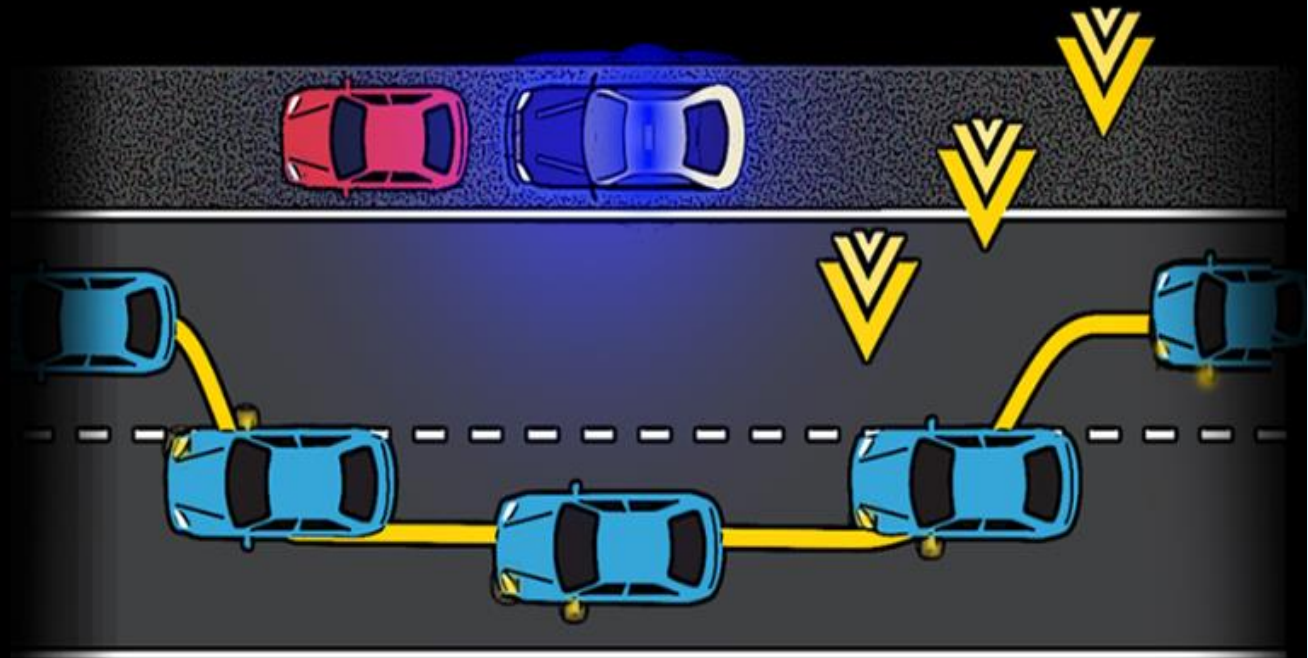
January 2025



« **MOVE OVER** »



flhsmv.gov/moveover



FLHSMV



Workplace Health for Preventing Illness

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

For the beginning of 2025, whether you made New Year's resolutions or not, the new year can be recognized as a starting point to bring safety and health into your workplace too. As we all return to work after the holidays, we all have a role in being concerned for the wellbeing of both ourselves and our coworkers. Generally, this time of year delivers a higher occurrence of the flu, common cold, and other upper respiratory illnesses. Our facility and custodial staff are diligent in providing continued cleaning within our buildings, including frequent disinfecting of common touchpoints, lavatories, vending and break areas, and maintaining hand sanitizing stations to help minimize the spread of pathogens. So, we can be diligent as well, considering others when hand washing, covering our coughs and sneezes, and staying home when ill or feeling rough. ***Your coworkers will appreciate your efforts!***



Preventing and Managing Common Cold

Are you sneezing, or do you have a stuffy and runny nose? You might have a cold. Antibiotics do not work against viruses that cause colds and will not help you feel better.



What is Common Cold?

A common cold is a mild upper respiratory illness that resolves in a short period of time.

Symptoms

Symptoms of a cold usually peak within 2 to 3 days and can include:

- ◆ Sneezing
- ◆ Nasal congestion
- ◆ Sore throat
- ◆ Cough
- ◆ Fever (although most people with colds do not have fever)

When viruses that cause colds first infect the nose and sinuses, the nose makes clear mucus. This helps wash the viruses from the nose and sinuses. After 2 or 3 days, mucus may change to a white, yellow, or green color. This is normal and does not mean you need an antibiotic.

Some symptoms, especially runny or stuffy nose and cough, can last for up to 10 to 14 days. Those symptoms should improve over time.

Colds can have similar symptoms to flu. It can be difficult (or even impossible) to tell the difference between them based on symptoms alone.

Causes

More than 200 viruses can cause a cold, but rhinoviruses are the most common type. Viruses that cause colds can spread from person to person through the air and close personal contact.

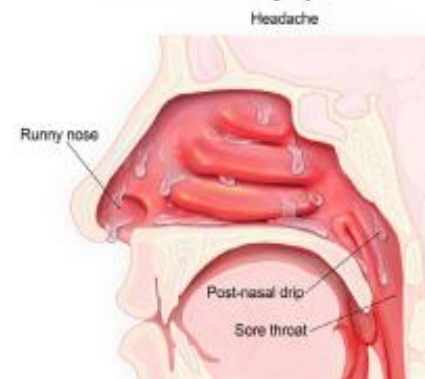
When to Seek Medical Care

See a healthcare professional if you have:

- ◆ Trouble breathing or fast breathing
- ◆ Dehydration
- ◆ Fever that lasts longer than 4 days
- ◆ Symptoms that last more than 10 days without improvement
- ◆ Symptoms, such as fever or cough, that improve but then return or worsen
- ◆ Worsening of chronic medical conditions

This list is not all-inclusive. Please see a healthcare professional for any symptom that is severe or concerning.

Common Cold Symptoms



When you have a cold, mucus fills your nose and could cause post-nasal drip, headache, and a sore throat.





Treatment

There is no cure for a cold. It will get better on its own—without antibiotics. **Antibiotics won't help you get better if you have a cold.**

When antibiotics aren't needed, they won't help you, and their side effects could still cause harm. Side effects can range from mild reactions, like a rash, to more serious health problems. These problems can include severe allergic reactions, antimicrobial-resistant infections and *C. diff* infection. *C. diff* causes diarrhea that can lead to severe colon damage and death.

How to Feel Better

- ◆ Get plenty of rest.
- ◆ Drink plenty of fluids.
- ◆ Use a clean humidifier or cool mist vaporizer.
- ◆ Use saline nasal spray or drops.
 - » For young children, use a rubber suction bulb to clear mucus.
- ◆ Breathe in steam from a bowl of hot water or shower.
 - » For young children, sit with the child in a bathroom filled with steam from a running shower.
- ◆ Use throat lozenges or cough drops. Do not give lozenges to children younger than 4 years of age.
- ◆ Use honey to relieve cough for adults and children at least 1 year of age or older.

Ask your doctor or pharmacist about over-the-counter medicines that can help you feel better. Always use over-the-counter medicines as directed. Remember, over-the-counter medicines may provide temporary relief of symptoms, but they will not cure your illness.

Remember, always read over-the-counter medicine product labels before giving medicines to children. **Some over-the-counter medicines are not recommended for children of certain ages.**

- ◆ Pain relievers:
 - » Children younger than 6 months: only give acetaminophen.
 - » Children 6 months or older: it is OK to give acetaminophen or ibuprofen.
 - » Never give aspirin to children because it can cause Reye's syndrome. Reye's syndrome is a very serious, but rare illness that can harm the liver and brain.
- ◆ Cough and cold medicines:
 - » Over-the-counter cough/cold medicines are not recommended for children younger than 6 years old and can result in serious and sometimes life-threatening side effects; however, young children can have fever-reducing medicines. Contact your doctor or pharmacist about the correct dose and read and follow all directions.

Ask your doctor or pharmacist about the right dosage of over-the-counter medicines for your child's age and size. Also, tell your child's doctor and pharmacist about all prescription and over-the-counter medicines they are taking.

Prevention

CDC's Respiratory Virus Guidance provides practical recommendations and information to help people lower risk from a range of common respiratory viral illnesses. **CDC recommends that all people use core prevention strategies. These are important steps you can take to protect yourself and others:**

- ◆ Stay up to date with immunizations.
- ◆ Practice good hygiene (practices that improve cleanliness).
- ◆ Take steps for cleaner air.
- ◆ When you may have a respiratory virus:
 - » Use precautions to prevent spread.
 - » Seek health care promptly for testing and/or treatment if you have risk factors for severe illness; treatment may help lower your risk of severe illness.
- ◆ For more information, visit: www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.

Did You Know?

*Chapter 10, of the new **FDOT Occupational Health and Safety Manual** provides employees with everything expected to know about PPE, or personal protective equipment. Frequently, we observe goggles or disposable gloves being emphasized, however there's a whole lot more to PPE. Consider foot protection, respiratory protection, face protection, head protection, fall protection, leg protection, hearing protection, high visibility clothing and any equipment which protects you from chemical or physical hazards. If your job responsibilities require the use of any type of personal protective clothing or equipment, then it's a requirement to wear that specified equipment during activities calling for it. Your supervisor is responsible for the provision of this. Supervisors, did you know? You are responsible for your employees having the proper PPE and verifying that they use it and use it properly!*



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

Keith.Myhre@dot.state.fl.us

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

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

