



# SAFETY ADVISOR

JULY 2022



## *Independence Day*

The first 191 words of the **Declaration of Independence.**



### **The Unanimous Declaration of the Thirteen United States of America**

*When, in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the laws of nature and of nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.*

*We hold these truths to be self-evident,*

*that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness. That to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed. That whenever any form of government becomes destructive to these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness.*

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Gerry O'Reilly  
District 4 Secretary

Patrick Freiwald  
District 4 Facility Manager

Louis Dixel  
District 4 Safety and Health  
Manager

### **Excellence Award for Occupational Safety and Loss Prevention**

The Department of Financial Services (DFS) through its' Division of Risk Management, sponsors the Inter-agency Advisory Council on Loss Prevention (IAC) Excellence Award for Occupational Safety and Loss Prevention. The award was established for the recognition of state of Florida employees, agents, and volunteers who make exceptional contributions to the reduction and control of employment-related accidents.

Patrick Freiwald, Facility Manager, District 4 was nominated by District 4 Safety and Health Manager, Louis Dixel for this award because of his unwavering commitment to safety within the Department. The nomination was then reviewed, debated, and voted on for ratification by the IAC, which consists of Agency Safety Coordinators from 54 Agencies and Universities from across Florida.

The nomination revealed just how selfless and passionate Patrick is about the welfare and safety of his fellow employees, the public, the facilities he oversees, and the Department he has worked for and been a part of for over two decades. Let's give Patrick a resounding thank you! (and Lou for informing all)

The **“100 Deadliest Days”** for teen drivers  
are between Memorial Day and Labor Day

Scan to download the

**FREE Safe Driving Guide**  
for Teens and Parents!



**EVERYONE**  
HAS **SOMETHING**  
TO GET HOME TO

**Let's Get Everyone Home**

**TargetZeroFL.com**



## July is National Vehicle Theft Prevention Month

Motor vehicles are the primary mode of transportation for most of us, and often, an indispensable part of our lives. But what would happen if yours suddenly disappeared? Vehicle theft is a very expensive crime, with the cost of stolen vehicles pegged at more than \$7 billion.

- 804,400 motor vehicles were stolen in 2020.
- Only 56% of all stolen motor vehicles were recovered.
- *Of all motor vehicles stolen, 74% were passenger vehicles.*

### **FACT SHEET**

The U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is continuing its annual Vehicle Theft Prevention Campaign during National Vehicle Prevention Month. In 2020 alone, more than three quarters of a million motor vehicles were stolen in the United States, costing vehicle owners more than \$7 billion. Motor vehicles include passenger cars, trucks, and multipurpose vehicles. Review these 2020 statistics on vehicle theft in the United States and NHTSA's tips on keeping your vehicle safe.

- Passenger cars made up more than 74% of all stolen motor vehicles.
- Only 56.4% of all stolen motor vehicles were recovered.
- There were 804,400 motor vehicles stolen. This is an 11.8% increase from 2019.
- A motor vehicle was stolen every 39 seconds.

Take action! Here are ways you can help prevent motor vehicle theft.

- Park in well-lit areas.
- Close and lock all windows and doors when you park.
- Hide valuables out of sight, such as in the glove box or trunk.
- Do not leave your keys in your vehicle.
- Do not leave the area while your vehicle is running.

Top 10 states with the most vehicles stolen in 2019 (as provided by the FBI's National Crime Information Center):

1. California
2. Florida
3. Texas
4. Georgia
5. Illinois
6. North Carolina
7. Montana
8. Nevada
9. Tennessee
10. Pennsylvania

For more information on motor vehicle theft prevention, visit [NHTSA.gov/theft](https://www.nhtsa.gov/theft). For additional resources, visit the FBI's Motor Vehicle Theft Page.

## **Heat Stress and Outdoor Hazards**

by

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District Senior Safety & Health Specialist  
District 2

Summer is officially here and it's getting hotter with each passing one! Along with the temperatures, the humidity is rising, too and we are starting to get into conditions that can make us susceptible to heat-related illnesses.

**So, it's important to be prepared for the dangers of working in the heat.** According to OSHA, nearly 3 out of 4 fatalities from heat illness happens during the first week of work. That's why it's important to allow workers, whether new or seasoned, to gradually build up their tolerance to the heat and take frequent hydration breaks.

This can be achieved by making sure you drink at least a cup or 8 oz of cool water, even if you're not thirsty, every 15-20 minutes.

Take rest breaks in the shade or in a cool location. And be sure to take enough time to recover from the heat as heat illness can affect anyone, no matter how old you are or what shape you are in.

Symptoms of heat illness include headache, nausea, dizziness, weakness, irritability, confusion, thirst, heavy sweating, and a body temperature greater than 100.4.

If you begin to show signs of heat illness, stop, and find a shady or cool spot to rest and drink water. Fan yourself, if needed. And use cold towels to help yourself cool down, as heat illness can lead to heat stroke if not caught in time.

Be sure to stay hydrated throughout the day. You can check your level of hydration by the color of your urine. The lighter the better. But, not too light.

This chart is very helpful in determining your level of hydration.



Transparent – lay off the water for a bit – you’re over-hydrated.

Lemonade is the optimal level of hydration.

Light beer?? You’re still doing great! But you’ll probably never look at light beer the same way again!

Amber in color? Well, maybe nothing to be too concerned about – but it’s time to start drinking water.

This could be an indication of dehydration.

And burnt orange or Bob Ross might call this burnt umber. – you are definitely dehydrated, and your body needs water and electrolytes.



Also, when working outdoors, use the buddy system. If you notice your work buddy has stopped sweating, they are entering into the danger zone!! They need immediate medical attention. Call 911. And begin rapid cool down methods.

Begin placing cold packs under the arm pits, the groin area, and the back of the neck. Use water from the water coolers and soak shirts or other materials and place them on your buddy while using anything that can fan a person. This will help bring their temperature down. And be sure to stay with your buddy until help arrives.

Other things to keep in mind on hot, humid days are to stay away from high sugar content drinks.

Drinking sports drinks can help replace the salt and minerals you lose when you sweat, but be mindful to drink water, as well. Too much of either one can throw your internal body levels off.

Also, be mindful of your medications, as certain prescriptions can act as a diuretic, so check to see if the meds you are taking may cause dehydration.

Once again, take the time to cool down and rest in the shade. You do no one any good, especially your family, if you’re not around.

You can also protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, light-color clothing and by applying sunscreen regularly. Don't forget, your ears, the back of your neck and the front of your chest.

By taking these precautions, hydration, rest, and shade, can mean the difference between life and death.




**WATER.  
REST.  
SHADE.**

*The work can't get done without them.*

**OSHA**  
Occupational Safety  
and Health Administration

U.S. DEPARTMENT OF LABOR 1-800-321-OSHA TTY 1-877-889-5527 www.osha.gov






**Prevent Heat Illness at Work**  
**Outdoor and indoor** heat exposure can be dangerous.

**Ways to Protect Yourself and Others**

**Ease into Work.** Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

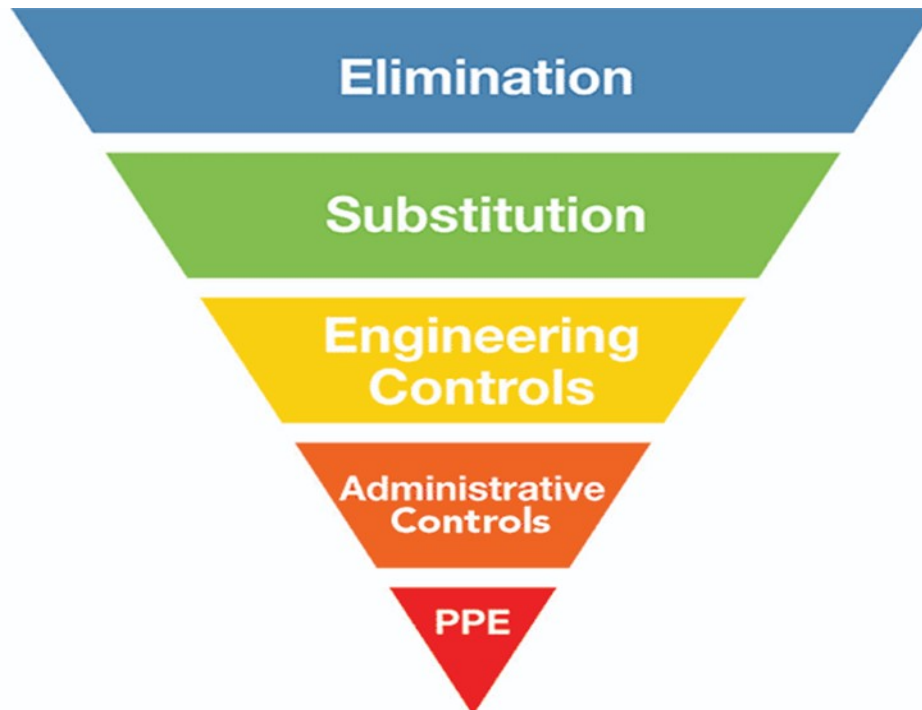


- ✓ **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.

 <p><b>Drink Cool Water</b> Drink cool water even if you are not thirsty – at least 1 cup every 20 minutes.</p>	 <p><b>Dress for the Heat</b> Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.</p>
 <p><b>Take Rest Breaks</b> Take enough time to recover from heat given the temperature, humidity, and conditions.</p>	 <p><b>Watch Out for Each Other</b> Monitor yourself and others for signs of heat illness.</p>
 <p><b>Find Shade or a Cool Area</b> Take breaks in a designated shady or cool location.</p>	 <p><b>If Wearing a Face Covering</b> Change your face covering if it gets wet or soiled. Verbally check on others frequently.</p>

Along with the heat and humidity, there are other outdoor hazards that should be considered when working outside. They can range from a sunburn to insect bites and dermatitis to slips, trips and falls. The key is to know your surroundings and the hazards they may possess. By using the hierarchy of control to eliminate, substitute, isolate the hazard, then, if necessary, amend the work processes to reduce the hazard and then choose the correct PPE to reduce the risk of injury can lessen the number of injuries and illnesses that occur when working outdoors.

## HIERARCHY OF CONTROL



This can be utilized both at work and at home where sometimes we forget about our safety. How many times have you seen someone mowing the lawn while only wearing a pair of shorts and flip-flops?

While working outside and driving vehicles and equipment, remember to wear sunblock. This is great protection against the sun's harmful ultraviolet (UV) radiation rays, both UVA and UVB. UVA rays are harmful to our skin and eyes, as most of this radiation reaches the Earth's surfaces. The UVB rays are noted to cause sunburns, cancer, skin aging and snow blindness. This is when your cornea is sunburned, and you lose sight for a short time. This can happen on the water, too. Although the Earth's atmosphere shields us from most of the UVB rays, it's at its high levels between the hours of 10 a.m. and 4 p.m. So, apply at least one ounce, or a shot glass full, of a water-resistant, broad-spectrum sunblock with at least an SPF of 30 or higher 15 to 30 minutes before heading outdoors. And remember to reapply it every two hours or immediately after swimming or sweating. Also, wear sunglasses that are labeled for UVA and UVB protection.

**Along with the sun, the environment can pose a hazard when working outdoors.** What kind of terrain is at the job site? Uneven surfaces can cause injuries and damage the vehicles and equipment. Use due care when travelling over these areas. Is the grass wet from the morning dew or that afternoon rainstorm? Be sure to wear the appropriate footwear for the task. Are there hidden holes or quagmires that can cause a



trip or fall? If so, fill them in or use signs and markings to identify any hazards that may be present and cannot be eliminated. And don't forget to look up! Can you see any overhead hazards that may need to be considered, such as power lines? Always assess the work area before the work begins.

Weather can also be a hazard. Not only do Floridians have to contend with the heat and humidity, but we also have popup thunderstorms that can be quite severe. And according to the National Lightning Data Network, Florida still reigns as the lightning capital of the United States based on strikes per square mile. During the summer months, be aware of the weather forecast in your area and adjust the job tasks, as necessary. The University of South Florida reminds us to notice the signs of darkening clouds, as that is often a sign that lightning may strike. Also, if thunder is heard, you are close enough to be struck by lightning, as well as seeing increased winds and fast increasing cumulonimbus clouds. If you are caught outside in a thunderstorm, seek shelter immediately. When it roars, go indoors. Avoid seeking shelter under trees and stay away from water sources.



Photo: Florida International University

**Other things that can cause injuries or illnesses are insects, reptiles, and poisonous plants.** Florida is home to many species of flora and fauna and it's up to us to know what dangers lie in waiting. Bees, hornets, wasps and yellowjackets can find many places to build nests. Be careful around temporary traffic control devices that have been left out for grass to grow around them, as these dwellers may be hiding

within the growth or in the device itself. If you disturb a nest, try to remain calm and move away slowly. Keep your head down, mouth and eyes closed, and face covered, if possible. Don't swat them, as some insects can release an alarm scent that may attract more to attack.

Florida is home to over 40 species of native snakes, according to the Florida Fish and Wildlife Conservation Commission. They are located almost everywhere in Florida, including wetlands, marshes and even at our facilities. The FWC does remind us that of the 44 species of snakes, only six are venomous. They include the eastern coral snake, the southern copperhead, the cottonmouth, the eastern diamondback, the timber, and the dusky pygmy rattlesnakes. Most snakes will not strike unless provoked or stepped on. So, be aware of your surroundings and be on the lookout.



Photo: Ocala Star Banner

Many times, while working outdoors, poisonous plants are overlooked. We've always heard leaves of three, let them be. The only issue with this statement is poison sumac has leaves of 7-13. Also, the University of Florida's Institute of Food and Agricultural Sciences confirmed poisonwood has been detected in the south Florida area. So, it's important to know how to recognize these plants and understand that the oily resin released from the plants, urushiol, will continue to react to your skin until it has been cleaned off. Also, be sure to clean your tools and equipment, as the urushiol can stay active until it has been neutralized.



Photo: Prism Health Advocates



Poisonwood at Long Key State Park - Photo: FloridaHikes.com

**Slips, trips, and falls are one of the leading causes of injuries within the workplace.** Whether you're working indoors or outdoors, be aware of your surroundings. Always assess the task by looking for hazards and use the hierarchy of controls mention earlier to reduce the risk of injury.

If you see something you might slip or trip on, pick it up or move it out of the way. If it's something that weighs over 50lbs, get a co-worker or a mechanical means to help lift it out of the way. If it's something that you are unable to fix, like grinding the trip hazard down on the sidewalk, tell your supervisor. Take the time to look at your wake and don't leave your mess for someone to slip, trip or fall over. Clear walkways and stairs of anything that might be a tripping hazard, such as cords, wires, empty boxes, and clutter. Make sure there is enough lighting, as poor lighting can hide steps and other hazards that may

cause someone to trip or fall.

Using signs or markings to indicate a step, uneven ground or gaps in the sidewalk will bring attention to the hazard. Before using any ladder or stepladder, make sure it opens fully. Check that ladder extensions are fully locked and that the ladder legs are stable on a flat, non-slippery surface. Clean off any slippery material on the rungs, steps, or feet of a ladder before you use it and don't go over the load limit noted on the ladder.

**If we all do our part to reduce injuries and illnesses from outdoor hazards by using the hierarchy of controls to help eliminate the hazards and take precautions before working in the heat, we can reach our goal of Target Zero!**

## **FIREWORKS SAFETY**

Fireworks during the Fourth of July are as American as apple pie, but did you know that more fires are reported on that day than on any other day of the year in the United States? Nearly half of these fires are caused by fireworks. The good news is you can enjoy your holiday and the fireworks, with just a few simple safety tips:

- The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- Use fireworks outdoors only.
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have water handy. (A hose or bucket).
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a "designated igniter."
- Only persons over the age of 12 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks of illegal explosives: They can kill you! Report illegal explosives to the fire or police department in your community.
- After the fireworks display children should never pick up fireworks that may be leftover. The risk of fireworks injury is more than twice as high for children ages 10-14 as for the general population.

# Word Search Puzzle

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

<b>APPLE PIE</b>	<b>BAKED BEANS</b>	<b>CELEBRATION</b>
<b>CONNECTICUT</b>	<b>DECLARATION</b>	<b>DELAWARE</b>
<b>FOURTH</b>	<b>FREEDOM</b>	<b>GEORGIA</b>
<b>HONOR</b>	<b>HOT DOG</b>	<b>ICE CREAM</b>
<b>INDEPENDENCE</b>	<b>LIBERTY</b>	<b>MARYLAND</b>
<b>MASSACHUSETTS</b>	<b>NEW HAMPSHIRE</b>	<b>NEW JERSEY</b>
<b>NEW YORK</b>	<b>NORTH CAROLINA</b>	<b>PENNSYLVANIA</b>
<b>PHILADELPHIA</b>	<b>PRINCIPLES</b>	<b>REVOLUTION</b>
<b>RHODE ISLAND</b>	<b>SAFETY</b>	<b>SHADE</b>
<b>SOUTH CAROLINA</b>	<b>SUNGLASSES</b>	<b>SUNSCREEN</b>
<b>THIRTEEN</b>	<b>TRADITION</b>	<b>VIRGINIA</b>

# SAFETY SLOGANS

"Safe and Sane" fireworks are neither, if the person shooting them off isn't, too.

"Fool with fireworks and bang goes your image"



***Safety Hot Line***  
***(850) 414-5255***

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



This monthly newsletter is produced in the State Safety Office by Mark Eacker.

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850-414-4176 / [mark.eacker@dot.state.fl.us](mailto:mark.eacker@dot.state.fl.us)

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





# JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	29	29	30	1 PAY DAY	2
3	4 Independence Day STATE HOLIDAY	5	6	7	8	9
10	11	12	13	14	15 PAY DAY	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29 PAY DAY	30

## THE MONTH OF JULY

July 2022 is Observed as	UV Safety Month, National Parks Month, National Picnic Month, National Vehicle Theft Prevention Month and <b>NHTSA Impaired Driving/Drug Impaired Driving Campaign</b> .
Birthstone	Ruby and Onyx.
Fruit & Veggies for the Month	Papaya Mango, Nectarine, and Garlic.
July Flower	Larkspur & Water Lily
Astrological Signs	Cancer (till 22nd) & Leo (23rd→ )
Other Notable July Dates & Events	National Hot Dog Month, National Ice Cream Month, and National Baked Beans Month.