



# SAFETY ADVISOR

JUNE 2022



## National Safety Month

In 1996, the National Safety Council (NSC) established June as National Safety Month in the United States. The goal of National Safety Month is to increase public awareness of the leading safety and health risks that are increased in the summer months to decrease the number of injuries and deaths at homes and workplaces. Each week throughout National Safety Month is an opportunity to make a difference at work or in your home. Check out the hyperlinks listed at the end of this article for more information.

### Week 1: Musculoskeletal Disorders



Musculoskeletal disorders (MSDs), also commonly known as ergonomic injuries, are complex ailments resulting from exposures to repetitive movements, awkward or static postures, and forceful exertions. They're also pervasive. These injuries may include

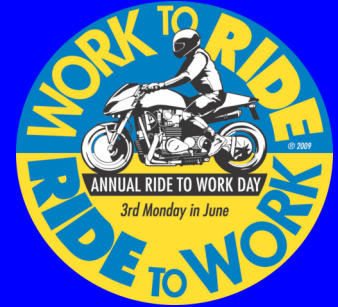
rotator cuff tears, back strains, carpal tunnel syndrome, and are the most common causes of disability and early retirement among workers.

### Week 2: Workplace Impairment



We all know the dangers of substance abuse on the job. But did you know mental distress, stress, and fatigue also are impairing? Impairment has been a workplace safety issue for decades. The pandemic however, forced a new era of workplace safety, one where employers are grappling with increased substance use and misuse as well as increased mental health concerns, including depression and anxiety-medical conditions that are frequently interrelated.

In particular, the pandemic has worsened the country's overdose crisis, which has been challenging



#### INSIDE THIS ISSUE:

<i>National Safety Month</i>	<i>1</i>
<i>Target Zero Update</i>	<i>3</i>
<i>ART</i>	<i>4</i>
<i>Managing Stress</i>	<i>5</i>
<i>Materials Handling</i>	<i>8</i>
<i>D-3 Response Training</i>	<i>10</i>
<i>Ride to Work</i>	<i>11</i>
<i>Secure Your Load</i>	<i>12</i>
<i>Word Search</i>	<i>13</i>
<i>Safety Slogans</i>	<i>14</i>
<i>Calendar</i>	<i>15</i>

for several years. In 2021, there were an estimated 107,000 overdose deaths-the highest number ever recorded.

The National Safety Council defines impairment as the inability to function normally or safely as a result of a number of factors—from chemical substances (e.g., alcohol, opioids, cannabis), physical factors (e.g., fatigue and certain medical conditions), social factors (e.g., professional and other stressors) and mental distress (e.g., related illness and other factors).

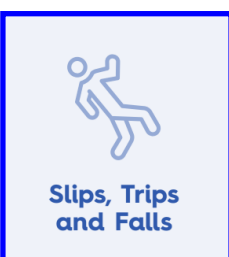
### Week 3: Preventing Workplace Injuries



The leading causes of workplace deaths and non-fatal injuries and

illnesses are not always the same. While transportation incidents were the leading cause of workplace death in 2020, exposure to harmful substances or environments was the leading cause of injuries and illnesses involving days away from work, which includes contagious and infectious diseases such as COVID-19. Overexertion

(e.g., lifting, pushing, pulling, holding or carrying objects) and bodily reactions have long been the leading cause of work-related injuries and illnesses, with the recent exception of 2020 due to COVID-19. Included below is information to increase awareness of the greatest injury and illness risks on the job.



### Week 4: Slips, Trips, and Falls

Slips, trips and falls were the second leading

cause of workplace death and the third leading cause of workplace injuries resulting in days away from work in 2020—a real safety threat. Falls can happen anywhere. Whether it's working at heights or tripping on the same level, you always need to keep your eyes out for hazards. Better understanding the data can help you prevent needless injuries .

***DON'T FORGET  
FATHER'S DAY  
IS  
SUNDAY  
JUNE 19th, 2022***



<https://www.nsc.org/workplace/national-safety-month/nsm-public-materials#1>

<https://www.nsc.org/workplace/national-safety-month/nsm-public-materials#2>

<https://www.nsc.org/workplace/national-safety-month/nsm-public-materials#3>

<https://www.nsc.org/workplace/national-safety-month/nsm-public-materials#4>

<https://www.nsc.org/workplace/national-safety-month/nsm-public-materials#5>

<https://www.nsc.org/workplace/national-safety-month/nsm-public-materials#6>

**JUNE IS NATIONAL SAFETY MONTH**



**SAFETY IS IN YOUR HANDS!**

## **Let's Get Everyone Home**

In Florida over 3,000 lives are lost every year  
to PREVENTABLE CRASHES.

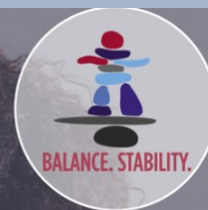
TOGETHER, we can bring this number down to ZERO.



**TargetZeroFL.com**







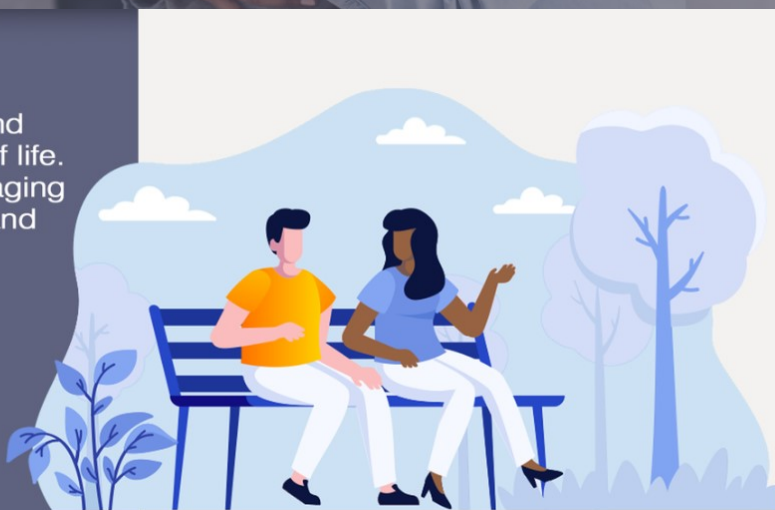
# WHAT YOU THINK AND HOW YOU FEEL

### DID YOU KNOW?

Mental Wellness is the ability to understand ourselves and cope with the challenges of life. Improve overall emotional health by managing stress levels, obtaining adequate sleep, and seeking help when needed.

Attributes of balanced mental wellness:

- Increased positive thinking
- Greater emotional control
- Purposeful stress management
- Persistent empathy
- Focused purpose
- Open self-awareness



Learn more about [Mental Wellness](#) on FDOT's Attract, Retain, and Train Sharepoint site, under Balance and Stability, including:

- Employee Assistance Program
- My Benefits Website
- Leaves of Absence
- FDOT's Self-care Page
- Enhancing Our Community

For more information , please visit: [Foster Talent \(sharepoint.com\)](#)

# MANAGING STRESS

Submitted by  
Tracy Strickland  
District 3 Safety and Health Manager

Stress can be a normal part of life, but long-term stress can lead to health problems. Preventing and managing long-term stress can lower your risk for other conditions — like heart disease, obesity, high blood pressure, and depression. Stress can also make it difficult to maintain focus while performing tasks, including driving.

You may be able to prevent or reduce some sources of stress by:

- Planning ahead and organizing
- Deciding which tasks to do first
- Preparing for stressful events

Some stress is difficult to avoid or prevent, but you can find ways to manage stress by:

- Noticing when you feel stressed
- Taking time to relax
- Getting active and eating healthy
- Talking to friends and family

When you're under stress, you may feel worried, angry, irritable, depressed, or unable to focus.

Stress also affects your body. Physical signs of stress can include:

- Headaches
- Trouble sleeping or sleeping too much
- Upset stomach
- Weight gain or loss
- Tense muscles
- Stress can also lead to a weakened immune system.

What causes stress?

Stress is how the body reacts to a challenge or demand.

Change is often a cause of stress. Even positive changes, like having a baby or getting a job promotion, can be stressful.

Stress can be short-term or long-term.

Examples of causes of short-term stress:

- Needing to do a lot in a short amount of time
- Having a lot of small problems in the same day, like getting stuck in traffic jam or running late
- Getting ready for a work or school presentation
- Having an argument

Examples of causes of long-term stress:

- Problems at work or at home
- Money problems
- Having a long-term illness
- Taking care of someone with an illness
- Dealing with the death of a loved one

Cont'd page 5

What are the benefits of managing stress?

Over time, long-term stress can lead to health problems. Managing stress can help you:

- Sleep better
- Control your weight
- Have less muscle tension
- Be in a better mood
- Get along better with family and friends

#### Plan and Prepare.

You can't always avoid stress, but you can take steps to deal with stress in a positive way.

Being prepared and feeling in control of your situation might help lower your stress.

#### Plan your time.

Think ahead about how you're going to use your time. Write a to-do list and figure out what's most important — then do that thing first. Be realistic about how long each task will take.

#### Prepare yourself.

Prepare ahead for stressful events like a hard conversation with a loved one. You can:

Picture what the room will look like and what you'll say

Think about different ways the conversation could go — and how you could respond

Have a plan for ending the conversation early if you need time to think

#### Relax.

Relax with deep breathing or meditation.

Deep breathing and meditation can help relax your muscles and clear your mind.

#### Relax your muscles.

Stress causes tension in your muscles. Try stretching or taking a hot shower to help you relax.

#### Get Active.

Regular physical activity can help prevent and manage stress. It can also help relax your muscles and improve your mood. So get active:

- Aim for 150 minutes a week of moderate-intensity aerobic activity — try going for a bike ride or taking a walk.
- Try strengthening activities — like push-ups or lifting weights — at least 2 days a week
- Remember, any amount of physical activity is better than none!

#### Eat healthy.

Give your body plenty of energy by eating healthy — including vegetables, fruits, grains, and proteins.

#### Drink alcohol only in moderation.

Avoid using alcohol or other drugs to manage stress. If you choose to drink, drink only in moderation.

#### Get Support. Talk to friends and family.

Tell your friends and family if you're feeling stressed. Talk to someone you trust, they may be able to help or provide important support.

#### Get help if you need it.

Stress is a normal part of life. But if your stress doesn't go away or keeps getting worse, you may need help. Over time, stress can lead to serious problems like depression or anxiety.

Get help if you need it.

Stress is a normal part of life. But if your stress doesn't go away or keeps getting worse, you may need help. Over time, stress can lead to serious problems like depression or anxiety.

If you're feeling down or hopeless, if you're feeling anxious, if you've lived through a traumatic event (like a major accident, crime, or natural disaster), speak with your doctor; they can provide referrals and resources to help you.

A mental health professional (like a psychologist or counselor) can also help. FDOT employees have access to many resources via our Employee Assistance Program. More information on the EAP can be found at this link:

<http://fdotsp.dot.state.fl.us/sites/HRO/Shared%20Documents/Benefits/KEPRO%20EAP%20-%20Employee%20Summary%20of%20Services.pdf>

Finally, keep in mind that many people need help dealing with stress — seeking that help can be an important first step in managing stress.

[source /for more info: US Dept of Health & Human Services, <https://health.gov> ]

# JUNE NATIONAL SAFETY MONTH



Don't use  
cell phones  
while driving



Wear your  
seatbelt



Never share or  
take more  
prescription drugs  
than necessary

# Materials Handling

Submitted by  
Tracy Strickland  
District 3 Safety and Health Manager

“Material Handling” is not really a colorful or exciting term. Certainly not one likely to send a chill down your spine, or that most folks would immediately associate with danger or hazards.

In the field of occupational safety, material handling standards and regulations cover various types of cranes, derricks, hoisting equipment, forklifts, ropes, slings, and even helicopters used for lifting or handling loads. In what may seem a bit of an oddity, another area addressed by the OSHA Materials Handling standards is the servicing of tires and wheels.

A quick review of the fatality investigations conducted by OSHA in calendar year 2020 shows there were nearly 30 employee fatalities related primarily to hazards covered by the Materials Handling standards, nationwide. Seventeen of those employee deaths were related to forklift operations.

Two were due to conveyor belts. Two fatalities were related to tires exploding during service. Seven or more deaths were related to operations involving cranes, lifts, hoists, and rigging equipment such as slings, chains, and ropes. There were many more non-fatal injuries in the same time period.

Fortunately, there are existing standards and safe work practices, which when followed can prevent or greatly reduce the hazards that can cause these workplace deaths and injuries.

There are some very specific requirements for topics such as maintenance, testing and inspection of equipment, safe operating practices, and employee training or qualification. This article only provides a brief general overview. Any supervisor or employee directly involved in any of the operations covered by these standards needs to be very familiar with all the applicable OSHA and FDOT Loss Prevention & Safety Manual requirements.

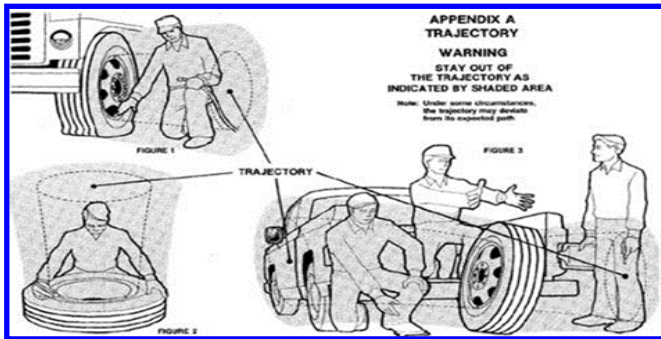
Servicing Wheels and Tires Safely.

OSHA 1910.177 *Servicing multi-piece and single-piece rim wheels* provides standards and safe work practices for servicing wheels and tires. Servicing is defined as “mounting and demounting of rim wheels, and related activities such as inflating, deflating, installing, removing, and handling.” Many are aware that OSHA has specific standards for the multi-piece rim wheels, such as those used on semi-trucks. Some may not be aware that in the 1980’s OSHA expanded the standard to include single-piece wheels, recognizing that many injuries and fatalities were also occurring with these:

- These standards do not apply to passenger cars or light trucks (pickups, passenger vans)
- They do apply to trucks, tractors, trailers, buses, off-road equipment, heavy equipment, forklifts, etc.
- Employees servicing (including inflation) any of these tires or wheels must be trained.
- Restraining device (tire cage) must always be used to inflate tires on multi-piece rims.
- Single-piece wheels may be inflated without a cage, if the wheel is securely bolted (installed) on the vehicle.
- Remote inflation equipment (clip-on chuck, in-line valve or regulator, and sufficient length of hose) that allow an employee to stand out of the “trajectory” area must always be used.
- Employer must furnish the required equipment and charts/manuals/instructions for the type of wheels being serviced.

Cont’d page 8





## **Forklifts.**

- OSHA 1910.178 *Powered Industrial Trucks* provides the safety standards and safe work practices for forklift trucks and operations. Due to the consistently high number of workplace injuries and deaths related to forklifts each year, this is one of OSHA's more comprehensive standards and has many specific requirements.
- Forklifts are a very common and useful piece of equipment found in many workplaces. But they inherently have some stability concerns and are very different from other motor vehicles, which can make them very dangerous when operated or maintained improperly.
- Equipment safety features and the maintenance of forklifts are thoroughly covered by this standard.
- Employees operating forklifts must be trained and evaluated. The standard lists exactly what must be covered by employee training, in detail.
- Specific safe operating practices are listed.
- Forklifts may not be modified without manufacturer approval, and unapproved or improvised forklift attachments and devices may be very dangerous.
- Capacity and capabilities of forklifts must be known and adhered to by operators.
- "Free-Rigging" or suspending loads, *under* the forks (by slings, chains, etc) can greatly reduce forklift stability, is very hazardous, and is prohibited by OSHA, unless specifically approved by the forklift manufacturer.

Cranes, Derricks, Helicopters, and associated rigging equipment, such as ropes, slings and chains are covered by respective sections of 1910.179-184.

There are obvious hazards associated with the potential for dropped loads, when using material handling equipment. Any employees working with this type of equipment need to be very thoroughly trained and knowledgeable, including a full understanding of all OSHA and equipment manufacturers safety standards and requirements. There are also very specific inspection requirements and intervals for all equipment used. Failure to understand and follow these standards, including thorough and timely inspections of all equipment, can have catastrophic consequences.

Material Handling – there's more to it than such a simple term implies. But if you're looking for information to help you stay safe on the job, OSHA has provided a great foundation in their federal standards, helping you with guidance to identify and mitigate the hazards. Your FDOT Safety Specialist is a great resource to assist you in navigating the standards and approaching Material Handling operations safely.

For more info, visit <https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910SubpartN> or talk with your local FDOT Safety Specialist.

## District 3 Hurricane Response Training

Hurricane season is right around the corner. District-3 Industrial Safety in conjunction with Gulf Coast Electric Co-op conducted Power Line Safety training around the district for all employees. Attendees learned about the dangers associated with energized lines such as safe working distances, safe digging, transformer safety, proper tree cutting of down trees in or near lines and the dangers of using generators and their ability to back feed lines. One topic that really garnered attention was the proper way to exit a vehicle that has encountered down powerlines.





31ST ANNUAL INTERNATIONAL MOTORCYCLE & SCOOTER

# RIDE TO WORK DAY

MONDAY 06•20•2022



[WWW.RIDETOWORK.ORG](http://WWW.RIDETOWORK.ORG)

Ride to Work is a 501 c4 non-profit organization, advocating and supporting the use of motorcycles and scooters for transportation, and providing information about everyday utility riding to the public. Address: Ride To Work, 1730 W Superior St., Duluth, MN 55806 | Phone: (218) 722-9806 | FAX: (218) 720-3610 | Email: [propaganda@ridetowork.org](mailto:propaganda@ridetowork.org)

# **-SECURE YOUR LOAD- BEFORE YOU DRIVE SAFETY**

Have you ever had a rock hit your windshield? Then you know how quickly this can happen. Now imagine that the object is a ladder, wheelbarrow, hammer, cordwood or a piece of furniture and the Car behind that load is your family. Most states have a law on unsecured loads and you should know the law in your jurisdiction. In some states the driver may face jail time and fines if someone is hurt or property is damaged. Driving with an unsecured load is both against the law and extremely dangerous.

A load must be securely fastened and only considered secure when nothing can slide, fall or shift onto the roadway or become airborne.

## **TO SECURE THE LOAD IN YOUR VEHICLE OR TRAILER:**

- Tie it down with rope, netting, or straps.
- Tie large objects directly to your vehicle or trailer.
- Consider covering the entire load with a sturdy tarp or netting.
- Don't overload your vehicle or trailer.
- Always double-check your load to make sure it's secure.
- Don't forget that animals should also be properly secured.

## **BEFORE YOU DRIVE, ASK YOURSELF THESE QUESTIONS:**

- Is there any chance of debris or cargo falling or blowing out of my vehicle?
- Is my load secured at the back, sides, and top?
- What would happen to my load if I had to brake suddenly, I hit a bump, or another vehicle hit me?
- Would I want my loaded vehicle driving through my neighborhood?
- Would I feel safe if I were driving behind my vehicle?
- Is "Secure Your Load" on the FDOT safety checklist?

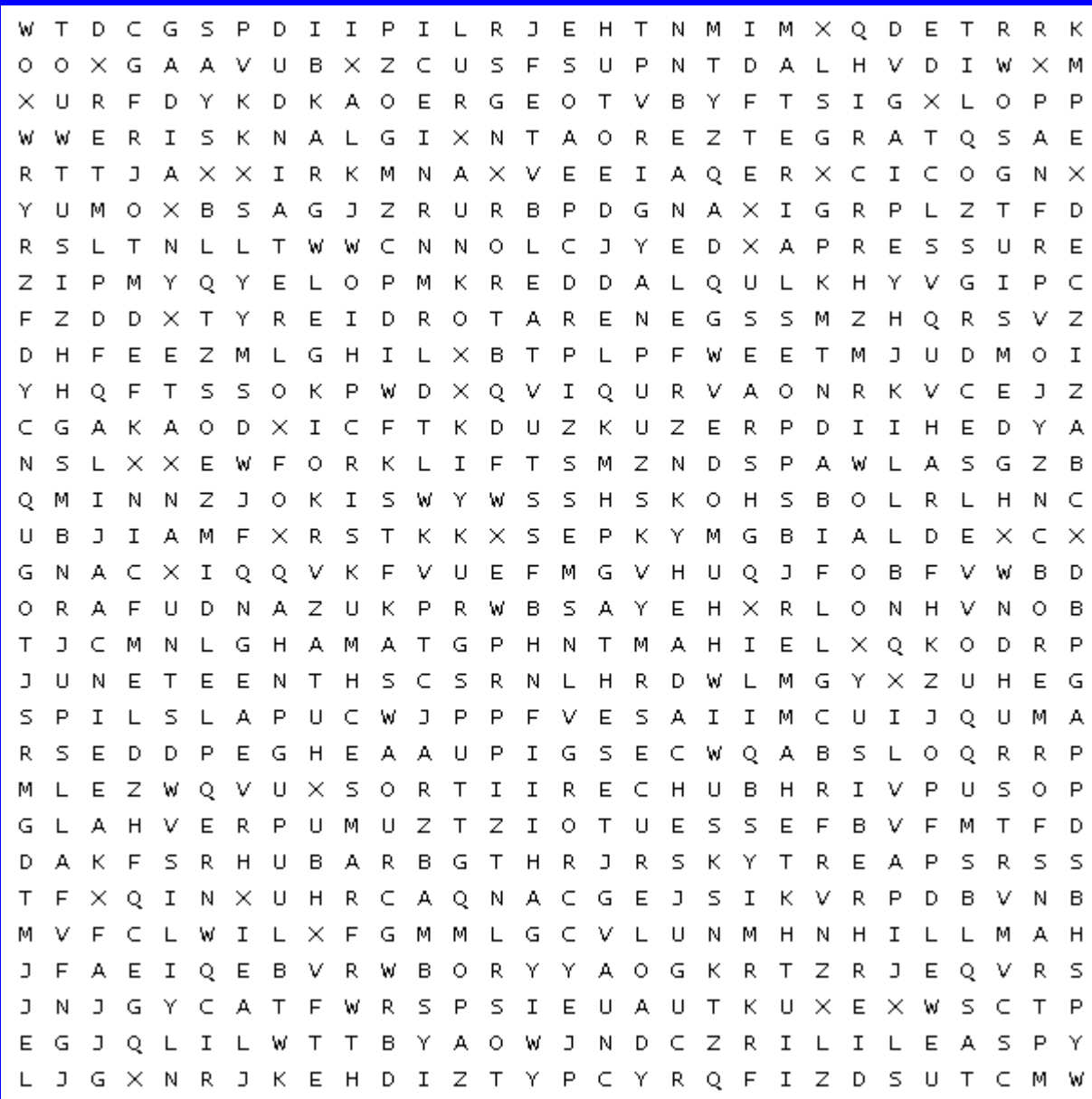
## **DID YOU KOW:**

- A 20 lb. object at 55 mph has a force 1,000 lbs. at impact!
- Unsecured loads are responsible for up to 40% of the litter on our roads nationally, costing us billions of dollars each year.
- National GAO report states unsecured load cause 440 deaths, 10,000 injured, and 51,000 incidents.



**“Secure Your Load  
as if everyone you love  
is driving in the car behind you.”**

# Word Search Puzzle



ATTRACT	CRANES	DEPRESSION
FALLS	FORKLIFTS	GENERATOR
HAMMER	HEADACHES	HURRICANE
INDUSTRIAL	JUNETEENTH	LADDER
LIFTING	MATERIALS	POWER LINES
PRESSURE	RETAIN	RHUBARB
RIDE TO WORK	SAFETY	SAFETY
SECURE LOAD	SLIPS	STRAWBERRIES
STRESS	TARGET ZERO	TRAIN
TRANSFORMER	TRIPS	WHEELBARROW

The Safety Advisor puzzle is generated from the <http://school.discoveryeducation.com/>  
 Omissions or errors are possible and are the sole responsibility of the program



# SAFETY SLOGANS

**The Key To Safety Is in Your Hands.**



***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.

For content information, please call or email the editor, Mark Eacker, at:

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>





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 <i>Memorial Day</i>	31	1	2	3 PAY DAY	4
5	6 National Secure Your Load Day	7	8	9	10	11
12	13	14	15	16	17 PAY DAY	18
19 JUNETEENTH & Father's Day	20 National Ride to Work Day	21 FIRST DAY OF SUMMER	22	23	24	25
26	27	28	29	30	1 PAY DAY	2

## THE MONTH OF JUNE

June 2022 is Observed as	National Safety Month; Men's Health Month; Juneteenth-Freedom Day; Father's Day
Birthstone	Alexandrite, Pearl, and Moonstone.
Fruit & Veggies for the Month	Blueberries; Cherries; Plums; Strawberries; Radish; Chinese cabbage; Lychee; Okra; and Rhubarb.
June Flower	Rose
Astrological Signs	Gemini (till 20th) & Cancer (21th→)
Other Notable June Dates & Events	June 8 World Oceans Day