



# SAFETY ADVISOR

MARCH 2024

## INDIVIDUAL TRAINING PLAN PORTAL

ORGANIZATIONAL DEVELOPMENT OFFICE



FDOT is committed to employee development and provides opportunities for employees to grow professionally, perform their jobs to the best of their abilities, and learn how to do so safely. FDOT employees have access to a lot of great training.

Check out the this issue of the Safety Advisor for training for safety on the job!



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# Individual Training Plans for the Coming Year

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

In the spirit of our safety and FDOT's training program, District 5 developed a variety of job-related safety courses that are prepared and presented for FDOT employees. The desire is to foster a safer work culture by developing safe work behavior and practices to prevent the most common injuries experienced throughout FDOT locations statewide. These computer-based training courses include:

- ◆ Lock-Out Tag-Out Basic Training CBT
- ◆ Lead Safety Awareness CBT
- ◆ Crash Incident and Injury Investigations CBT
- ◆ Back Safety Basics CBT
- ◆ Eye Safety Basic Training CBT
- ◆ Hazard Communication & The Global Harmonization System CBT
- ◆ Poisonous Plants, Snakes, and Insects CBT
- ◆ Internal Traffic Control Plan CBT
- ◆ Ladder Safety Training CBT
- ◆ Hand Safety Basic Training CBT
- ◆ Respiratory Protection Basic Training
- ◆ Work Over or Around Water CBT
- ◆ Slips, Trips, and Falls CBT



**A BIG shoutout to the District 5 staff** for taking the lead in planning, developing, and producing these courses—a worthy undertaking that is greatly appreciated. Thank you to all the District Safety and Health Managers for assisting in reviewing the curriculum for use.

## March is National Ladder Safety Month

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

You may think that what you read here is for a work application and, in turn, think, “I never use a ladder at work.” But how many of us will use a ladder at home? Or a “ramped-up” stool, which is used as a ladder?

Ladder safety includes use, storage, movement, and pre-planning around your work location. If outdoors, your proximity to electrical wiring, ground and weather conditions. I was reminded of this recently when carrying an aluminum ladder across the patio, which coincided with a lightning flash close enough to where my vision was bright white! I hadn't considered the current weather but was pushing to complete a project. It was an attention-getting, scary moment! Here are basic safety rules which are adopted by OSHA that apply to ladders:

- Do not use ladders in storms or high winds.
- Do not use ladders when you are tired or dizzy.
- Wear slip-resistant shoes while working on a ladder.
- Only one person must work on a ladder at a time.
- Don't overload a ladder. Its weight capacity should be listed on the side.
- Position your ladder away from doors opening towards the ladder.
- Never try moving a ladder while standing on it.
- Keep your torso positioned within the siderails to prevent over-reaching.
- Climb with tools on the shelf or use a tool belt, not your hands.
- Outside and inside, ladders must be placed on level ground or flooring.
- Climb and descend from ladders slowly and deliberately.
- Use the **3 Point-of-Contact** for climbing and descending. This method maximizes your stability and minimizes your chances of falling. This means always facing the ladder and having **2** feet and **1** hand, or **1** foot and **2** hands always in contact with the ladder steps, rungs or side rails.



*Information Source: American Ladder Institute*

# Workplace Ergonomics

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

A five-year review (2019-2023) of our total statewide reportable injuries requiring medical treatment identified that 26% of nearly 400 injuries were of the type involving pushing, pulling, or lifting movements that lead to sprain and strain injuries.

The ergonomic category for this cause of injury is often referred to as a “lifting and material handling injury.” The US Bureau of Labor Statistics reported nearly a third of their reported injuries and missed workdays resulted from shoulder and back injuries from lifting heavy items. Bending, twisting and turning are the commonly reported movements that caused the injuries.

- Preparing ahead for the work to be accomplished and, just as importantly, how it will be accomplished is a key to working injury-free. Plan out the lift in preparation for lifting and carrying.
- How heavy is the item? And is it an awkward load? Can it be moved in separate pieces? Should you ask for assistance or use a hand truck?
- Where are you going with the item? Is the pathway clear of obstructions, stairways, tight door frames, uneven surfaces?
- Can the load be handled adequately without gloves, handles, restricted vision, etc?

On-the-job injuries should not be part of your workday. Injuries caused by improper movements or techniques are often nagging and slow to heal, leading to lost workdays and restricting a person’s future mobility. In our next issue, we will look further into the preparation for lifting and carrying in a manner that avoids unnecessary injuries.





RECIPES FOR THE ROAD — SPRING SERIES

# FLORIDA SWEET PEPPER AND CHICKEN STREET TACOS

RECIPE CREATED BY:  
**CHEF JUSTIN TIMINERI**



## INGREDIENTS (SERVES 4)

- 2 cups multi-colored Florida sweet peppers, sliced
- 1 pound roasted chicken, pulled or chopped rough
- 8 small soft corn or flour tacos
- 1 cup Mexican farmers cheese
- 2 limes, quartered
- ¼ cup fresh cilantro sprigs
- 1 teaspoon taco seasoning blend
- Cantina style salsa (your favorite)
- Florida hot sauce to taste
- Sea salt and fresh ground pepper, to taste

## PREPARATION

Preheat a large sauté pan over medium-high heat. Add sliced sweet peppers and taco seasoning to a dry pan. Let peppers blister and char to add flavor. Remove peppers from pan and set aside. In same pan, lightly toast tortillas until warm. Remove tortillas from pan and place on a platter or plates. In same pan, add chicken and 1 tablespoon of the salsa you plan to use. Warm the cooked chicken until heated throughout. Assemble the street tacos by adding an even amount of chicken and peppers to each tortilla. Garnish each taco with salsa, cheese and fresh cilantro. Serve with lime wedges, salsa and Florida hot sauce.



Use the QR Code for more great **FRESH FROM FLORIDA** recipes. Enjoy this recipe? Post a photo of your creation and tag us **#LetsGetEveryoneHome**

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WHEN BUYING INGREDIENTS.

## Did You Know?

### March is Florida Bicycle Month!

Safe drivers help keep bicyclists safe on our roadways by staying calm and focused behind the wheel.

Check out these custom Do Not Disturb messages and safe driving playlists:



*Let's Get Everyone Home Safely*



TargetZeroFL.com



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

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

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

