



# SAFETY ADVISOR

MARCH 2022



## March is All About Our Eyes

While March is workplace eye wellness month it is still important to care of your eyes all year long. Taking care of your eyes should always be a priority while you are working. Many eye injuries are irreversible and can be permanent. Workplace eye wellness month is a great time to educate yourself and fellow workers about protecting your and their vision while working. Safety meetings are a great place to discuss eye safety. Learning about the proper use of machines and harmful chemicals will help to greatly reduce eye problems.

### Causes of Eye Injuries in the Workplace

There are hundreds of chemicals, machines, and other miscellaneous items in the workplace that can cause eye injuries. It is important to learn about the different dangers that lurk in the workplace and could permanently injure their eyes.

- Chemicals
- Power Tools
- Wood Dust
- Bleach
- Lawn Mowers

- Paints
- Nails
- Gasoline
- Hand Tools
- Welding

These are the most reported causes of eye injuries in the workplace. Since March is eye wellness month, this is the best time to discover ways to reduce the hazards and start protecting your eyes.

### Eye Protection Gear

There are several different ways to protect your eyes from the dangers in the workplace. During eye wellness month you should go over the types of eye protection safety equipment that can be used while working. Contact your District Safety Office to understand the proper way to use and wear the eye safety gear.



<http://www.preventblindness.org>



#### INSIDE THIS ISSUE:

<i>All About Our Eyes</i>	1
<i>Target Zero Update</i>	2
<i>ART Balance &amp; Stability</i>	3
<i>Bicycle Safety</i>	4
<i>Eat Right</i>	5
<i>Holiday Histories</i>	7
<i>Word Search</i>	8
<i>Safety Slogans</i>	9
<i>Calendar</i>	10



## Did you know?

**On average, eight people are killed every day on Florida's roads. Even one fatality is too many. Florida's Target Zero initiative is working toward zero fatalities on our roadways.**

Last month, FDOT 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.

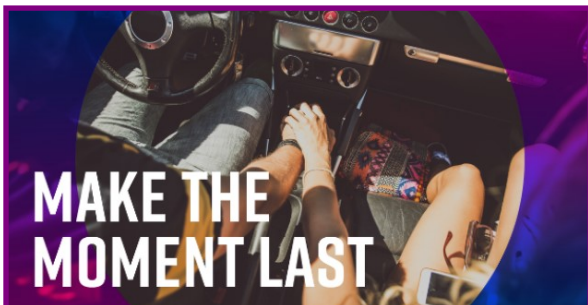
This month, FDOT and our safety partners will be launching more specific messaging in social media, aimed to influence safer behaviors behind the wheel. Please follow along in Facebook, Instagram, and Twitter and like, comment, and share with others! Visit [www.TargetZeroFL.com](http://www.TargetZeroFL.com) for more ways to help!



Speeding citations are on the rise in Florida, and speed greatly increases the severity of injuries if a crash occurs. Help us bring traffic fatalities to zero by slowing down & paying attention behind the wheel. #TargetZeroFL



#DYK that listening to Elton John can make you a safer driver? Science says so. What's your safe driving song? (Ours is definitely Tiny Dancer.) Just be sure to set that playlist before you hit the road – never drive distracted. #TargetZeroFL



First date? Drive safely so that you pick them up on time. Car crashes are a leading cause of death among young men in Florida. Drive safe for that second date. #TargetZeroFL

**Want to become a Target Zero Ambassador and help influence safer behaviors? Together we can save lives! Please visit our Sharepoint site at: [Target Zero Ambassador \(sharepoint.com\)](http://TargetZeroAmbassador.sharepoint.com)**



## March is Florida Bicycle Month!



In our efforts to Attract, Retain, and Train an exceptional Work Force, FDOT's Vital Few ART Team aims to support our employees' balance and stability. An element of this is physical health, including physical activity. March is Florida Bicycle Month, so in line with this ART Team's focus, this is a great time to explore the great bicycling infrastructure in your area for both transportation and recreation!



# LET'S GET PHYSICAL.

### DID YOU KNOW?

Physical wellness is actively pursuing and maintaining a healthy lifestyle. Making informed decisions regarding all areas of health and preventative care are important. Positive physical health habits can help decrease stress, lower the risk of disease, and increase energy.

#### STAY PHYSICAL through:

- Consistent healthy nutrition
- Diligent self-care
- Purposeful relaxation
- Regular exercise
- Adequate sleep



For more information on FDOT's ART Team and Balance and Stability, please visit: [Your Physical Wellness](#)



## Bicycle Safety

Did you know that by law children under the age of 16 must properly wear an approved bicycle helmet? (Sec. 316.2065(3)(d), Florida Statutes)

Bicycling is a good source of family oriented exercise and an environmentally friendly mode of transportation. But many cyclists are putting themselves at un-necessary risk. Look around. Do you see a lot of families bicycling? Look again - are only the children wearing helmets? First, you are increasing your risk of head injury and brain trauma every time you ride without a helmet. Second, you are not setting a good safety example for your children or others. Use by adults promotes and supports the practice among younger riders.

Do as I say and not as I do is not the way to instill good behavior of any kind in others. Setting a good example works at home and on the job. If co-workers see us setting a good example by taking necessary pre-cautions and being safe, they may be encouraged to adopt a safety culture of their own and do their jobs in a safer manner.

Wearing a bicycle helmet generally doesn't prevent a cyclist from crashing (except if it helps a motorist notice the cyclist sooner). It reduces the risk of head injury in the event of a crash. Head injuries account for about one eighth of the emergency room visits of injured cyclists. However, they account for about 70% of cyclists' *fatal* injuries. Based upon numerous studies on the subject, it is estimated that helmet use reduces the risk of fatal injury in a cyclist crash by approximately 70%.

<http://safety.fhwa.dot.gov/index.htm>  
<http://www.saferoutesinfo.org/>  
<http://www.nhtsa.dot.gov/>  
<http://bicyclesafe.com/>



## Informational Tips For Safe Bicycling

- ◇ **Select a bike that fits** - rely on the experts at a good bicycle shop.
- ◇ **Choose the right helmet** - make sure it is approved and fits properly.
- ◇ **Obey the rules of the road** - bicycles are vehicles, ride with the flow of traffic.
- ◇ **Stay visible** - wear bright and reflective clothing and use lights front and back.
- ◇ **Maintain good form while riding and stay in shape** - proper posture while biking reduces the likelihood of discomfort.
- ◇ **Stay cool and well hydrated** - wear light-weight clothes and drink plenty of water.
- ◇ **Wear the proper shoes** - wear shoes with rigid soles and void flip flops.
- ◇ **Keep your bike well maintained** - routine maintenance is a must.
- ◇ **Teach your children well** - take the time to teach your kids the rules of safe biking.
- ◇ **Avoid biking in bad weather whenever possible** - avoid rainy or foggy conditions.



# Eat Right

## 16 Health Tips for 2022

Dedicate yourself to a healthy lifestyle in 2022 with these food, nutrition and physical activity tips.

### 1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.

### 2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

### 3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

### 4. Be Active

Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

### 5. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the My Plate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

### 6. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

### 7. Consult an RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists (RDN) can help you by providing sound, easy-to-follow personalized nutrition advice.

### 8. Follow Food Safety Guidelines

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth. Learn more about home food safety at [www.homefoodsafety.org](http://www.homefoodsafety.org).

Cont'd Page #6

## 9. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. The collection of How do I...videos at [www.eatright.org/howdoi](http://www.eatright.org/howdoi) will get you started.

## 10. Dine Out without Ditching Your Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

## 11. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

## 12. Banish Brown Bag Boredom

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

## 13. Drink More Water

Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.

## 14. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family. Try different versions of familiar foods like purple asparagus, Honey crisp apples, or quinoa.

## 15. Eat Seafood Twice a Week

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

## 16. Cut Back on Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information



# March Holiday Histories

## Spring Begins History

Spring traditionally marks the end of Winter and the beginning of a season that signifies longer days and warmer temperatures. The first day of Spring is also known as the Vernal Equinox. This marks the day that the path of the Sun is directly over the equator. This day also contains equal amounts of day time and night time. This day typically occurs each year on March 20, and on March 21 on some years.

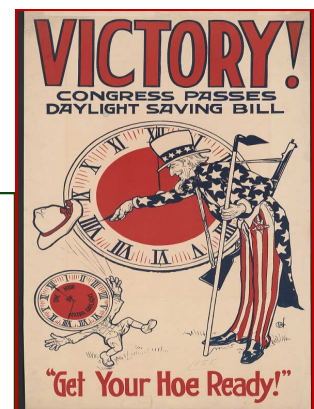
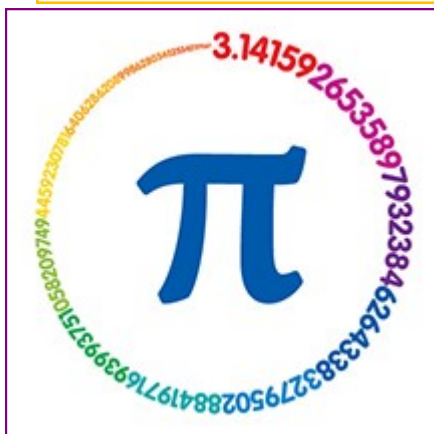
## Saint Patrick's Day History

Saint Patrick was a priest and former slave and who is known converting the Irish to Christianity. St. Patrick is the patron Saint of Ireland.

## Daylight Savings Time Begins History

Daylight Savings Time was begun in an effort to help save energy and provide workers with more hours of serviceable daylight during the long summer days. Daylight Savings Time (DST) was first introduced in the U.S. in 1918. However, it was not until 1966, when the Uniform Act was passed, that all states had to either observe DST or pass a state law to abstain.

**National Pi Day**—March 14th is a time to celebrate the mathematical  $\pi$  Symbol, which represents the value 3.1415926535897932384626433832..., but is often approximated to 3.14, which is why 3/14 is the date of National Pi Day every year.



# Word Search Puzzle

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

ART  
 DAYLIGHT SAVINGS  
 FRUITS  
 MARCH  
 SAFETY  
 SPRING

BICYCLE  
 DIETITIAN  
 HAND TOOLS  
 NUTRITION  
 SEAFOOD  
 SUNRISE

BIKE HELMUT  
 EYES  
 HEALTHY  
 PI DAY  
 SODIUM  
 TARGET ZERO

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  
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# SAFETY SLOGANS

 **Don't Let  
Your Luck  
Run Out**

**Designate a  
Sober Driver**



FUNDED BY FDOT



**Hotline**

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



**Hotline**

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



**Hotline**



**Hotline**



**Hotline**



**Hotline**

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



# March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
6	7	8	9	10	11 PAY DAY	12
13  Daylight Saving Time Begins	14  HAPPY $\pi$ 3.14159265 PI DAY	15	16	17 St. Patrick's Day	18	19
20  First Day of Spring!	21	22	23	24	25 PAY DAY	26
27	28	29	30	31	1	2

## THE MONTH OF MARCH

March 2022 is Observed as	Women's History Month; National Nutrition Month; Irish-American Heritage Month; American Red Cross Month; and National Colorectal Cancer Awareness.
Birthstone	Aquamarine, Bloodstone & Jade.
Fruit & Veggies for the Month	Kiwi; Canistel; Grapefruit; Tamarillo; Feijoa; Red Banana; Kiwano Melon; and Green Onions.
March Flower	Daffodil.
Astrological Signs	Pisces (till 20th) & Aries (21st→).
Other Notable March Dates & Events	Mar 6-12: National Consumer Protection Week.