

# SAFETY ADVISOR



MAY 2022



On May 4<sup>th</sup>, the Central Office Attract, Retain, and Train Team hosted the first All About You Fair to showcase the benefits we all have as FDOT and State of Florida employees. The fair was well attended and a wonderful success!

Here are some of the booths that were represented:

- FDOT/FSU Credit Union
- Office of Comptroller
- Human Resources
- Sick Leave Pool
- Organizational Development
- Employee Benefit Fund
- Office of Information Technology
- Prepaid Legal Services/post tax benefits
- Department of Management Services, Division of Retirement
- Safety Office
- Safe Mobility for Life
- Capital Insurance
- Support Services
- Colonial Life

Thank you to all involved in planning this event and to those who attended!



“The Safety Office shared information about Florida’s Strategic Highway Safety Plan, Target Zero initiative, the Safety Ambassador Program for employees, as well as bicycling safety tips, teen driving safety resources, and demonstrations for impaired and drowsy driving. Staff had a photo-op with our safety mascot Walker and signed a collective pledge to travel safely while driving, walking, and biking.”

**INSIDE THIS ISSUE:**

|                               |    |
|-------------------------------|----|
| <i>All About You</i>          | 1  |
| <i>Safe Driving Guide</i>     | 2  |
| <i>Bicycle Safety</i>         | 3  |
| <i>Youth Traffic Safety</i>   | 5  |
| <i>Bike/Ped Health</i>        | 6  |
| <i>Hurricane Preparedness</i> | 8  |
| <i>Ride Smart Florida</i>     | 11 |
| <i>Word Search</i>            | 12 |
| <i>Safety Slogan</i>          | 13 |
| <i>Calendar</i>               | 14 |



# SAFE DRIVING GUIDE FOR TEENS AND PARENTS

**Teen driving risks are real.** Though we've all had the experience of being a new driver, we don't always remember the challenges and anxieties that came with it. Your teen needs your help to stay safe on the road. Your involvement can make a difference.

Car crashes are the leading cause of preventable death for teens. Are you ready to keep your teen driver safe? Scan the QR code below to download the **Safe Driving Guide for Teens and Parents**.



## PARENT SECTION

- How to Communicate, Set Expectations and Limitations
- Understanding Teen Risk Behavior
- Experience Behind the Wheel (Graduated Driver Licensing)
- Shocking Statistics
- Eight Danger Zones
- Parent/Teen Driver Contract

## TEEN SECTION

- How to Communicate (with your Parents)
- Seeking Out Different Avenues to Get Driver Training
- How Does GDL Work?
- How to Gain Experience on the Road
- Keeping Yourself Safe on the Road
- Buckling Up: Why Should I?
- Driver Log for Hours/Weather Conditions



The **Safe Driving Guide for Teens and Parents** is an all-encompassing safety guide that will help you sort out all of the questions and issues that may arise when your teen gets behind the wheel. The guide also includes a driver log sheet to help track the hours and weather conditions during which your teen is gaining experience on the road.

Visit the Teen Safe Driving Coalition website: [FLTeenSafeDriver.org](http://FLTeenSafeDriver.org)  
Email the Teen Safe Driving Coalition: [Info@FLTeenSafeDriver.org](mailto:Info@FLTeenSafeDriver.org)



Scan the QR code to download the **Safe Driving Guide for Teens and Parents**



## Preventing Two-Wheeled Tragedies: The Mistakes We All Make

May is National Bike Month. It is the unofficial beginning of the summer and with that comes much warmer weather.

So in the warmer summer months, more people are out bicycling for exercise, recreation, or to run errands, commute to work, or conserve energy. While a bicycle can offer many health, financial, and environmental benefits, it can also bring the dangers associated with any vehicle.

Cyclists and drivers make mistakes that contribute to crashes, but when a crash happens involving a cyclist and a car, SUV, pickup truck, or bus, it is the cyclist who is likely to be injured or killed.

Many crashes could be avoided if all bicyclists and motorists followed the rules of the road.

### Rules for Biking on the Road

In all States, bikes on the roadway are considered vehicles, and bicyclists are the drivers of those vehicles, with the same rights and responsibilities as other motorists to follow the rules of the road, including:

**Go With the Traffic Flow.** Ride on the right side in the same direction as other vehicles. Go with the flow, not against it.

**Obey All Traffic Laws.** As the driver of your vehicle on the road, obey all traffic signs, signals, and lane markings.

**Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.

**Yield to Traffic.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), slow down, look for traffic, and go only when it's clear. Also yield to pedestrians in a crosswalk.

**Stay Alert at All Times.** Use your eyes AND ears. Look for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. Listen for traffic and avoid dangerous situations; don't use personal electronic devices when you ride.

**Look Before Turning.** When turning left or right, always look behind you for a break in traffic, and then signal before making the turn. Watch for left- or right-turning traffic.

**Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

**Remember to:**

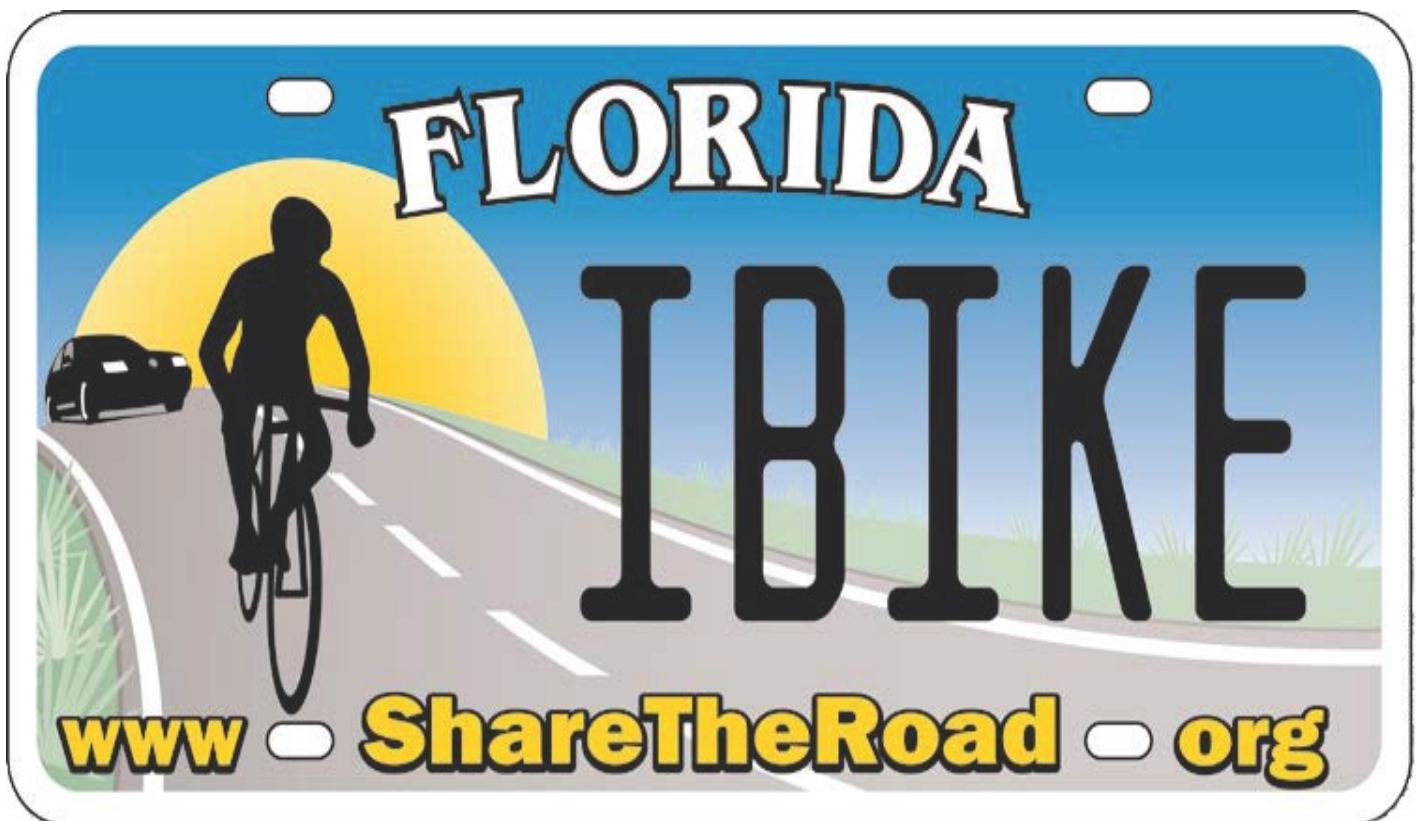
**Check Your Equipment.** Before riding, inflate tires properly and check that the brakes work.

**See and Be Seen.** Whether daytime, dawn, dusk, foul weather, or at night. Wear neon, fluorescent or other bright colors when riding, to make yourselves the most visible to others. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.

**Control Your Bike.** Ride with two hands on the handlebars unless signaling a turn. Place books and other items in a bike carrier or backpack.

**Watch for and Avoid Road Hazards.** Look for hazards that may make you crash, such as potholes, broken glass, gravel, puddles, leaves, and dogs. If riding in a group, the rider in front should yell and point to hazards to alert other riders.

**Avoid Riding at Night.** It's harder for other road users to see bicyclists at dusk, dawn or nighttime. Use reflectors on the front and rear of the bike. White lights and red rear reflectors or lights are required by law in all States.



# MAY IS YOUTH TRAFFIC SAFETY MONTH



## **Bicyclist and Pedestrian – Nutrition and Hydration**

Robert L. Wallace, CSP, PE  
Safety and Health Manager - District Seven

Let's start with some positives!

Walking is an ideal exercise for many people—it doesn't require any special equipment, can be done any time, any place, and it is generally safe. Also, many studies have demonstrated that this simple form of exercise substantially reduces the chances of developing heart disease, stroke, and diabetes in different populations. Although walking has health benefits at any pace, brisk walking (3 miles per hour) is more beneficial than slow walking for weight control.

A report from the Nurses' Health Study II suggests that bicycling offers similar benefits to brisk walking. Regular cycling stimulates and improves your heart, lungs and circulation, reducing your risk of cardiovascular diseases. Cycling also strengthens your heart muscles, lowers resting pulse and reduces blood fat levels.

Researchers followed more than 18,000 women for 16 years to study the relationship between changes in physical activity and weight. On average, women gained about 20 pounds over the course of the study. Women who increased their physical activity by 30 minutes per day gained less weight than women whose activity levels stayed steady. But the type of activity made a difference: Women who added bicycling or brisk walking to their activity regimens were able to curb their weight gain, but women who added slow



walking were not.

Nutrition and hydration are very important for being prepared. And being prepared can mean more enjoyment as well as contributing to a safe trip. Understanding what nutrition and hydration needs are before starting your exercise can help prevent injuries.

### **HYDRATION 101**

- Drink before you are thirsty
- Drink plenty of water at least 30 minutes before your walk or ride
- Carry water if you can
- Know where on your trip you can find water
- Hydration can start more than 24 hours before your long, long trip



## WALKING HYDRATION RULES:

- **Electrolytes:** When your walk is going to be longer than two hours, a sports drink or salty foods such as pretzels can help with water absorption in the body as well as replacement of salt, plus provide carbohydrates for energy.
- **Flavor:** Make your water taste good so you will want to drink more. You can add a squirt of lemon or other flavorings to your water.
- **High altitude and weather conditions:** You lose even more fluids at high altitudes, in hot conditions, and when the humidity is low, and you may need to drink more than usual. Again, let thirst be your guide, and drink as soon as you feel thirsty.<sup>4</sup>
- **Sweating:** You are likely to get thirsty more frequently when you are sweating, so be prepared to have more access to fluids when you know you will be sweating.
- **Thirst:** Make it a habit to do a mental "thirst-check" every 15 minutes or so. If you are thirsty, consume enough water to make you feel comfortable.
- **Water:** For walks of two hours or less, plain or flavored water is the best drink.

## FURTHER BIKE HYDRATION RULES:

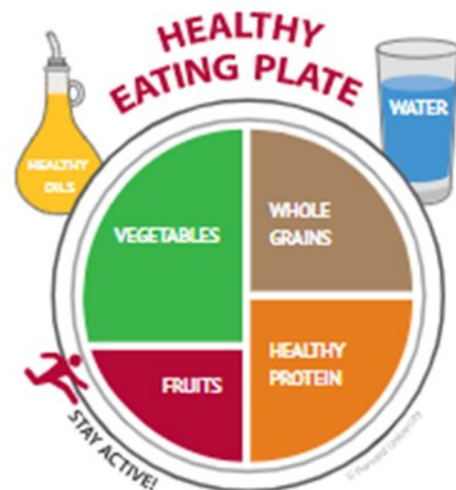
- You will perspire.
- Super-hydrate! Consume more water than normal the day before the ride.
- Each 12-14 Miles: Drink one water bottle (20 oz.) in small amounts.
- Hot and humid? Drink more water and alternate with high quality sport drink.
- Feel light-headed or ill?

Get off your bike in the shade and re-hydrate!



## NUTRITION 101

- Eat Smart!
- Energy = carbohydrates, fats and proteins.
- Carbohydrates = primary energy for bicycling.
- Fats = source of energy for longer endurance rides.
- Proteins = maintain and repair muscles.
- Simple Carbohydrates.
- “Sugars” in fruit and vegetables and provide quick energy.
- Complex Carbohydrates  
“Starches” provide long-term energy



## **HURRICANE PREPAREDNESS**

When a storm threatens, what should you do? Hurricane preparedness is merely a matter of planning ahead. Hurricane threats come in many forms, including storm surge, high winds, tornadoes, and flooding.

### **Before the Hurricane Season Begins**

- Develop a plan. Know your homes vulnerability to the threats above - surge, wind, and flooding.
- Discuss the type of hazards that could affect your family.
- Locate a safe room or the safest areas in your home for each hurricane hazard. In certain circumstances the safest areas may not be your home but within your community.
- Determine escape routes from your home and places to meet. These should be measured in miles rather than tens of miles.
- Have an out-of-state friend as a family contact, so all your family members have a single point of contact.
- Make a plan now for what to do with your pets if you need to evacuate.
- Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- Check your insurance coverage - flood damage is not usually covered by homeowners insurance.
- Stock non-perishable emergency supplies and a Disaster Supply Kit.
- Use a NOAA weather radio. Remember to replace its battery every 6 months, as you do with your smoke detectors.
- Take First Aid, CPR and disaster preparedness classes.

### **An Approaching Storm**

As a storm approaches, you should prepare your house and your yard. Some things to consider:

- Turn down the temperature on your freezer and refrigerator as low as possible. This will buy you more time in the event of a power loss. 24 to 48 hours before will cool the food. Avoid opening them whenever possible. If you are evacuating, probably unnecessary.
- Before you evacuate, call at least one person out of state to let them know your plans.
- Ensure that your Hurricane Emergency Kit is fully stocked.
- Charge electronic devices, for example, computers, cell phones, rechargeable batteries, razors, and the like.
- Make extra ice, bag it - this will be useful to use and to keep the freezer cold.
- Do the same with your home air conditioner. It gets very hot and very humid very quickly. If you are evacuating, this is not necessary.
- If you have a generator, do NOT run it inside or near the house. But make sure you have fuel to run it.



## Hurricane Preparedness Cont'd

- Make sure your car has fuel.
- Pick up yard debris - patio furniture, tools, decorative items, branches - anything loose that could become a missile. Consider placing patio furniture in the pool upon occasion.
- Secure boats, trailers, campers, RVs, and the like in the safest place you can find. Tie them down, anchor them, or however you can best secure them. But, take into account that there may be a storm surge.
- Secure all doors and windows with locks, and shutters if available. Plywood, properly secured, can be effective. Don't forget your garage doors.
- Move items that may be damaged by water to higher areas of your home if you can not take them with you if evacuating. Move them away from windows in case they are broken.
- Huge items must even be secured in big storms. An engine block was found 40 or 50 feet up in a pine tree in the Homestead (actually Redlands) area after Andrew. Don't think that something is too big to be moved by the wind.
- Re-check tie-downs.
- Bring cars, bikes, scooters and anything like that into your garage if possible.
- Bring in grills or other cooking items.
- Bring in hoses, trash cans, hot tub covers, wind-chimes, plants.
- Caulk and fill bathtubs - extra water comes in handy for toilets and more..
- It may sound strange, but do your laundry, dishes, and take a shower. Why? Because if you lose power, having as much clean as possible will make a big difference.
- Check if your pool pump should be on or off.
- Close and fasten gates so they don't swing.
- Close chimney flues.
- Close/latch inside doors and cabinets.
- If you have time, help your neighbors. Debris in their yards can easily impact your home and yard.

### During a Storm

- Stay inside, away from windows.
- Be alert for tornadoes
- Stay away from flood waters and storm surge. It can be deceptively strong.
- Be aware of the eye. It may be calm, but winds can and will pick up quickly and could catch you outside.
- Un-plug electronic devices that are not in use to avoid surge damage. This is less likely that during afternoon thunderstorms because lightening is rare in a hurricane, but it is better to be safe.

### After a Storm

- Know power safety - avoid downed lines .
- Know food safety - what is good and for how long.
- Chain saw safety is critical .

## Hurricane Preparedness Cont'd

- Generator safety is important too
- Water treatment - whether water needs to be boiled or not.
- Listen to local officials.
- Use flashlights instead of candles.
- Inspect your home for damage.
- Stay off roads as much as possible.
- You may need to super-chlorinate your pool.

# DISASTER SUPPLY KIT

- **Water - at least 1 gallon daily per person for 3 to 7 days.**
- **Food - at least enough for 3 to 7 days non-perishable packaged or canned food / juices.**
- **Foods for infants or the elderly.**
- **Snack foods.**
- **Non-electric can opener.**
- **Cooking tools / fuel.**
- **paper plates / plastic utensils**
- **Blankets / Pillows, etc.**
- **Clothing - seasonal / rain gear/ sturdy shoes.**
- **First Aid Kit / Medicines / Prescription Drugs.**
- **Special Items - for babies and the elderly.**
- **Toiletries / Hygiene items / Moisture wipes.**
- **Flashlight / Batteries.**
- **Radio - Battery operated and NOAA weather radio.**
- **Telephones - Fully charged cell phone with extra battery and a traditional (not cordless) telephone set.**
- **Cash (with some small bills) - Banks and ATMs may not be available for extended periods.**
- **Keys.**
- **Important documents - in a waterproof container or watertight resealable plastic bag (insurance, medical records, bank account numbers, Social Security card, etc.).**
- **Tools - keep a set with you during the storm.**
- **Vehicle fuel tanks filled.**
- **Pet care items/proper identification / immunization records / medications/ample supply of food and water/a carrier or cage/muzzle and leash.**
- **Portable Generator w/fuel.**

<http://www.nhc.noaa.gov>

<http://www.hurricane.com>

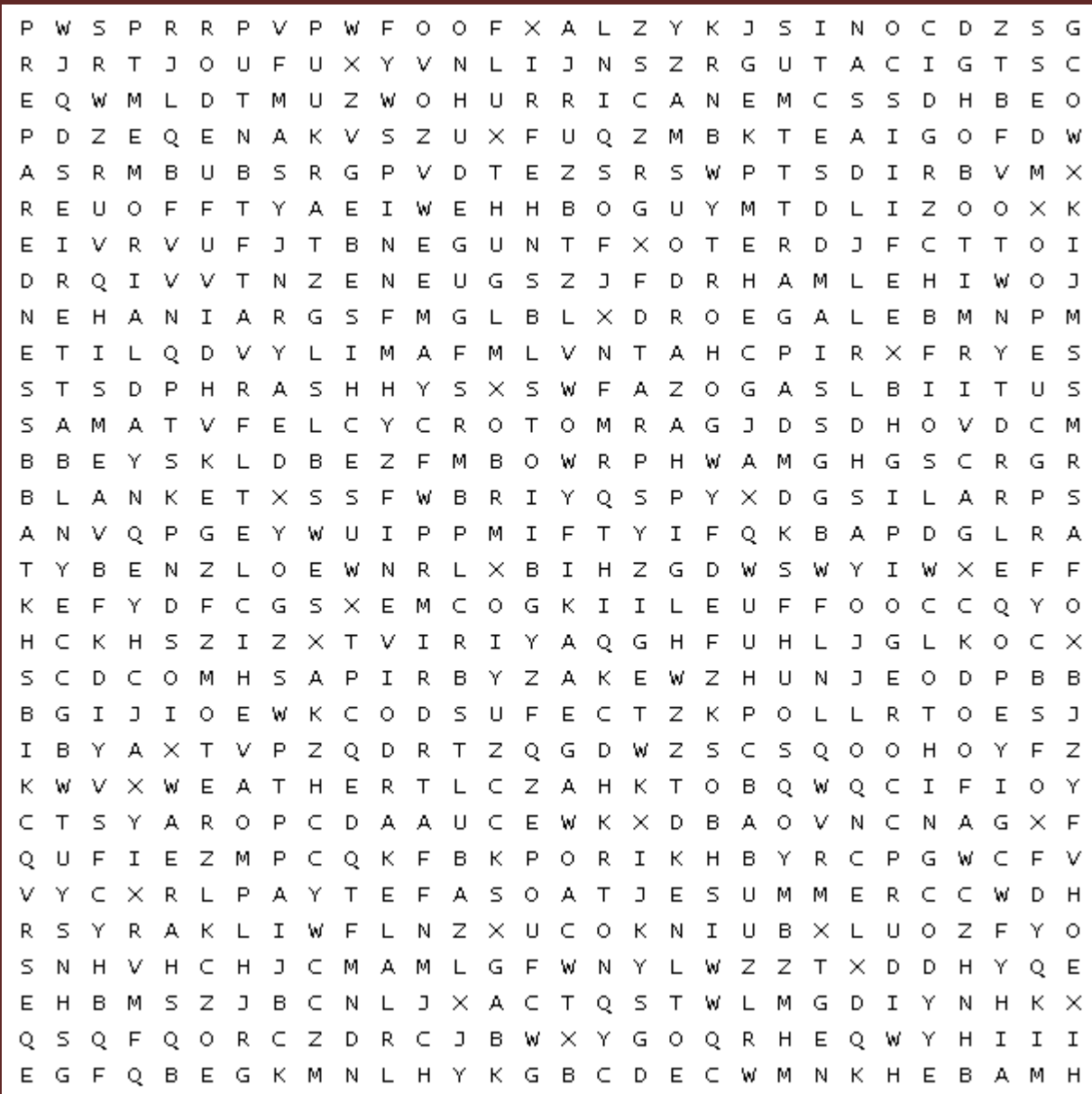
**MAY IS  
MOTORCYCLE  
SAFETY  
AWARENESS  
MONTH**



**RIDE SMART FLORIDA**



# Word Search Puzzle



BATTERIES  
BIKE  
CASH  
CLOTHING  
DISASTER  
FAMILY  
FLASHLIGHT

FUEL  
GENERATOR  
HAZARDOUS  
HEADLIGHTS  
HURRICANE  
MEDICINES  
MEMORIAL DAY  
MOTHERS DAY

PREPAREDNESS  
RADIO  
SAFETY  
SAFETYBELTS  
SHARE  
STORM  
SUMMER

BLANKET  
TARPS  
TEENS  
TICKET  
VEHICLE  
WATERPROOF  
WEATHER

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 and not the producers of this Newsletter.

# SAFETY SLOGANS

**A mistake you see but do nothing to fix,  
becomes your mistake too.**



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

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



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May 2022

| Sunday                                  | Monday                              | Tuesday | Wednesday | Thursday | Friday                                     | Saturday |
|---|-------------------------------------|---------|-----------|----------|--|----------|
| 1<br>National Heatstroke Prevention Day | 2                                   | 3       | 4         | 5        | 6<br>PAY DAY                               | 7        |
| 8<br>Mother's Day                       | 9                                   | 10      | 11        | 12       | 13   | 14       |
| 15                                      | 16                                  | 17      | 18        | 19       | 20<br>National Bike to Work Day<br>PAY DAY | 21       |
| 22                                      | 23                                  | 24      | 25        | 26       | 27   | 28       |
| 29                                      | 30<br>Memorial Day<br>State Holiday | 31      | 1         | 2        | 3<br>PAY DAY                               | 4        |

NATIONAL POLICE WEEK

National Safe Boating Week

## THE MONTH OF MAY

|                                  |  |
|----------------------------------|--|
| May 2022 is Observed as          | Motorcycle Safety Awareness Month; National Bike Month; National Physical Fitness and Sports Month; National Mental Health Awareness Month; Healthy Vision Month; National Foster Care Month; National Mobility Awareness Month; Older Americans Month; National Building Safety Month; and National Youth Traffic Safety Month. |
| Birthstone                       | Emerald.   |
| Fruit & Veggies for the Month    | Mangos; Limes; and Potatoes.   |
| May Flower                       | Lily of the Valley & Hawthorn.   |
| Astrological Signs               | Taurus (till 20th) & Gemini (21th →).  |
| Other Notable May Dates & Events | May 1-7: Be Kind to Animals Week; May 1: Law Day; May 1: Loyalty Day; May 1  |