



# SAFETY ADVISOR



NOVEMBER 2022

## World Day of Remembrance for Road Traffic Victims is November 20, 2022

### Road traffic injuries - leading cause of death for people aged 5-29 years.

World Day of Remembrance for Road Traffic Victims seeks to remember those who have been killed or seriously injured in road traffic incidents. This day also recognizes the dedication of emergency crews, police, and medical professionals. It aims to acknowledge and thank them for their hard work.

More than half of all road traffic deaths are among vulnerable road users: pedestrians, cyclists, and motorcyclists. Pedestrians, cyclists, and riders of motorized 2- and 3-wheelers and their passengers are collectively known as "vulnerable road users" and account for half of all road traffic deaths around the world. A higher proportion of vulnerable road users die in low-income countries than in high-income countries.

The objectives of the World Day of Remembrance for Road Traffic Victims are to provide a platform for road traffic victims and their families to:

- remember all people killed and seriously injured on the roads;
- acknowledge the crucial work of the emergency services;
- advocate for better support for road traffic vic-

tims and victim families;

- promote evidence-based actions to prevent and eventually stop further road traffic deaths and injuries.

The World Day of Remembrance for Road Traffic Victims 2022 puts the spotlight on the reduction of travel speeds, which have the potential to prevent many deaths and serious injuries, in particular those of pedestrians and all other vulnerable road users – children, elderly and the disabled.



<https://www.un.org/en/observances/road-traffic-victims-day>

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HONORING ALL WHO SERVED

November 11, 2022

# VETERANS DAY

DUTY • HONOR • COUNTRY



# Facts About Drowsy Driving

## **Driving while Drowsy – What’s the Harm?**

Most people are aware of the dangers of driving while intoxicated, but many do not know that drowsiness also impairs judgment, performance and reaction times just like alcohol and drugs. Studies show that being awake for more than 20 hours results in an impairment equal to a blood alcohol concentration of 0.08, the legal limit in all states.

The National Highway Traffic Safety Administration conservatively estimates that 100,000 police reported crashes each year are caused primarily by drowsy driving and that such crashes result in more than 6400 deaths, 71,000 injuries and \$12.5 billion in monetary losses. According to National Sleep Foundation surveys, half of American adults consistently report that they have driven drowsy and approximately 20% admit that they have actually fallen asleep at the wheel in the previous year. This article outlines the important facts about sleepiness behind the wheel and offers tips to help you drive alert and arrive alive.

## **Watch Out for Signs of Sleepiness**

Most people are not very good at predicting when they are about to fall asleep. But there are keywarning

- Trouble focusing, keeping your eyes open or your head up.
- Yawning or rubbing your eyes repeatedly.
- Daydreaming and wandering thoughts.
- Drifting from your lane, tailgating and missing signs or exits.
- Feeling restless, irritable or aggressive.
- Turning up the radio or rolling down the window.
- Slower reaction time, poor judgment.

These are signs that you may be at risk of falling asleep behind the wheel. If you experience any of these, pull over immediately at a safe place, switch drivers, take a short nap, consume caffeine or find a place to sleep for the night.

## **Preventing a Fall-Asleep Crash**

The best way to avoid a drowsy driving crash is to get adequate sleep on a regular basis, practice good sleep habits, and to seek treatment for sleep problems, should they arise. In addition, here are some important driving dos and don'ts:

### **DON'T**

- Drive if you are tired or on medication that may cause drowsiness. (Check medication labels and speak to your doctor).

*Cont'd Page 4*

## Facts Cont'd

### DON'T

- Rely on the radio, an open window or other tricks to keep you awake.
- Drive at times when you would normally be sleeping.
- Drink even a small amount of alcohol, especially if you are sleepy.

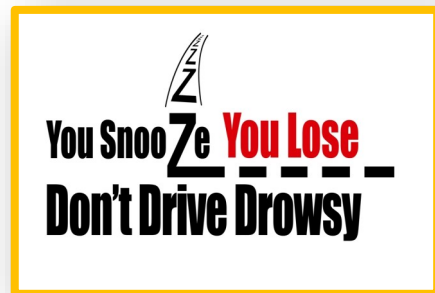
### DO

- Get a good night's sleep before a long drive.
- Get off the road if you notice any of the warning signs of fatigue.
- Take a nap – find a safe place to take a 15 to 20-minute nap.
- Consume caffeine – the equivalent of 2 cups of coffee can increase alertness for several hours, but DO NOT rely on it for long periods.
- Try consuming caffeine before taking a short nap to get the benefits of both.
- Drive with a friend. A passenger who remains awake can help watch for signs of fatigue in the driver and can take a turn driving, if necessary.
- Always wear your seatbelt. When we drive, we take responsibility for our own safety and the safety of others on the road with us. No trip is worth a life. Before you hit the road, keep these tips in mind so that you can

## Drowsy Driving – Who's Most at Risk?

Anyone who drives is at risk of falling asleep at the wheel, but some groups of people are more at risk than others. They include:

- **Young drivers** – Combining inexperience with sleepiness and a tendency to drive at night puts young people at risk, especially males aged 16-25 years.
- **Shift workers and people working long hours** – People who work night shifts, rotating shifts, double shifts or work more than one job have a six-fold increase in drowsy driving crashes.
- **Commercial drivers** – Those who drive a high number of miles and drive at night are at significantly higher risk for fall-asleep crashes. Commercial drivers have also been found to be at a high risk for sleep disorders.
- **People with untreated sleep disorders such as obstructive sleep apnea (OSA)** – People with untreated OSA are up to seven times more likely to have a drowsy driving crash. For some people insomnia can increase fatigue.



<http://drowsydriving.org>

**It's Time... To Turn Back The Clock**



**Bicycling in the dark? Lights are required in Florida:**

*A white light in front and red light and reflector on the back,  
between sunset and sunrise*

**Let's Get Everyone Home.**



**TargetZeroFL.com**



# **Tools and Techniques Used in an Accident/Incident Investigation**

**By Mark B. Eacker, MS, MBA, GSP**

## **Occupational Safety and Health Programs**

The normalization of deviance is defined as: The gradual process through which unacceptable practices or standards become acceptable. As the unwanted or deviant behaviors are repeated without catastrophic results, they become the social norm for the organization (Vaughn, 1996).

The practical tools used in an accident investigation by incident investigators to identify normalization of deviance includes using evidence to develop an events and causal factors chart; using a Haddon Matrix to generate and plan for possible countermeasures to mitigate future risks; using previous incident investigation reports in published literature or other valid sources; and using analysis techniques, which consist of change analysis, barrier analysis, and analytical tree techniques (Jensen, 2012).

An events and causal factors chart tool enables incident investigators to use sequence evidence to create a sequential chart of events, and contributing factors associated with the events. This technique not only assists incident investigators to identify normalization of deviance, but also helps those reading the report to understand the conditions associated with the event such as omitted events, enabling conditions, facts associated with the incident, and the contributing factors that led to the event (Jensen, 2012).

Incident investigators use a Haddon Matrix to develop and organize possible countermeasures to mitigate future risks. This tool uses a matrix with three columns that categorize an injury or fatality. For example, in an incident that led to a construction worker falling from the fourth floor of a construction building, the columns would include a pre-crash, crash, and post-crash columns for elements that can be modified to make the system better (Jensen, 2012).

The tool of learning from previous incident investigations in published literature such as books, magazines, journals, and other valid sources like relevant governmental agencies websites enables incident investigators to learn important lessons about an incident. The significance of this tool is that lessons or information about a given management system's weakness can be applied across various industries.

*(Tools and Techniques Used in an Accident/Incident Investigation cont'd. on page 7)*

Another tool that incident investigators can use to investigate normalization of deviance is the analysis tool comprised of the change analysis technique, barrier analysis technique, and the analytical tree technique. Change analysis technique entails the incident investigation team conducting a comparison of two events scenarios or situations. This technique is used after the occurrence of an incident to compare the occurred events with events in a standard procedure scenario. For example, in the incident where the construction worker fell from the fourth floor of the construction building, a change analysis could establish that the worker was not using work practices similar to the standard operating procedures in the past (Jensen, 2012).

The barrier analysis technique can be used by an incident investigation team to identify ways that can help a system to avoid or eliminate hazards before they harm people that the system seeks to protect. These protective means are comprised of administrative approaches and physical barriers and include barriers used as radiation shields or machine guards. The barrier technique also includes engineering systems in monitoring processes, establishing compromise of safe tolerance levels, and response such as communication with employees through warning alarms, signs, or initiating corrective response (Jensen, 2012).

The last technique that incident investigators can use to identify normalization of deviance is the analytical tree technique. This technique enables incident investigators to identify faults and failures that led to the undesired event by using deductive logic. For example, if the top event of the fault tree has the previous stated illustration of a construction worker dying as a result of the fall from the fourth floor of the construction building, the investigation team can identify the normalization of deviance by working downward and examining every lower fault event. The incident investigation team uses the evidence for each lower event to establish if it took place or not. Incident investigators seeking to identify normalization deviance use this technique to eliminate hypothesized failures from being used as the cause of the event.

#### References

- Jensen, R. C. (2012). *Risk-reduction methods for occupational safety and health*. Hoboken, NJ: John Wiley & Sons.
- Vaughan, D. (1996). *The Challenger launch decision : risky technology, culture, and deviance at NASA*. Chicago: University of Chicago Press

# HOW TO PROTECT YOUR HOME AGAINST FIRE

**Mr. Louis Dixel, FCCM  
District 4 Safety & Health Manager**

Although the number of people killed in fires in the United States has been on the decline, the number is still high. Recent stats show in Year 2020 approximately 3,500 people were killed in fires in the United States. In that total, exactly 2,580 deaths, took place at home. Another stat 11,500 people suffered fire-related injuries while at home. While it's not possible to completely fireproof your home, there are a few simple steps you can take:

## **The Kitchen:**

- Since 49% of all fires start in the kitchen, lets tackle the #1 cause of house fires.
- Do not leave cooking food unattended. Stay in the kitchen while cooking. If you really need to leave the kitchen or house for any reason, well it is a no brainer turn off the stove.
- Keep items that can easily catch fire such as oven mitts, paper towels, cloth towels, food packaging, wooden utensils, etc., away from the stove.
- Combustibles, such as oils and grease can't be extinguished with water. Smother the flames with a pot lid or use a kitchen-rated fire extinguisher (K-Extinguisher).

## **The Bedroom:**

- Smoking in bed is a major no-no.
- If you fall asleep and your cigarette's embers fall onto the bedsheets, blankets, or carpet, it could start a fire.
- Place laptops, cellphones, or any other charging device on a hard surface as a nightstand, dresser, or desk. Leaving them on the bed or carpet, if they get overheated, can start a fire.

## **The Space Heater:**

- Space heaters (Heating equipment) being too close to things that can burn, such as upholstered furniture, clothing, mattress, or bedding.
- Never leave a space heater unattended and never fall asleep with one on.
- Space heaters can overheat – Be aware.

## **The Burning Candle:**

- OMG, the famous line – “They smell awesome”. Well, I grew up in Brooklyn, New York and we had a famous line “FUHGEDDABOUDIT”.
- In the United States, there were 7,500 candle related fires, and wouldn't you know it the room where the candle was burning was unattended. Go figure.
- If you leave the house or ready for bed, blow out all the candles.
- During any holiday, never place candles near holiday decorations.

*(How to Protect Your Home Against Fire cont'd. on page 9)*



**The Smoke Detector:**

- The question is always asked, “How many smoke detector’s does my home need”?
- You should have at least one smoke detector on every level of your home.
- There should be one in every bedroom, another one just outside of every bedroom, one in the laundry area, one in the attic, and one near/around the furnace area.
- All smoke detectors should be mounted on the room ceiling or high on the walls.
- Some smoke detectors use batteries, while others are hard-wired into the home’s electrical system.
- Batteries should be changed twice a year – When you’re changing the clocks ahead for Spring and behind for Fall.
- The life expectancy for a smoke detector is 10-years.

**The Fire Extinguisher:**

- Fire extinguishers are vital and should be in every home.
- A multi-purpose fire extinguisher (ABC) is the best for a home.
- A “K” Type fire extinguisher is highly recommended for the kitchen.
- Since I like to make my food well done, I have 2.
- Fire extinguishers can be bought at any home repair store and are inexpensive.
- The math dictates the cost of a fire extinguisher is approximately \$20.00 - \$35.00 compared to the worth of your home – No brainer.
- Fire extinguishers should be large enough to put out a small fire, but not so heavy you can’t handle them.

**The Surge Protector:**

- Florida is known as the Lightning Strike Capital of the World.
- Lightning strikes causes surges in electricity which result in house fires.
- All surge protectors should have a marking of (UL) Underwriters Laboratories, which is a Global Safety Certification Company.
- There are three (3) types of surge protectors. The basic strip plug (3-5 plugs), the Surge-Protective Devices (electrical equipment – TV’s and Smart Appliances) and the 3<sup>rd</sup> is a whole-home surge protective device which is installed at the service panel and provides protection to the entire home.

**The Fire Ladder:**

- If you own a home which has 2-Levels, you should think about purchasing a fire ladder.
- The purpose of the fire ladder is to escape safely through your window if you can’t get out of the house.
- These fire ladders can be purchased at most home repair stores or online.

*(How to Protect Your Home Against Fire cont'd. on page 10)*

**The Fire Plan:**

- Every family should be prepared in advance, creating an exit plan of how to react in the event of a fire.
- Each family member should know their exit point and who is responsible for evacuation of pets, older folks living in the home and folks needing assistance, etc.
- Then pick a meeting spot outside the home, so everyone can meet to ensure everyone got out safely.
- The meeting spot is vital so there is no re-entry into a burning home.

**The Bottom Line:**

- Everyday, house fires kill and injure people, disrupt lives, and causes millions of dollars in damage.
- However, with the fire preparedness, I outlined above, you just lessen those chances that your family will fall victim to the life-altering effects of a house fire.

## **DAYLIGHT SAVING TIME ENDS**

### **Daylight Saving Time Ends History**

The first Sunday in November marks the end of Daylight Savings Time (DST) in the US. On this day clock are set back 1 hour.

### **Facts about Daylight Saving Time Ends**

- In the United States, Canada, and Mexico's northern border cities, Daylight Saving Time (DST) ends on **Sunday, November 6, 2022.**
- The dates for DST to begin and end were set forth by the US Congress in the Energy Act of 2005.
- Research suggest that Daylight Savings Time is related to a rise in heart attacks, while the end of daylight savings time saw a slight decrease the first three days after the time change.

### **Daylight Saving Time Ends Top Events and Things to Do**

- Replace the batteries on smoke and carbon dioxide detectors.
- Check the emergency kit back in the vehicle.
- Begin preparing for the coming holidays.
- Make sure outdoor lights are in working order.
- Put additional reflectors on bikes so that vehicles can more easily see you as it gets dark earlier.

<http://www.wincalendar.com/Daylight-Saving-Time-Ends>

# HAVE A SAFE THANKSGIVING ~REMEMBER TURKEY!~



T

**T**haw turkey at a safe temperature – 40°F or below



U

**U**se extra caution when frying a turkey and oil-free fryers if possible



R

**R**emember to clean all cooking surfaces regularly



K

**K**ee children away from hot foods and surfaces, and kitchen utensils



E

**E**nsure turkey is cooked and has reached minimum temperature of 165°F



Y

**Y**our smoke detector should be tested prior to cooking



Brought to you by: American Safety Council

**American  
Safety Council**

# Word Search Puzzle

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

BICYCLISTS

DAYLIGHT

ELECTION DAY

HONOR

MOTORCYCLIST

SAFETY

TRAFFIC

VICTIMS

CANDLE

DROWSY

EXTINGUISHER

KITCHEN

PEDESTRIANS

SLEEPINESS

TURKEY

VULNERABLE

COUNTRY

DUTY

HEATER

LADDER

REMEMBRANCE

THANKSGIVING

VETERANS DAY

WORLD

# SAFETY SLOGANS

**“Luck runs out but  
safety is good for life.”**



**Hotline** **Hotline** **Hotline** **Hotline** **Hotline**

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

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

**Hotline** **Hotline** **Hotline** **Hotline** **Hotline**

**Hotline** **Hotline** **Hotline** **Hotline** **Hotline**

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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4 PAY DAY	5
6 DAYLIGHT SAVING TIME ENDS	7	8 ELECTION DAY	9	10 Jason L. Dunham Birthday 1991	11 VETERANS DAY Holiday	12
13	14	15	16	17	18 PAY DAY	19
20 World Day Of Remembrance For Road Traffic Victims	21	22	23	24 Thanksgiving State Holiday	25 State Holiday	26
27	28	28	30	1	2 PAY DAY	3

## THE MONTH OF NOVEMBER

November 2022 is Observed as	National Diabetes Month; Lung Cancer Awareness Month; National Adoption Month; National Native American Heritage; National Veterans and Military Families; National Entrepreneurship Month; National Family Caregivers Month; and Critical Infrastructure Security and Resilience.
Birthstone	Topaz and Citrine
Fruit & Veggies for the Month	Apples; Cranberry; Plantains; Collard Greens; Mustard Greens; Kale; Swiss Chard.
November Flower	Chrysanthemum
Astrological Signs	Scorpio (till 21st) & Sagittarius (22nd→)
Other Notable November Dates & Events	Nov.20- World Day of Remembrance; Nov. 6-13-Drowsy Driving Prevention Week.