



FASC provides a forum for Florida Safety Councils to examine and act on issues impacting driving, occupational and public safety.

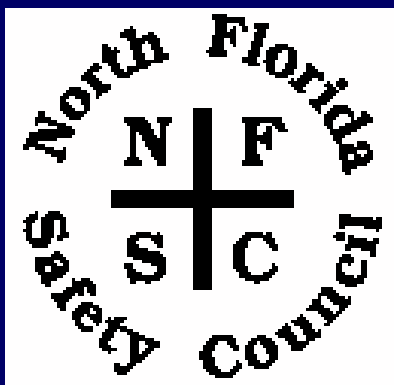
FASC develops safety education programs available to member Councils individually or collectively.

CONTACT A SAFETY COUNCIL NEAR YOU!

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A NOT FOR PROFIT ORGANIZATION SERVING NORTH FLORIDA, SOUTHEAST ALABAMA AND SOUTHWEST GEORGIA

Safety Council News

Florida Association of Safety Councils - Newsletter

Jul - Aug - Sept 2010 Take care! Safety is no accident!



Principles of Safety Management is a Florida Association of Safety Councils Program. It is a series of Courses Designed to Develop Safety Leadership and Performance. They will help you understand and implement state and federal (OSHA) regulations.

Most programs are half day courses that are perfect for supervisors, safety personnel, and human resource professionals. These courses provide fundamentals in Loss Control, Accident Investigation, Drug Free Workplace, Safety Training and More.

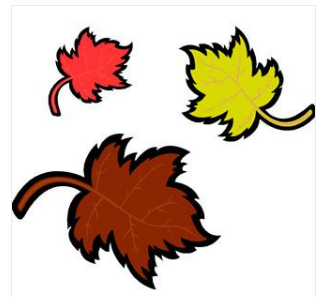
Online course are Convenient, Affordable and Efficient. They can easily fit in with your busy schedule. Log on and off feature allows you to take course in the time increments that work for you-so it's easy to integrate PSM into your busy life.

- Core Courses are available on many different topics.
- Elective courses are short courses.
- Live courses are available throughout the state of Florida.
- You can take a combination of live and online courses to receive your PSM Certification.

To obtain your PSM certification you must complete fifty hours of training. Forty of these hours must be chosen from the core course list. Each core course consists of four-hours. The remaining ten hours are elective hours. You may choose from core or other courses listed.

On the next page is a list of the Core Courses and a brief synopsis of each course.

Please visit your local Safety Council website and log on to the PSM Course.



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Kids the School Bus & You



As August peaks in the year, for over twenty three million students nationwide, the school day begins and ends with a bus ride home. The greatest risk is not riding the bus itself, but getting in and out of the bus. Before children go back to school or start bus riding for the first time, it is essential that adults as well as children know traffic safety rules.

Drivers:

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
- Learn and obey the school bus laws in your state. Learn the flashing signal light system that school bus drivers use to alert motorists of pending actions.

Yellow flashing lights indicate that the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.

Red flashing lights and extended stop arms indicate that the bus has stopped, and that children are getting on or off the bus. Motorist must stop their cars and wait until the red lights stop flashing, and the extended STOP sign is withdrawn and the bus starts moving again to continue to drive.

Children:

- Plan ahead to arrive at the bus stop at least five minutes before the bus is scheduled to arrive
- Always wait until the bus comes to a complete stop, and the bus doors open, and the bus driver says its okay to enter before stepping onto the bus.
- Always use handrails to avoid falls. When exiting the bus be careful that clothing drawstrings, and book bags with straps don't get caught in the handrails or the doors.

Parents

- Teach children to follow these common sense practices to make school bus transportation safer.



Labor Day 2010

Labor day is a weekend filled with fun and excitement as we enjoy the last days of summer. Yet the last thing we want to have on our minds is the worry of getting hurt and spending Labor Day in the emergency room or injured. Here are some useful tips on how to keep your Labor Day worry free.

Food Safety – if your planning of going out for a picnic or having a cook out make sure to keep the hot foods with hot and the cold foods with the cold. Also make sure you wash your hand thoroughly with soap and water frequently to avoid the transfer of germs.

West Nile Virus - West Nile Virus peaks in the month of September so it is important to avoid mosquito bites as much as possible.

Sun Exposure - protect your skin from the sun's harmful rays by using plenty of suntan lotion with high SPF's. Always wear sun-protecting clothing such as, sunglasses and a hats even if the day is cloudy.

Traffic – Labor Day is often a day of congested roads and heavy traffic and is the number one cause of injury and death on holidays. To ensure you stay safe and worry free do a quick checklist on your car to make sure everything is in running order. Check your tires to ensure that they are properly filled with air. Something else to consider and may be obvious but very important is to make sure that you or the person driving is not tired or intoxicated. Having a delayed response time on the road can be highly dangerous especially when roads are congested.

With that being said take out the barbeque, relax, and enjoy a safe and worry free Labor Day weekend.



Drowsy Driver



September is Drowsy Driver Month

Drowsy driver occurs when a person who is operating a motor vehicle is too tired to remain alert. Feeling tired at the wheel brings a slower reaction time, reduced vigilance and impaired thinking. In worst case scenario the driver can actually fall asleep behind the wheel. Thirty percent of all car crashes contributes to the eleven percent of fatal crashes.

The US National Highway Traffic Safety Administration (NHTSA) reports that over 100,000 motor vehicle crashes and 1,500 death per year are due to drowsy drivers, not to mention \$12.5 billion in monetary loss related to drowsy driving. Most of these incidents go about without being reported unless the driver admits falling sleep behind the wheel. When it comes down to drowsy driver they all have five characteristics in common, time, speed, vehicle, avoidance, and severity.

Most of the accidents usually happen late at night or early mornings, which are the bodies natural sleeping period. Drowsy driver can also peak in the middle afternoon, which occurs more in older adults, speeds are high on highways and on major roadways. The vehicles tend to veer off the road making the driver have a head on collision or crashing into a tree. NHTSA reports drowsy driving relates to twenty percent of all single car crashes and twenty three percent of all near crashes. Most drivers don't realize what is going on until its too late, they often make little to no attempt to apply the brakes and avoid the crash. Unfortunately drowsy driver crashes can cause serious injury or in the worst case fatality.

Drowsy driving is very common. Even one night of sleep can put you at risk of drowsy driving. But certain people are more at a higher risk than others. For example young men, shift workers, people with untreated sleep disorders, and people taking medications.

Drowsy Driver Warning Signs

- You keep yawning
- You are unable to keep your eyes open
- You catch yourself nodding off and have trouble keeping your head up
- You drift onto the rumble strip or onto the shoulder of the road
- You can't remember driving for the last couple of minutes

Drowsy driving can happen to anyone, but here are just a few suggestions on how to avoid it.

Drowsy Driving Prevention

- Get a full night of seven to eight hours of sleep before driving
- On a long trip share the driving with another passenger
- Use caffeine for a short-term boost
- Arrange for someone to give you a ride home after working a late night shift.

If you have any questions about drowsy driving or on obtaining training for your business contact your local safety council.

Safety Association Notes

FASC Safety Councils are your source for :

- Safety & Health Courses and Info
- OSHA Compliance Courses
- Forklift Certification
- Traffic/Driving Courses
- Online Internet Courses
- CPR & First Aid



"That woke me up, too!"

For Maintenance of Traffic Training

Contact Pam Johnson

Email: nf@embarqmail.com

Telephone Toll Free 888-905-8959, Ext 106

MISSION STATEMENT

The **Florida Association of Safety Councils (FASC)** members are private, not-for-profit, public service organizations.

The objective of the Safety Councils is to promote safety education for businesses, government, traffic, home and recreation. Our goal is to reduce accidents, injuries and deaths.

The Florida Association of Safety Councils provides a forum for Safety Councils to examine and act on issues impacting Floridians on driving, safety and health issues.



FASC is affiliated with the **American Association of Safety Councils (AASC)**, an international association of independent safety councils.

The *Safety Council News* is published six times a year to keep business and industry informed of the Florida Association of Safety Council's activities and safety and health news and developments. NOTE: The information herein was obtained from sources believed reliable and the Association has exercised reasonable care to assure its accuracy. However, the Florida Association of Safety Councils does not guarantee that the contents of the *Safety Council News* are correct and statements from other sources do not necessarily reflect the opinion or position of the Association.