



# Safety Council News

*Florida Association of Safety Councils - Special Edition*

*January - March 2009 Take care! Safety is no accident!*

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.

*The North Florida Safety Council serves Southeast Alabama, Southwest Georgia and North Florida. The North Florida Safety Council has offices located throughout North Florida. We are a member of the Florida Association of Safety Councils and American Association of Safety Councils.*

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1-888-905-8959*



## **Safety Education & Training Programs** **Special Edition**



The **Principles of Safety Management (PSM®)** program is designed to educate individuals in current safety and health regulations, standards, practices and procedures through a combination of core and elective courses.

This program can be completed in one year. You must graduate in three years. It requires 40 Core Credits and 10 Elective Credits to graduate. You may take courses at any of the member FASC safety councils and the credits are transferable among the safety councils.

The **Advanced Safety Management (ASM®)** program is for safety professionals who have either completed the PSM® program, hold a recognized professional designation or degree in the safety field or have four years job experience in a safety-related field.

This program can be completed in one year. You must graduate in three years. ASM® requires a minimum of ten ASM® 8-hour courses. As with the PSM® program, you may take courses at any of the member FASC safety councils and the credits are transferable among the safety councils.

### **Note:**

The PSM® program has been entirely re-written to include all current safety and health regulations, new standards, best practices and procedures. By mid 2009, PSM® courses will also be available on the internet thus providing the student with a choice of classroom or internet training. The ASM® program courses are currently being updated to meet current best practices. FASC has received certification of the PSM & ASM® courses for CEU's through Edward Waters College, Jacksonville. See your local FASC member safety council for more details.

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## **Safety Education & Training Programs**

The following courses are a sampling of the types of programs offered by FASC member safety councils. Check with your local council for their most current list of Safety Education & Training Programs.....

### **Driving Courses: Community**

- Basic Driver Improvement (BDI)
- Advanced Driver Improvement (ADI)
- First Time Driver Education
- Coaching the Mature Driver
- Driving While License Suspended
- Traffic Collision Avoidance
- Behind the Wheel and Driver's Ed
- Motorcycle Safety Instruction
- Interlock Evaluation
- DUI Level I & Level II
- Special Supervision

### **Driving Courses: Business**

- Traffic Safety and Driver Responsibility
- Driver Improvement Refresher
- Coaching the Utility Truck Driver
- Coaching the Experienced Driver
- Coaching the Van Driver
- Coaching the Professional Driver
- Coaching the Straight Truck Driver

### **Maintenance of Traffic (MOT)**

- MOT Intermediate
- MOT Intermediate Refresher

### **Occupational Safety**

- How to Develop a Safety Program
- Ergonomics
- Recordkeeping/Documentation
- Understanding Behavior/Stress Strategies
- Electrical Safety
- Eye Safety
- Preparing for Emergencies
- Managing a Drug Free Workplace
- Managing Workers' Compensation
- Incident Reporting & Investigation
- 10-Hr. Construction Standards
- 10-Hr. General Industry Standards
- HazMat / HazCom / HAZWOPER
- Employee Relations
- Fall Protection & Scaffolding
- Forklift Certification
- Heat Stress
- Confined Space
- Trenching & Shoring
- Lockout / Tagout
- Supervisors Development Program
- Emergency Planning
- Fire Safety
- Slips, Trips and Falls
- Employee Screening and Orientation
- Methods & Techniques of Training
- Disaster Preparedness
- Sexual Harassment
- Ladder Safety
- U.S. Florida DOT Essentials
- OTI OSHA Courses 500 & 501

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**For class information contact Pam Johnson (850)-877-5193, Ext. 106,  
Toll free 888-905-8959, Email: [nf@embarqmail.com](mailto:nf@embarqmail.com)  
[www.nflasafety.com](http://www.nflasafety.com)**

## Cardio Pulmonary Resuscitation



Basic Life Support (BLS) sustains a non-breathing victim or a cardiac arrest victim with cardiopulmonary resuscitation (CPR). Cardio refers to the heart and pulmonary refers to the lungs. Proper and prompt CPR serves as a holding action until more advanced life support (defibrillation, oxygen, medications) can be provided. Victims have a good chance of surviving if CPR is started within 4 minutes of the arrest and advanced cardiac life support is received within 8 minutes of the heart stoppage.

## First Aid



First aid is the immediate care given to an injured or suddenly ill person. First aid does not take the place of proper medical treatment. It consists only of furnishing temporary assistance until competent medical care, if needed, is obtained, or until the chance of recovery without medical care is assured. Most injuries and illnesses require only first aid care.

## Automated External Defibrillator



The automated external defibrillator (AED) is a computerized medical device. An AED can check a person's heart rhythm. It can recognize a rhythm that requires a shock. And it can advise the rescuer when a shock is needed. The AED uses voice prompts, lights and text messages to tell the rescuer the steps to take. AEDs are very accurate and easy to use. With a few hours of [training](#), anyone can learn to operate an AED safely.

Your local Safety Council has experienced professional instructors to provide you with the most current, cost effective CPR, First Aid and AED training available in your community. Call for class times and dates. Special pricing available for Safety Council members who wish to purchase an AED for business or personal use.

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## NEW YEAR'S SAFETY NEWS

**OSHA 300 Log Time!** OSHA requires employers to post their 300A, Summary of Injury and Illness form, for the year 2008 from February 1st thru April 30th. Recordkeeping is a high-focus topic for OSHA Inspectors. Be sure to read all directions and accurately record all work-related recordable injuries & illnesses. Assistance can be found on OSHA's web site, <http://www.osha.gov> or from your local safety council.



**Family Medical Leave Act Amended!** The Department of Labor has revised FMLA to expand benefits to military members and their families. All employers with 50 or more employees are subject to this change. The revised FMLA poster is a required Federal Posting effective 1/16/09. Text of the law, compliance tools, related required forms and the poster are available at: <http://www.dol.gov/compliance/laws/comp-fmla.htm>

**Attention Public Sector Employers!** The 2008 Florida Legislature directed the formation of a Task-Force to study the feasibility of requiring OSHA-like regulations for public sector employers. The Florida Public Task-Force on Workplace Safety has completed their study and prepared their report for the Governor. Their primary recommendation is that the public sector be required to adopt OSHA 29 CFR 1910, General Industry Standards within 3 years. The final report can be found at: <http://floridaworkplacesafety.org/record.cfm>

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To schedule FA/CPR/AED or BBP Training call toll free  
 888-905-8959, Ext. 106 or (850)-877-5193      Email: [nf@embarqmail.com](mailto:nf@embarqmail.com)

## Attn: North Florida Safety Council Members

To better serve our members effective February, 2009 the Members Monthly Safety Compliance Newsletter and the Quarterly Florida Association of Safety Councils Newsletter will be available for review on our website. Log in @ [www.nflasafety.com](http://www.nflasafety.com), go to Newsletter and Print Newsletters for you and your staff or view on line. Hard copies will no longer be mailed. Hope this convenience will better serve our members needs. Also keep a check on the website for upcoming news and events.

Thank you,

Member Services Department.

[nf@embarqmail.com](mailto:nf@embarqmail.com) or (850)-855-5193, Ext. 106

### **NFSC TRAINING SCHEDULE**

MOT-February 4-5, Santa Rosa Beach

MOT—February 5-6, NFSC Tallahassee

MOT—February 14-15, Pensacola

MOT—February 19-20, Monticello

MOT—February 25-26, Ft. Walton Beach

MOT—April 16-17, NFSC Tallahassee

MOT—May 14-15, Panama City

FA/CPR—March 12, NFSC, Tallahassee

OSHA 10 Hr. Construction—March 27, NFSC Tallahassee

Basic Driver Improvement for Corporate Drivers, March 25, NFSC, Tallahassee

We now offer many  
Industrial Classes on  
line. Log on:

**[www.nflasafety.com](http://www.nflasafety.com)**



**Classes can be conducted @ your worksite with a minimum of ten or more employees. Contact us today to schedule your training 1-888-905-8959, Ext. 106.**

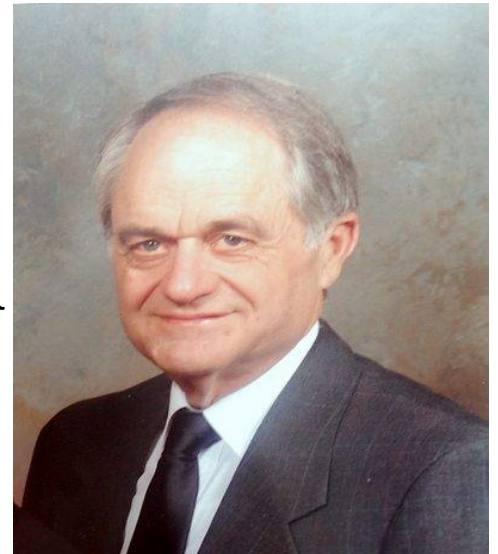


Message from North Florida Safety  
Council, Executive Director, Doug Gifford

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## A Life Well Lived!

Richard Rhea served faithfully on the Board of the North Florida Safety Council for 25 years. He was interested in all safety issues but particularly concerned about traffic safety and DUI. On January 24<sup>th</sup> of this year, Richard was killed in the line of duty while working a 2:00 am vehicle crash as a volunteer Fire Fighter with the Crawfordville Fire Department. Richard lived and died heroically. He was honored last week with a standing room only service by family, friends and fellow emergency workers, responders, military personnel and citizens from all over the United States. The legacy he left us is the life he lived.



No one knows how many lives he saved or positively influenced. He was loved and honored by all who knew him. Richard was respected for his work and service and trusted by God for the faithful servant he was. Well done, Richard!



In Honor of a Fallen Brother of the Bell

*A Firefighter's Prayer*

When I am called to duty, God-  
Wherever flames may rage

Give me strength to save a life, whatever be its age.  
Help me to embrace a little child - before it is too late  
Or save an older person from the horror of that fate.

Enable me to be alert, and hear the weakest shout,  
And quickly and efficiently to put the fire out.

I want to fill my calling, and to give the best in me  
To guard my friend and neighbor, and protect their property.

And if according to my fate – I am to lose my life  
Please bless with your protecting hand,  
My children and my wife.