



Safety Council News

Florida Association of Safety Councils - Newsletter - 13th Edition

January - March 2008 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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850-484-2858-Pensacola
850-864-2523-Ft Walton Beach

2008 Brings New Year's Safety Resolutions



As an individual concerned about your own and others' safety and health, resolve to:

1. Pay more attention to home and community safety, which today far surpasses the workplace in accidental death and injury rates.
2. Encourage your employer to offer more off-the-job safety education.
3. Put away your cell phone and text messages while driving.
4. Be an active participant in teens' learning to drive safely.
5. Always read the instructions on medications you are taking, realizing that failure to do so is part of what's behind a steep increase in accidental poisonings by overdose.
6. Help kids understand the dangers of taking someone else's prescription drugs.
7. Refresh your first-aid and CPR training.
8. Organize your garage, removing clutter that's a mess but also dangerous.
9. Get in the habit of checking smoke alarm and carbon monoxide detector batteries twice a year, with the time changes.
10. Have fun – but never drink and drive.

Your local **Safety Council** can provide you with information on Defensive Driving, First Aid/CPR/AED and OSHA Occupational Safety training courses.

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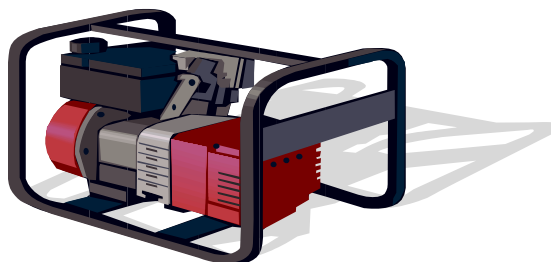
Portable Generator Safety Tips

In an emergency, portable electric generators offer lifesaving benefits when outages affect your home or business. They can safely power important electrical equipment such as portable heating units, computers, water pumps, freezers, refrigerators and lighting. However, portable generator use can also be very hazardous. If you plan on using an emergency generator, it's essential that you take precautions for your safety and the safety of those working to restore power.

The most effective way to avoid portable generator mishaps is to make sure you fully understand the proper operating procedures. Read and follow the manufacturer's guidelines before operating or maintaining your generator – and don't forget to use common sense.

Follow these tips for safe portable generator use:

- Always read and follow the manufacturer's operating instructions before running generator.
- Engines emit carbon monoxide. Never use a generator inside your home, garage, crawl space, or other enclosed areas. Fatal fumes can build up, that neither a fan nor open doors and windows can provide enough fresh air.
- Only use your generator outdoors, away from open windows, vents, or doors.
- Use a battery-powered carbon monoxide detector in the area you're running a generator.
- Gasoline and its vapors are extremely flammable. Allow the generator engine to cool at least 2 minutes before refueling and always use fresh gasoline. If you do not plan to use your generator in 30 days, don't forget to stabilize the gas with fuel stabilizer.
- Maintain your generator according to the manufacturer's maintenance schedule for peak performance and safety.
- Never operate the generator near combustible materials.
- If you have to use extension cords, be sure they are of the grounded type and are rated for the application. Coiled cords can get extremely hot; always uncoil cords and lay them in flat open locations.
- Never plug your generator directly into your home outlet. If you are connecting a generator into your home electrical system, have a qualified electrician install a Power Transfer Switch.
- Generators produce powerful voltage - Never operate under wet conditions. Take precautions to protect your generator from exposure to rain.



Personal Protective Equipment (PPE)

Personal protective equipment (PPE) can reduce the number and severity of formwork related injuries and illnesses. Personal protective equipment not only helps protect people but also improves productivity and profits. Farmers and ranchers can share in these benefits by using the appropriate protective equipment for themselves, family members and employees when the job and its potential hazards call for it.



- Protect your head with a hard hat when performing construction work, trimming trees, repairing machinery, and doing other jobs with head injury risks.
- Use a sun safety hat (one with a wide brim and neck protection) to assist in the prevention of skin cancer.
- Protect your vision with appropriate safety eyewear (safety glasses, goggles, face-shields) when applying pesticides, fertilizers, working in the shop, or in heavy dust conditions.
- Protect your hearing with acoustic earmuffs or plugs when operating noisy equipment such as grain dryers, feed grinders, older tractors, chain saws, etc.
- Protect your lungs with the correct respiratory equipment (dust masks, cartridge respirators, gas masks, air pacts) when working in dusty or moldy conditions, spray painting, applying chemicals, working in bins, tanks, silos, and manure storage places.
- Protect your hands from everyday abuse with job-matched gloves and barrier creams.
- Protect your feet with safety shoes or boots with non-slip soles and heels.
- Protect your skin with impervious garments when using toxic or irritating chemicals. In addition, use sunscreen to protect against the sun's harmful rays.

Inspection

- Is appropriate PPE available in work areas?
- Is PPE kept clean and functional?
- Are shoes or boots equipped with safety toes, insteps, or shanks?
- Is sun screen available in tractors and other self-propelled equipment?



**Agriculture is a major economic industry
in the State of Florida.**

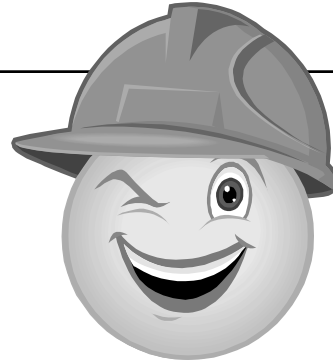
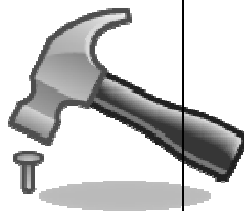
**Promote safe work practices for
agricultural workers....**

Contact the North Florida Safety Council to schedule your PPE Training.
Don't delay!!!!!!

Thank you for allowing us to serve you!

Training

Able Body Labor
Albritten-Williams
Alzheimer's Project
Allen Services of NWF
Apalachee Center for Human Services
Auburn Water
Bay County Board of Co. Comm.
Bluewater Bay Orthodon.
BWAY Enterprises
Calhoun County Transit
Choctawatchee Electric Coop.
Chelco Services
Childcare Network
City of Tallahaasee
Chipola College
Covenant Hospice
Dimples Daycare
Destin United Methodist
Dr. Roger Grace, DDS, Office
Dr. Steven Barry, DDMD Office
Emerald Coast Peridontic
Entereza Networking Sol., Inc.
Family Dollar
Florida Public Utilities
General Dynamics
Gulf Coast Utility Contractors
Gulf County ARC
Grocery Supply Company
Greenhorne & O'Mara
Horizons of Okaloosa County
Jackson County Transportation
J.W. Swindle, DDS, Office
Leon County ARC
Leon County Board of County
Leon County Health Dept.
L & L Construction
Liberty County Transit
Life Management Center
Limestone Holding Co.
Pyramid
Marianna Limestone
Mehta & Associates
N W FL Bloodbank
Quincy Fire Dept.
Shelton Trucking
Sikes Construction
Sineath Welding
Teen Challenge
VRC Corporation
West Tech International



New Members and Renewals

Apalachee Center
Bay Co. Bd. of Co. Commissioners
Baxter Asphalt
Bay County Council on Aging
City of Tallahassee
E B Pipe Company
Energy Services of Pensacola
Florida Gas Transmission
Florida State University
Grocery Supply Company
Leon County Health Department
Liberty Co. Bd. of Co. Commissioners
Marshall Brothers
Montenay Bay
Panama City Port Authority
Precision Engine Products
Queencraft

Need Training?
Give us a call @
(850)-877-5193, Ext. 106 or
Toll Free
1-888-905-8959
or visit us on the web @
www.nflasafety.com
e-mail: nf@embarqmail.com

Message from our Executive Director North Florida Safety Council

Recently one of our NFSC employees had a tire blowout on the interstate. She later stated that the Defensive Driving Courses that she had attended at the NFSC really stuck with her at the time of the blowout. Below are some Defensive Driving tips from the National Safety Council, that we would like to share with our members. Also, if you or your loved ones have not taken a Defensive Driver Course recently, you may want to consider doing so.

It just might save your life!



Doug Gifford,
Executive Director

What To Do If You Have a Blowout on the Highway

Having a flat tire when driving is always a problem. But experiencing a flat or blowout while traveling on an interstate highway or other high-speed roadway can present special dangers. The National Safety Council offers these tips for coping with tire trouble:

- At the first sign of tire trouble, grip the steering wheel firmly.
- Don't slam on the brakes.
- Let the car slow down gradually by taking your foot off the gas pedal.
- Work your vehicle toward the breakdown lane or, if possible, toward an exit.
- If it is necessary to change lanes, signal your intentions to drivers behind and do so smoothly and carefully, watching your mirrors and the traffic around you very closely.
- Steer as your vehicle slows down. It is better to roll the car off the roadway (when you have slowed to 30 miles per hour) and into a safe place than it is to stop in traffic and risk a rear-end or side collision from other vehicles.
- When all four wheels are off the pavement—brake lightly and cautiously until you stop.
- Turn your emergency flashers on.
- It's important to have the car well off the pavement and away from traffic before stopping, even if proceeding to a place of safety means rolling along slowly with the bad tire flapping. You can drive on a flat if you take it easy and avoid sudden moves. Don't worry about damaging the tire. It is probably ruined anyway.
- Once off the road, put out reflectorized triangles behind your vehicle to alert other drivers. Keep your emergency flashers on. If you know how to change a tire, have the equipment and can do it safely without being near traffic, change the tire as you normally would.
- Remember that being safe must take precedence over your schedule or whatever other concerns you may have. Changing a tire with traffic whizzing past can be nerve-wracking at best and dangerous at worst. Therefore, it may be best to get professional help if you have a tire problem or other breakdown on a multi-lane highway.
- Raise your hood and tie something white to the radio antenna or hang it out a window so police officers or tow truck operators will know that you need help.
- Don't stand behind or next to your vehicle. If possible, stand away from the vehicle and wait for help to arrive.
- All interstate highways and major roads are patrolled regularly. Also, some highways have special "call-for-help" phones. If you have a cell phone you can call right from the roadside. It is inadvisable to walk on a multi-lane highway. However, if you can see a source of help and are able to reach it on foot, try the direct approach by walking but keeping as far from traffic as possible.

These are the most important things to remember when dealing with a flat tire on the highway:

- Don't stop in traffic.
- Get your vehicle completely away from the roadway before attempting to change a tire.
- Tackle changing a tire only if you can do so without placing yourself in danger.
- Finally, the Council recommends that you have a qualified mechanic check your vehicle after having a flat tire to be sure there is no residual damage from the bad tire or the aftermath of the flat.



North Florida Safety Council, Inc.

2003B Apalachee Parkway, Tallahassee, FL 32301

Training Schedule—2008

To register contact Pam Johnson,
(850)-877-5193, Ex.106 toll free 1-888-905-8959,

Fax: (850)-877-5193

E-mail: nf@embarqmail.com

Maintenance of Traffic

16 Hr Intermediate

January 17-18, Marianna
February 14-15, Tallahassee
April 17-18, Pensacola
June 19-20, Panama City
August 14-15, Marianna
October 16-17, Tallahassee
December 18-19, TBA

8-Hr. Intermediate Refresher

March 14, TBA
September 19, Marianna

OSHA 30-Hour Construction

March 26,27,28, Tallahassee
May 21,22,23, Tallahassee

OSHA 10—Hour Construction

March 14, Tallahassee
Mary 16, Tallahassee

Construction Safety Orientation

10-Hr. Course

April 11, Tallahassee
June 13, Tallahassee

Newly Updated Programs- Principals of Safety Management

OSHA Record Keeping

January 25, Tallahassee

Ergonomics

February 29, Tallahassee

Confined Spaces Training

March 7, Panama City

**We can conduct safety training at
your place of business for groups of
10 or more from Talyor County
to Escambia County Florida!**

Court Referral and DHSMV Approved Programs

Call your local NFSC telephone number
to enroll in Driving School.



- ⇒ Advanced Driver Improvement-ADI
- ⇒ Defensive Driving, 4,6,or 8 hrs
- ⇒ First Time Drivers License
- ⇒ Driving While License Suspended or Revoked
- ⇒ Victim Awareness Program-VAP

The NFSC conducts training for the following counties: Leon, Jefferson, Madison, Taylor, Gadsden, Liberty, Franklin, Gulf, Bay, Calhoun, Jackson, Washington, Holmes, Walton, Santa Rosa, Okaloosa, and Escambia Counties.

F.D.O.T. 16-Hr. Intermediate Maintenance of Traffic



Intermediate Level Training 16-Hours

Participants will gain knowledge and understanding of the equipment, techniques and procedures necessary to safety and correctly set up and maintain traffic! This course will upgrade the performance of all personnel in safety practices and the legal aspects of establishing work zones on State and Federal Highways. By using visual and hands on techniques, this course will enable the participant to set up a safe work area and create a safer environment for the public when approaching work zones!

2008 Schedule

January 17-18, Marianna
February 14-15, Tallahassee
April, 17-18, Pensacola
June, 19-20, Panama City
August 14-15, Marianna
October 16-17, Tallahassee
December 18-19, To be announced

Refresher

March 14, Tallahassee
September 19, Marianna



Who needs this Course?

Personnel involved in the planning, design, implementation, and maintenance of work zone safety!

Fee: NFSC Members \$180 per-person
Non-NFSC Members: \$200 Per-person

Pre-enrollment is required for the MOT Course. Please call Pam Johnson, North FL Safety Council, (850)-877-5193, Ext. 106 or toll free 1-888-905-8959 to register, or fax to (850) 877-8428. Visit our website @ nflasafety.com, or email us @ nf.embarqmail.com.



On-site training available for companies with 10 or more employees!

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 Florida Association of Safety Councils are proud members of the **Florida Trucking Association (FTA)** and the **Safety Management Council (SMC)**.



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.