



Safety Council News

Florida Association of Safety Councils - Newsletter - 15th Edition

October – November – December 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.

Visit our Website at:
www.nflasafety.com

E-mail us at:
nf@embarqmail.com

Tallahassee & Georgia
2003-B Apalachee Pkwy,
Tallahassee, Fl 32301
850-877-5193 Ext. 106
Fax: 850-877-8428
Toll free: 888-905-8959

Marianna and Panama City
800-858-4842
850-482-5523
Panama City
850-784-4451

Pensacola & Ft. Walton Beach
850-484-2858-Pensacola
850-864-2523-Ft Walton Beach

Georgia and Alabama call
1-888-905-8959



FIRE SAFETY TIPS

PROTECT YOUR HOME AND BUSINESS

1. Install Smoke Detectors.

WORKING SMOKE DETECTORS can alert you to a fire in your home in time for you to escape, even if you are sleeping. Install smoke detectors on every level of your home, including the basement, and outside each sleeping area. If you sleep with the door closed, install one inside your sleeping area as well.

Test detectors every month, following the manufacturer's directions, and replace batteries once a year, or whenever a detector "chirps" to signal low battery power. Never "borrow" a smoke detector's battery for another use - a disabled detector can't save your life. Replace detectors that are more than 10 years old.

2. Plan Your Escape From Fire.

IF A FIRE BREAKS OUT in your home, you have to get out fast. Prepare for a fire emergency by sitting down with your family and agreeing on an escape plan. Be sure that everyone knows at least two unobstructed exits - doors and windows - from every room. (If you live in an apartment building, do not include elevators in your escape plan.) Decide on a meeting place outside where everyone will meet after they escape. Have your entire household practice your escape plan at least twice a year.

3. Keep An Eye On Smokers.

Careless smoking is the leading cause of fire deaths in North America. Smoking in bed or when you are drowsy could be deadly. Provide smokers with large, deep non-tip ashtrays and soak butts with water before discarding them. Before going to bed or leaving home after someone has been smoking, check under and around cushions and upholstered furniture for smoldering cigarettes.

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4. *Cook Carefully.*

Never leave cooking unattended. Keep cooking areas clear of combustibles and wear clothes with short, rolled-up or tight-fitting sleeves when you cook. Turn pot handles inward on the stove where you can't bump them and children can't grab them. Enforce a "Kid-Free Zone" three feet (one meter) around your kitchen stove. If grease catches fire in a pan, slide a lid over the pan to smother the flames and turn off the heat. Leave the lid on until cool.

5. *Give Space Heaters Space.*

Keep portable heaters and space heaters at least three feet (one meter) from anything that can burn. Keep children and pets away from heaters, and never leave heaters on when you leave home or go to bed.

6. *Remember: Matches And Lighters Are Tools, Not Toys.*

In a child's hand, matches and lighters can be deadly. Use only child-resistant lighters and store all matches and lighters up high, where small children can't see or reach them, preferably in a locked cabinet. Teach your children that matches and lighters are tools, not toys, and should be used only by adults or with adult supervision. Teach young children to tell a grown-up if they find matches or lighters; older children should bring matches or lighters to an adult immediately.

◆ 7. *Cool A Burn.*

Run cool water over a burn for 10 to 15 minutes. Never put butter or any grease on a burn. If the burned skin blisters or is charred, see a doctor immediately. Never use ice.

◆ 8. *Use Electricity Safely.*

If an electrical appliance smokes or has an unusual smell, unplug it immediately, then have it serviced before using it again. Replace any electrical cord that is cracked or frayed. Don't overload extension cords or run them under rugs. Don't tamper with your fuse box or use improper-size fuses.

◆ 9. *Crawl Low Under Smoke.*

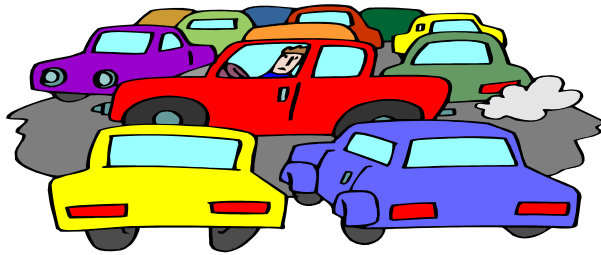
During a fire, smoke and poisonous gases rise with the heat. The air is cleaner near the floor. If you encounter smoke while you are escaping from a fire, use an alternate escape route.

◆ 10. *Stop, Drop And Roll.*

If your clothes catch fire, don't run. Stop where you are, drop to the ground, cover your face with your hands, and roll over and over to smother the flames.

**Call your local Safety Council
for more information on Fire Safety.**

Safety Tips for Teen Drivers



Obey Traffic Laws

Just because your teen took driver's education, doesn't mean they know all the laws and rules of the road. By practicing and reviewing your city's or town's driving laws, your teen driver will have a better understanding of the laws and be able to apply the laws when it's their turn to drive solo.

Set a Good Example

If your teen driver sees you're speeding or driving aggressively, they're going to do the same. This is your chance to teach by example - if you expect your teen to be a good driver, show them what that means.

Practice makes Perfect

If you're going to the store, or on a short trip, let your teen do the driving. This will not only give them the extra driving practice, it will also let you see how they're doing behind the wheel.

Limit Passengers

Teen crash rates increase by 50% with just one teen passenger in the car, and by 400% with three or more teen passengers. While restricting the number of passengers allowed in the car may not seem fair to your new young driver, it could help keep them out of harms way.

Don't use Cell Phones

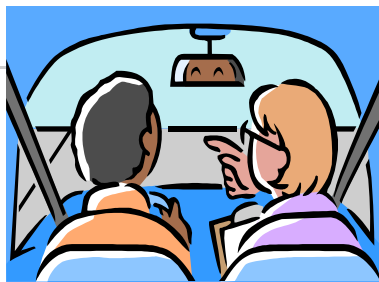
The best advice you could give your teen is to turn their cell phone off while driving. If they need to take a call while in the car, advise them to pull off to the side of the road, put the car in park and then talk.

Parking Considerations

Make sure to take a look at your son or daughter's designated parking lot. This will not only help you evaluate the surrounding area, but it will also give you the opportunity to refresh your child on some smart parking tips, such as always park under a light, avoid overgrown areas, park close to the street or bus stop and be aware of your surroundings.

Buckle Up

Safety is vital for all drivers! That is why it is important to remind teens to wear their seat belts while driving - a small tip that could greatly help save their life.



The North Florida Safety Council offers Driver Improvement Classes and Behind-the-Wheel Driving Courses. Contact your local NFSC for details!

Thank you for allowing us to provide training for your employees!

Anderson Construction Company
Apalachee Center for Human Services
Arizona Chemical Company
Auburn Water Company
Bay County Board of County Commissioners
Big Bend Transit
Bright House Network
Child Care Network of Destin
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Child Care Network of Panama City Beach
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City of Perry
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CMTS of Florida, LLC
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Florida Central Services
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Florida Gas Transmission
FSU Alumni Village Child Development Cntr,

Good Sheppard Lutheran Church Learning Center
Goodwill Industries
Greenhorne & O'Mara
Griffin Traffic Signals
Gulf County ARC
Gulf Pacific Contractors
H.A.L.O.
HAS Consulting Corp.
J-Trans (Jackson Co. Transportation)
Jackson Co. ARC
Jeff Holland
Jefferson Elementary
Kiddie Campus
Leon Co. Health Dept.
Liberty Co. Transit
MSA Corporate Office
Noah's Ark Pre-School
North Florida Child Development, Inc.
Poole Engineering & Surveying, Inc.
Pyramid
Quincy Fire Dept.
Regional Utilities
Silver Sands Schools
Southeastern Surveying
South Walton Utility, Inc.
Southeastern Community Blood Center
State Attorney's Office
TECO Gas
TCL Providers
Transocean Offshore Deepwater Drilling, Inc.
Trawick Construction
Tri-Co-Comm. Council
Trinity United Methodist Pre-School
VMS Monticello-Valpariso
Wellstream
Westwood Retirement Resort
Williams & Parker
Workforce Plus

**Industrial Training
Schedules or Online
Training, log on to:
www.nflasafety.com.**

**Need Training? Contact Pam Johnson @
1888-905-8959 or email: nf@embarqmail.com.**

On-site training available for groups of 10 or more.

New Members and Membership Renewals

Able Body Labor
Advanced Driving Systems
Anderson Columbia Company, Inc.
Arizona Chemical Company
Bay County Schools
Beach Mosquito Control District
Bill's Sign and Service Company
Crowder Excavating & Land Clearing
City of Callaway
City of Springfield
Cornerstone of Tallahassee
Daffin Food Services
Escambia Electric Coop.
Florida Lottery
Gulf Coast Utility Contractors



FSU Environmental & Health
Dept.
Florida Transformer, Inc.
Foley Timber & Land Company
George English
Gilman Building Products
Harrell Roofing
Institute for Intergovernmen-
tal Research Center
Jeff Holland
Kennedy Network Services, Inc.
Lazer-Tek Communication, Inc.
Leon ARC
Leon County Board of County
Commissioners
Leon Co. Health Department
Melvin Engineering
Quincy Farms
RAW Construction Co.
Roads Incorporated
Roto Rooter Sewer & Drain Ser-
vice
Shelter House, Inc.
Shelton Trucking
Streamline Roofing
Tallahassee Democrat
Tallahassee Housing Authority
TCL Providers
United Forming

Membership and Training Services

For membership services contact Pam Johnson at the North Florida Safety Council Membership Services Department.

Phone: 1-888-905-8959, Ext.106 or your local NFSC number.

Visit our website @ www.nflasafety.com. for a list of Industrial Training or Online Training. Email: Pam Johnson, nf@embarqmail.com

Behind the Wheel Driving Course

The North Florida Safety Council is proud to announce the *Behind the Wheel* driving instruction program. This is a program that includes one-on-one, hands on driving with our instructor. Classroom instruction is also included so clients will be aware of highway safety rules and current laws. The Council has purchased a 2008 Chevrolet Malibu with dual controls and ABS Brakes for student drivers. The Course is opened to drivers of all ages.

Dan Walker is our experienced, certified instructor. Dan moved to Tallahassee from South Florida. He received his Industrial Engineering Degree from Ohio State University. Before joining our staff, he was the coordinator of the Florida NETS Program.

We welcome Dan to our staff at NFSC. We look forward to his continued good work in making our community a safer place. Please call our office if you would like more information on this important program.

Don't Forget That We

- ▶ Experienced Professional Instructors
- ▶ Behind the Wheel Instruction
- ▶ Classroom First-Time Drivers' Course
- ▶ New Training Vehicle
- ▶ Dual Side Airbags
- ▶ ABS Brakes
- ▶ In-Traffic Driving Instruction



Message from our Executive Director, Doug Gifford

The North Florida Safety Council recognized the need for a good **Behind The Wheel, One on One** Driving Program. We have implemented this Florida state certified program and started giving lessons on 7-24-08. It is our goal to extend our expertise to all first time drivers as well as drivers that need help getting back on track after not driving for a time due to illness or other reasons.

Opportunity We are experiencing young driver meltdown. This trend must be reversed. Some of the problems are very easy to correct, others are going to take some profound effort. We have an opportunity, as schools, colleges and businesses have done, to fund educational driving opportunities through scholarships. There is an opportunity for NFSC members to join in, with us, to create a scholarship fund for the area's young drivers. This kind of civic activity can be very satisfying to management and employees alike. Lives could be saved. So come join your Safety Council in this very important effort.

It has been a trend in this country that learning to drive an automobile is like learning to tie ones shoe laces. Show them once or twice and the rest is up to them no matter what the circumstances might be. Unfortunately, this approach, as we have observed locally and recently has been dire. The situation will continue to be grim until we elevate our young drivers to the highest driving skill level, changing the national trend. Let's take a look at some the areas that we should focus.

Knowing the rules-of-the-road Yes, I really mean know the rules! Before anyone gets behind the wheel of an automobile there should be no doubt about the current rules. It is imperative that this becomes second nature to the driver. Often when driving skills are learned from family members misinformation may be passed down to the new driver. Will the rookie question the veteran driver? Not likely. "This is my Dad giving me my driving lessons, telling me what I should do or not do and anyway he has been driving for 25 years".

Other important areas of focus:

- Vehicle Position and Overall Control
- Alert and Conscious of Surrounding Traffic,
- Following distance
- Driving Distracted

Call us @ 850-877-5193, Ext. 101, or visit our website @ www.nflasafety.com.

Mandatory Safety Training—General Industry

- Hazard Communication
- Bloodborne Pathogens
- Forklift
- Fire Extinguisher
- Lockout/Tagout
- Confined Spaces
- Respiratory Protection
- Personal Protection
- Chemical Spills, Leaks & Hazardous Waste
- First Aid/CPR, AED
- Fall Protection
- Electrical



Internet or classroom available for most classes.



To make your day a little safer and your life a little easier, here are some CELL PHONE SAFETY TIPS:

- Try to place calls while your vehicle is stationary.
- Use a "hands-free" or speaker phone accessory. These are available for most if not all hand-held cell phones.
- Never read or write text messages while driving. Taking your eyes off the road for a second or two can result in a collision. Pull over to the side of the road if you must text.
- Program frequently called numbers into your phone's memory allowing you to keep dialing to a minimum.
- If you must dial when the car is moving, hold the phone at eye level so you will have a clear view of the road.
- Do not make emotional phone calls while driving (quitting your job, breaking up with a boyfriend or girlfriend, etc.) as you will be focused primarily on the call rather than your driving.
- Never read or write while the car is moving. If you must write a note or take down a phone number during a conversation, **PULL OVER!**
- Make sure your phone is within easy reach while driving.
- Be careful when pulling over to place calls. To avoid being a crime victim, do not stop in dangerous areas and keep your car doors locked.
- Make sure 911 is programmed into your phone's memory should you need to report an accident or other emergency.



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.