



## **Fitness for Safety!**

Submitted by: Shanaz Sharifpour

Physical fitness means having the strength, endurance, and flexibility to deal with the things we encounter in our lives each day. It involves keeping our heart and lungs functioning well, so they can supply us with the oxygen we need. Maintaining muscular strength can help us prevent injuries. Maintaining fitness can increase energy and endurance to allow us to remain alert to possible dangers on the job.

Even if you work at a physically demanding job, it is important to have a regular exercise program. Even a job involving tasks such as heavy lifting, or walking will not provide all the right kinds of exercises to maintain good fitness.

Probably the last thing you want to do at the end of a day's work is to work some more—in the form of exercise. But in the long run it can help you to work better and even more safely.

It can be a real trick to fit exercise into a schedule which is already too busy, but it can be done. The best way is to work exercise into your daily routine. Consider the following tips:

- ◆ Come up with your own time of day for exercise. You could consider getting up earlier.
- ◆ Exercising first thing in the morning works well for many people. On the other hand, you might not be able to work out early in the morning if you are busy getting the children off to school. So perhaps you could go for a long walk after supper each night. Watching the late-night news while riding an exercise bike for a half-hour is another option.

- ◆ Walk or take a bike to work. If you live too far away, walk to the bus stop a mile away. Walk instead of drive to your area park-and-ride location. Do this several times a week, and just take your own vehicle once or twice a week so you can do shopping and other errands on the way home.
- ◆ Exercise on your lunch break. Some workplaces have workout facilities within their office space or nearby. But even a walk around the grounds is good exercise.



- ◆ Do stretching exercises at your work station before you start work, and when you take a break. These exercises can keep you flexible and prevent muscle strains.
- ◆ Carry your walking shoes or other workout gear in your vehicle. Then you won't be able to use the excuse of not having the right clothing with you.

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- ◆ Make exercise a central part of your family life too. Shoot some baskets in the back yard with your children instead of slouching in the front of the TV together.



- ◆ Plan ahead for active weekends and vacations. If you are driving to another city on the weekend or across the country on your vacation, you can take some active breaks. A lunch break could include a short hike at a scenic stop near the highway. Take the opportunity to learn a new sport while you are on vacation.

Reference: National Safety Council

### Editor

**Shanaz Sharifpour**  
FDOT Safety Coordinator  
shanaz.sharifpour@dot.state.fl.us

### Graphics & Design

Nancy J. Lynn  
Nancy.lynn@dot.state.fl.us

Marianne A. Trussell  
FDOT Chief Safety Officer

This monthly newsletter is produced by the State Safety Office under the supervision of Marianne A. Trussell, the Department's Chief Safety Officer.

For content information, please call the editor at 850 245-1510

Our internet address is:  
[www.dot.state.fl.us/safety](http://www.dot.state.fl.us/safety)

Our intranet address is:  
[Infonet.dot.state.fl.us/safetyoffice/](http://Infonet.dot.state.fl.us/safetyoffice/)

## U.S. Obesity Rates Continue To Climb

Submitted by: Shanaz Sharifpour

By 2015, 75 percent of U.S. adults will be overweight and 41 percent will be obese, according to researchers at the John Hopkins Bloomberg School of Public Health Center for Human Nutrition in Baltimore.



The U.S. obesity rate increased from 13 percent to 32 percent between the 1960s and 2004, researchers said in their study, (<http://epirev.oxfordjournals.org/cgi/content/abstract/mxm007v1>), titled "The Obesity Epidemic in the United States—Gender, Age, Socioeconomic, Racial/Ethnic and Geographic Characteristics: A Systematic Review and Meta-Regression Analysis."

Among other results:

- ◆ 66 percent of U.S. adults were overweight or obese in 2003 and 2004.
- ◆ Women 20—34 years old had the fastest increase rate of obesity and overweight.
- ◆ 80 percent of African-American women older than 40 are overweight and half are obese.



Reference: National Safety Council

# Everyone Is A Pedestrian

Submitted by: Shanaz Sharifpour

You may spend most of your waking hours behind the wheel, but everyone ends up on foot occasionally. Pedestrian safety is a survival skill, especially for persons who find themselves around loading areas, vehicle repair facilities, construction sites, and other places where there are moving vehicles.

## The following are reminders about pedestrian safety on the street and work areas:

- ▶ Be aware of your surroundings and alert to hazards when walking in or near any traffic areas—on the street, in parking lots, and in loading yards.
- ▶ Know and obey traffic controls, signs and signals. Stay in pedestrian lanes when walking around loading docks and parking areas.



- ▶ Use your sense of hearing too. Listen for backup alarms, but do not rely on them.
- ▶ Stand on the curb waiting to cross; do not stand on the roadway. Look in all directions before stepping off the curb. Look to the left, and the right, and again to the left. Check over your shoulder for vehicles turning from side streets.
- ▶ Cross the street at marked crosswalks or at an unmarked crosswalk at the end of the block. Crossing between intersections

is legal only if the pedestrian yields to the driver, unless a midblock crosswalk is marked.

- ▶ Do not step between parked cars.
- ▶ Never step in front of a vehicle just because there is a walk signal or a crosswalk. Never take it for granted that you are safe just because you have the right of way.
- ▶ Don't count on cars stopping for you at the last moment. Wait for a long break in traffic.
- ▶ When walking with others, do not depend on them for your safety. Watch for traffic yourself. Just because someone else crosses against a light, is no reason to do so yourself.
- ▶ Be aware of your physical limitations. Don't attempt to follow someone more agile if you are not sure you can make it across.

Danger for pedestrians is greatly increased at night. One study said nearly a quarter of drivers involved in pedestrian deaths heard the impact before they saw the pedestrian.

Here are some additional safety tips for pedestrian safety **after dark**:

- ▶ Wear light colored or reflective clothing when walking at night.
- ▶ Use great caution when stopped at the side of the road for a vehicle repair or flat tire—especially at night.

*Be alert for vehicles as you walk beside or cross streets. Be especially careful at the side of the road if you are having a vehicle problem. Stay out of traffic areas in loading yards. Remember, in a collision between a pedestrian and a vehicle, the pedestrian always loses.*

Reference: Safety Smart, Bongard

## Seven *Don't's* After a Meal

Submitted by: Shanaz Sharifpour

### **DON'T SMOKE**

Experiments from experts proves that smoking a cigarette after a meal is comparable to smoking 10 cigarettes (chances of cancer is higher).



### **DON'T EAT FRUITS IMMEDIATELY**

Immediately eating fruits after meals will cause stomach to be bloated with air. Eat fruit 1-2 hours after a meal or 1 hour before a meal.

### **DON'T DRINK TEA**

Tea leaves contain a high content of acid. This substance will cause the protein content in the food we consume to be hardened and make digestion difficult.



### **DON'T LOOSEN YOUR BELT**

Loosening your belt after a meal will easily cause the intestine to be twisted and blocked.

### **DON'T BATHE**

Bathing will cause the increase of blood flow to the hands, legs, and body. The amount of blood around the stomach will decrease, this will weaken the digestive system in the stomach.

### **DON'T WALK**

People always say that after a meal “walk a hundred steps and you will live to until 99”. This is not true. Walking immediately after a meal will cause the digestive system to be unable to absorb the nutrition from the food we eat.

### **DON'T SLEEP IMMEDIATELY**

The food we eat will not digest properly and will lead to gastric and infection in the intestine.

## Safe Bicycling

Submitted by: Shanaz Sharifpour

Bicycling is a popular way to get around, whether for recreation, sport, or transportation. An estimated 57 million Americans ride bikes ranging from high performance, 27-speed, touring models, to “dirt bikes” equipped with balloon tires—and dozens of variations in between.

With millions of cyclists on the roads—the same roads occupied by millions of motor vehicles that are larger, heavier, and faster than bikes—the National Safety Council believes that defensive driving applies to people who pedal with their feet to travel, as well as to those who push on the gas pedal. The Council offers the following tips for safe and enjoyable bicycling:

- Obey traffic rules. Cyclists on the road must follow the same rules as motorists.
- Know your bike's capabilities. Remember that bicycles differ from motor vehicles; they're smaller and can't move as fast. But, they can change direction more easily, stop faster, and move through smaller spaces.
- Ride in single file with traffic, not against it. Bicyclists should stay as far right on the pavement as safe, watching for opening, car doors, soft shoulders, broken glass, and other debris. Remember to keep a safe distance from the vehicle ahead.
- Make safe turns and cross intersections with care. Signal turns half a block before the intersection, using the correct hand signals (left arm straight out for left turn, right arm out for right turn). When traffic is heavy and the cyclist has to turn left, it is may be easier to dismount and walk the bicycle across both streets at the crosswalks.



Reference: TopHealth

continued on page 5

- Before entering the road, scan for traffic. Don't assume traffic is not coming just because you don't hear any.
- Always be seen. During the day, cyclists should wear bright clothing. Nighttime cycling is not advised, but if riding at night is necessary, retro-reflective gear, designed to bounce back motorists' headlight beams, will make cyclists more visible.
- Make sure the bicycle has the right safety equipment such as: a red rear reflector, a white front reflector, a red or colorless spoke reflector on the rear wheel, an amber or colorless reflector on the front wheel, and pedal reflectors. A horn or bell can be helpful. A bright headlight and tail light are required for night riding.



### The 2-Pillow Trick

Can't sleep because of back pain? *Try this trick from the American Physical Therapy Association:* Lie on your back with a pillow under your head and neck **and** a small pillow under your knees. This can help keep your spine naturally aligned so you feel less pain and sleep more soundly.

Reference: TopHealth



- Wear a helmet. Head injuries cause about 70 to 80 percent of bicycling fatalities. The Council strongly urges all cyclists to wear helmets. The first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain from injury, the results can be disastrous. In March 1999, the U.S. Consumer Product Safety Commission (CPSC) issued a uniform, mandatory federal safety standard for all bike helmets. All helmets manufactured or imported for sale in the U.S. must carry a label or sticker stating that they meet the requirements of the new standard. The helmet should fit securely and should be worn low and near the eyebrows—not back on the forehead. A properly designed helmet has four characteristics:

1. A stiff outer shell designed to distribute impact forces and protect against sharp objects,
2. An energy-absorbing liner at least one-half inch thick,
3. A chin strap and fastener to keep the helmet in place, and,
4. It should be lightweight, cool in hot weather, and fit comfortably.

There is no limit to the fun and healthful exercise gained from bicycling. Being careful, always, will give riders safer trips and greater peace of mind.

Reference: National Safety Council

# Dietary Fiber Prevents Disease

Submitted by: Shanaz Sharifpour

What can help you lose weight and prevent several kinds of serious illnesses? The answer is fiber, an important part of a healthy, balanced diet.

Fiber, also known as roughage, is the part of plant food that cannot be digested in the human body.

It is found in plant products such as grains, cereals, breads, fruits, vegetables, beans, peas, nuts, and seeds. Animal products such as meat and dairy foods contain no fiber.

**Eating enough dietary fiber has a number of important health benefits. These include:**

- ◆ Reducing risk of cancer of the bowel.
- ◆ Lowering blood cholesterol which in turn lowers the risk of heart disease and stroke.
- ◆ Controlling blood sugar to manage diabetes.
- ◆ Reducing weight by making you feel full so you tend to eat less of high fat or high calorie foods.
- ◆ Preventing formation of kidney stones and gallstones.
- ◆ Keeping the bowel function healthy and preventing constipation and hemorrhoids.

It is important to obtain fiber from a variety of sources because they have different effects. Fiber is classified as water soluble and insoluble. The water soluble fiber in oats, legumes, oat bran, beans, and fruit is the most effective in reducing blood cholesterol levels. The water insoluble fiber, most predominant in whole wheat products and wheat bran, is the type that keeps bowels functioning well and therefore helps prevent diseases of the bowel. Other good sources of fiber are cereals made with 100 percent bran, whole grain breads, prunes, figs, peas, kidney beans, pinto beans and peanuts. Choose a variety of high-fiber foods.

Most of us only eat about half the fiber we need to maintain good health. It is easy to increase the amount by making some substitutions. For instance, you could choose a whole grain cereal for breakfast instead of a refined, sugary cereal. You could pick a whole grain muffin such as bran instead of a sweet roll for your morning snack. You could substitute bean dishes for meat a couple of times a week, such as a stir fry with vegetables and garbanzo beans. Try a fruit crisp with lots of oatmeal instead of ice cream for dessert.



**Here are some additional tips about adding fiber to your diet:**

- ◆ Increase the fiber in your diet gradually to prevent digestive upset including diarrhea, gas, and cramps.
- ◆ Increase your intake of water as you increase fiber, moving up to six or eight glasses a day. Fiber absorbs water, which it needs to keep moving through the digestive system. Remember the equation: **Fiber without water equals cement!**
- ◆ If you have a known medical condition such as diabetes, consult your doctor and nutritionist to find out the amount of fiber appropriate for you.
- ◆ Eating foods sources of fiber is preferable to taking fiber supplements.

***Dietary fiber fights cancer, heart disease, and diabetes. It can also help you maintain a healthy weight by filling you up without a lot of calories or fat. Make it a significant part of your eating plan.***

Reference: Top Health

# Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:

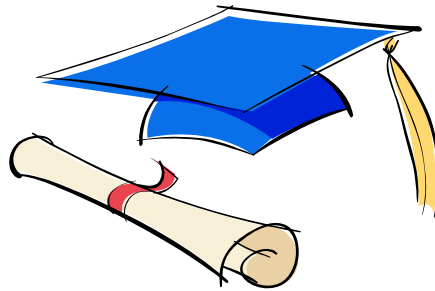
**Local Fax: 850 245-1554**

Via US Postal Service (or inter-office mail) to the address shown below.

Attention: Industrial Safety  
Florida Department of Transportation  
605 Suwannee Street, MS 53  
Tallahassee, Florida 32399-0450

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Have you ever used the Safety Smart web site?		
What would you suggest to improve the suitability of the Safety Advisor to our needs or to improve the overall quality? (Please be specific)		
<hr/> <hr/> <hr/>		
Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.		
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## Get More from Safety Smart Online



<http://floridadot.safetysmart.com/SSOL/enterprise/>

## Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans applicable to the monthly safety theme.

Slogans are judged on originality and relevance to the month's theme (there are two themes each month).

You may also email your slogans to shanaz.sharifpour@dot.state.fl.us or nancy.lynn@dot.state.fl.us

In the subject line of your email please write "*Safety Slogan Entry*".

### Please Print

Safety Slogan for the month of \_\_\_\_\_

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Name: \_\_\_\_\_

Location/Office: \_\_\_\_\_

District: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

### *Safety Hot Line*



**Local (850) 245-1543**

You can now report hazards by telephone.

You can stay anonymous.

Everything is confidential.

Action will be taken and you will  
be notified within 30 days.

## Monthly Themes for 2007

- January:** Back Injury Prevention and Safety Meetings
- February:** Fall Protection and Traffic Safety
- March:** Laboratory and Office Safety
- April:** Hazardous Materials and Blood Bourne Pathogens
- May:** Respiratory Protection and Tool Safety
- June:** Materials and Managing Stress
- July:** Heat Stress and Outdoor Hazards
- August:** Work Zone Safety and Safe Committees
- September: Fitness/Nutrition and Bicycle/Pedestrian Safety*
- October:** Fire Protection and Personal Protective Equipment
- November:** Vehicle Safety and Ergonomics
- December:** Holiday Safety and Electrical Hazards

# Safety Slogan Winners

**When sleep and  
rest decrease,  
accidents and  
injuries increase.**

**Cheryl Kick**  
District 2  
Bridge Engineering  
and Inspection

**If you're riding a bike,  
or taking a hike.  
Be sure you're  
in the motorists' sight.**

**Riva Sellers**  
District 3  
Maintenance Engineer

## Solutions to August Cryptograms

**Workplace security is a concern for everyone who works here.**

**Caps should be replaced as soon as fading is evident  
to ensure continued worker visibility and safety.**

# September 2007

## *Fitness/Nutrition and Bicycle/Pedestrian Safety National Preparedness Month*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day	4	5	6	7	8
9	10 Grandparents Day	11 New Moon	12	13	14 Payday	15
16 National Farm Safety & Health Week	17 National Farm Safety & Health Week	18 National Farm Safety & Health Week	19 National Farm Safety & Health Week	20 National Farm Safety & Health Week	21 National Farm Safety & Health Week	22 National Farm Safety & Health Week
23 Fall Equinox	24	25	26 Full Moon	27	28 Payday	29
30						

**Watch out for bicyclists and pedestrians.**

**Drive carefully.**

**Always Buckle Up!**