



# Sunshine Safety Council News

~ *LIGHTING THE WAY TO SAFETY* ~

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### **DID YOU KNOW WE OFFER THESE COURSES?**

- ◆ *First Aid/CPR*
- ◆ *Pet First Aid/CPR*
- ◆ *Coaching the Mature Driver*
- ◆ *Coaching the Experienced Driver 3*

### **BE PREPARED FOR ANY EMERGENCY!**

#### **FORKLIFT TRAINING:**

- ◆ *Formal Operator*
- ◆ *Train-the-Trainer*

### **TRAINING AT OUR PLACE OR YOURS!**

#### **OSHA:**

- ◆ *Recordkeeping*
- ◆ *10 Hr. Gen. Industry*
- ◆ *30 Hr. Gen. Industry*

### **ASK ABOUT OUR OTHER OSHA COURSES!**

#### **MOT AND IMSA COURSES LISTED INSIDE!**

### **WE ARE NOW OFFERING DRIVER'S LICENSE CHECKS!**

## **THE IMPORTANCE OF STARTING THE NEW YEAR OFF WITH A BANG BY ASHER RAPHAEL**

While a great first quarter doesn't necessarily guarantee a banner year, a terrible first quarter will absolutely ensure a year that falls short of expectations. That's why it's imperative to make your employees feel energized and motivated -almost as if they are being shot out of a cannon -as the new year begins.

It's a challenging feat no doubt, especially as many return to the office feeling weary after a long and busy holiday season. However, it's critical to ensuring a successful year and worth the time, energy and investment it takes to be done right. It's also the perfect opportunity to take advantage of the natural inclination most of us feel to start the new year with new goals and aspirations on both a professional and personal level.

*As your new fiscal year gets underway in the coming weeks, consider the following:*

#### *1. Don't forget to look back.*

While everyone views the start of the new year as a chance to wipe the slate clean and get a fresh start, not enough businesses take the time to reflect on both positive and negative trends from the previous twelve months of measurable results. A crucial component of good leadership is accurately communicating the goal and vision of the company, something that, unlike a mission statement, should ebb and flow from year to year.

Just as the President of the United States begins each year with the State of the Union address, it's important for every business leader to acknowledge the state of his / her business and lay out new, specific goals that are in line with the current vision and realities on the ground.

#### *2. Put success within reach.*

Now is the time to define not just long-term goals but also short-term milestones that are both aspirational and achievable. Consider putting out your biggest goals in the first quarter, thereby allowing for some immediate wins and setting the standard for what's possible for the year. After a huge first quarter, both individuals and departments will redefine their own expectations and set out to achieve year-end goals that on Jan. 1 would have seemed unattainable.

#### *3. Make it personal.*

To be a great manager and leader you have to know, understand and care about your people. The goals they are setting for themselves at the beginning of the year are most likely both professional and personal goals and can reveal volumes about their motivations on a number of levels. Make it a point to acknowledge and encourage those goals in some way.

I've made it a tradition at the start of each year to ask each employee to write down one short-term and long-term professional goal, one family-related goal, one health-related goal and one spiritual goal. Each list is placed in an envelope, sealed and opened during year-end reviews. Not only does it help people feel accountable and aware of the permanent nature of their goals, but it also allows their managers greater insight into the things that are most important to each of their team members as individuals and human beings.

Perhaps most importantly, every business leader should lead by example. If you want your people to feel energized and motivated at the outset of a new year, you need to feel the same way. Taking time to get away, recharge and reflect outside of your typical day-to-day grind will enable you to look at things from a different perspective and with a clear head as the calendar turns to 2016.

<http://www.entrepreneur.com/article/254311>

## Lisa LeRoux

*Lisa LeRoux has a deep interest in Psychology and Emergency Services which has led her to pursue her Bachelor's degree in Psychology with an emphasis in Applied Behavioral Analysis, her goal being to obtain her doctorate and delve into Post-Traumatic Stress Disorder research and program development. She currently holds an Associate's degree in Emergency Services along with extensive FEMA and Hazmat Operations level training. Lisa has worked in Volusia county's emergency services system for 8 years first, as an Emergency Medical Technician and later as both a lead Paramedic and preceptor for both students and new employees clearing for duty. She is currently an instructor for the American Safety & Health Institute teaching several emergency care related topics ranging from basic CPR and First Aid to Wilderness First Aid and Advanced Cardiac Life Support. She is a member of Psi Chi, the International Honor Society in Psychology and currently sits on the board for her university chapter, Alpha Beta Kappa National Honor Society, National Society for Collegiate Scholars, and has been recently accepted into the Golden Key International Honor Society. She is also an undergraduate member of the American Psychological Association. Mrs. LeRoux currently resides in Daytona Beach, FL.*



### Meet Our New Instructor!

### We can help with OSHA inspections

*OSHA's ramping up inspections with a vengeance and your organization could be their next target. Fines are reaching into the million dollar range and even **MORE inspections are coming.***

Companies need to know what inspectors are looking for and have a plan before an inspection begins. Did you know that we can do safety walk-throughs to let you know how you fair against OSHA regulations? We can send someone out to give you a "head's up" on what you can do to be well prepared if OSHA does show up.

Don't get caught off guard if you get inspected.

Call or email for more information!



## Wanted!

*We network with hundreds of companies around the state and frequently receive requests for services, inquiries about potential employees/employers, and more. In this new section we would like to offer everyone the opportunity to use our network of resources. If you have a need for a particular kind of employee, would like to send us your resume for help finding employment, if you'd like to have an on-site class, but don't have enough people...let us know and we will try to help.*

### Here are some of our most recent requests:

- ♦ Our Roadway Lighting course was requested again! Be here February 8-9, 2016 for your chance to attend! If you're interested in attending just shoot me an email (Stacey@sunshinesafety.org)!
- ♦ We are still looking for someone with an Advanced Maintenance of Traffic certificate and a few years experience. If you know anyone who fits this description give us a call or shoot us an email.
- ♦ If you'd like to have a particular safety class and it's not listed just let me know and I will try and set it up. We can do dozens of different kinds of OSHA classes!

*To submit a request, respond to request, or to see our most recent information exchange email [stacey@sunshinesafety.org](mailto:stacey@sunshinesafety.org) or check us out on Facebook!!*

## Here are five areas to watch this year regarding OSHA:

**Penalties:** The 2016 federal budget allows OSHA to increase the maximums for fines for the first time since 1990. The bill allows OSHA to play catch-up, with a one time increase that could be up to 80%, potentially increasing the maximum for a serious violation from \$7,000 to \$12,500 and the top willful and repeat penalty from \$70,000 to \$125,000. The budget calls for the adjustment to "take effect not later than August 1, 2016."

**New inspection priorities:** OSHA officially launched its new Enforcement Weighting System (EWS) on Oct. 1, 2015. The EWS gives the green light for OSHA to conduct fewer inspection, but increase the number of facility check-ups involving more complex hazards, including process safety management, ergonomics, heat hazards, permissible chemical exposures, workplace violence and combustible dust.

**Company injury records online:** OSHA's "Improve Tracking of Workplace Injuries and Illnesses" draft final rule arrived at the Office of Information and Regulatory Affairs on Oct. 5, one of the last steps before a regulation is enacted. The proposal would add new electronic injury reporting requirements for companies. It would also make companies' injury data available online to the public. That part of the regulation has been unpopular with some business and safety groups. In a Safety News Alert poll this fall, only 38% of respondents said they were in favor of the idea, with 31% opposed and 31% unsure.

**New/revised regulations:** OSHA's fall 2015 regulatory agenda listed four rules for final action in the first four months of 2016: Occupational Exposure to Crystalline Silica; Walking Working Surfaces and Personal Fall Protection Systems (Slips, Trips and Fall Prevention); the above-mentioned injury reporting rule; and Updating OSHA Standards Based on National Consensus Standards: Eye and Face Protection. The silica rule is being closely watched by safety advocates who consider this a must-do rule before the end of the Obama administration. The rule would update the permissible exposure limit for silica.

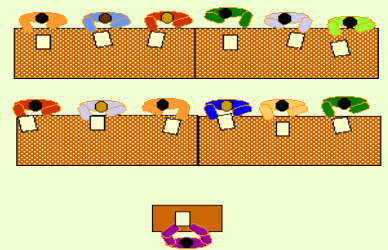
**Permissible exposure limits:** OSHA expects to complete its analysis of comments in April 2016 on its proposal to update PELs for hazardous chemicals. Various approaches to updating PELs are being considered. Meanwhile, some jurisdictions aren't waiting for federal OSHA. "It is clear that federal OSHA will never be able to keep the regulatory levels sufficiently up to date, at least until a completely new approach is developed and adopted," Oregon OSHA administrator Michael Wood said. Wood's statement was followed by the announcement that Oregon would look for ways the state can better encourage employers to adhere to more updated PELs, such as NIOSH Immediately Dangerous to Life or Health Concentrations, and it would tackle four to six of the most significant and outdated PELs at its own state level.

<http://www.safetynewsalert.com/top-5-osha-trends-to-watch-in-2016/>

### Classes at our facility

#### Keep an eye out for the new classes we have planned for 2016:

- ◆ Dealing with Workplace Violence
  - ◆ Active Shooter Training
  - ◆ Leadership Training
  - ◆ Basic Electrical Safety
- ◆ Dangerous Animal Awareness
- ◆ Coaching the Experienced Driver 3



## Defensive Driving for Cities, Counties, Companies...

**SAVE \$\$\$ ON YOUR PERSONAL AND WORK INSURANCE!**

**WE RECENTLY RAN DEFENSIVE DRIVING CLASSES FOR A LOCAL MUNICIPALITY (WITH 350+ EMPLOYEES). WITH A SIMPLE AND AFFORDABLE 4 HOUR COURSE THEY WERE ABLE TO RECEIVE A DISCOUNT ON THEIR INSURANCE (BOTH THE MUNICIPALITY AND INDIVIDUAL DRIVERS). IF YOU'RE INTERESTED IN LEARNING MORE ABOUT THIS MONEY SAVING CLASS SEND ME AN EMAIL!**



## Check it Out: January

- **Go to our website and check out our new prices for the new year!**
- **Follow us on Facebook for regular updates!**  
Come chat with us! On our Facebook page you can share safety tips, learn about our upcoming events and classes, and more!
- **Check Out Our Monthly Calendar for Fun Dates!**  
Every month we not only feature safety topics, but we also like to have some fun! Join us! Check out our Facebook to see us celebrating our FUN dates! :-)
- **Our Member Video Library now has 750+ videos!!**  
Check out our videos today....use our resources to train your people!



*Like us on Facebook for regular updates, safety tips, and fun bits!*

## 2016 Updates

*The Complete Design Standards with all Indexes can be found here:*

<http://www.dot.state.fl.us/rddesign/DS/16/STDs.shtm>

*The 2016 Design Standards Revisions, the 2016 Design Standards for Intermediate and Advanced Maintenance of Traffic, and the Temporary Traffic Control Training Handbook are available here:*

<http://www.motadmin.com/mot-resources.aspx>

*If you're not sure which MOT certification is best for you, check out the link below for descriptions of each:*

<http://www.motadmin.com/about-mot.aspx>

*IMSA Information can be found here:*

<http://www.imsasafety.org/>

***MISSED YOUR CHANCE LAST MONTH? WATCH FOR THESE CLASSES TO COME BACK SOON OR REQUEST THEM NOW!***

### ***First Aid/CPR***

This nationally recognized American Safety & Health Institute First Aid & Adult CPR training course helps employers comply with OSHA's requirement for trained First Aid responders (29 CFR 1910.151). It is geared specifically towards response to workplace injuries, illnesses and includes OSHA required Blood borne Pathogens training for employees with potential exposure to blood or body fluids. Upon successful completion, participants earn a 2-year First Aid/CPR certification and documentation for Blood borne Pathogens is provided to the employer.

***\$45 per person***

### ***Pet First Aid and Disaster Response***

If your pet is one of the family or simply a furry friend for whom you have accepted responsibility, knowing how to care for him or her in an emergency can make the difference between life and death. This ECSI course will give you the knowledge and skills to prevent emergencies and will train you how to respond should one occur.

***\$29.95 per person***

### ***Forklift Formal Operator Training***

OSHA requires all Powered Industrial Truck operators to receive both Formal and Practical training before being permitted to operate the truck (29 CFR 1910.178). This course provides basic, formal training on the topics listed. The employer may then train the operator on truck and site specific hazards and complete the practical or hands-on evaluation, using the handy checklist provided.

***\$45 per person***

## January 2016: *National Blood Donor Month*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>HAPPY NEW YEAR!!</b>	2
3	4	5	6	7	8 😊 <b>Bubble Bath Day!</b>	9
10	11	12	13	14	15 😊 <b>National Hat Day</b>	16
	<b>OSHA 10hr General Industry</b>					
17	18	19	20 😊 <b>Penguin Awareness day!</b>	21	22	23
		<b>Traffic Signal Inspector &amp; Renewal</b>				
24	25	26	27	28	29 😊 <b>Fun at Work Day!</b>	30
		<b>IMOT Refresher</b>				
31						

***Like us on FACEBOOK for upcoming classes, free seminars, and much MORE!!***

**Click: [Go Donate!!](#)**

Blood is the most precious gift that anyone can give to another person ; the gift of life. A decision to donate your blood can save a life, or even several. You or someone you know may need blood because of an accident, surgery, premature birth, or another unforeseen event. Donate today to save lives

OneBlood is a not-for-profit 501(c)(3) community asset responsible for providing safe, available and affordable blood to more than 200 hospital partners and their patients throughout most of Florida, parts of Georgia, Alabama and South Carolina.

We distribute nearly one million blood products annually, employ more than 2,000 people, operate more than 80 donor centers and deploy more than 200 of our signature Big Red Buses throughout our service area for blood drives. [\(Click here to view the OneBlood service area map\).](#)

**DRIVER IMPROVEMENT "TRAFFIC SCHOOL"**

**GET EDUCATED AND YOU CAN:**

**Reduce or avoid points/Receive Insurance Discounts/Keep your "Safe Driver"**

**\$\$ Save money \$\$**

We are the original local traffic school, serving the area since 1973. That means we'll be around if you ever need to verify attendance or get a replacement certificate. Our instructors are experienced, state certified, professionals. We offer secure classroom facilities throughout the 3 county area with Spanish speaking customer service representatives. There are many on-line & video classes available.

***We will meet or beat all competitors' classroom prices!***

**Courses available include:**

- ◆ **First Time License Course (D.A.T.E.):** 4 hour course satisfies the state requirement for new drivers to obtain their learner's permit. **Use the code MEMSSC for a \$5 discount when taking classes on campus!**
- ◆ **Basic Driver Improvement (BDI):** 4 hour course for point reduction, TCAC, court order, or DMV order. **Use the code MEMSSC for a \$5 discount when taking classes on campus !**
- ◆ **Advanced Driver Improvement (ADI):** For license suspensions and court requirements.
- ◆ **Intermediate Driver Improvement (BDI-8):** An 8 hour on-line, court ordered program
- ◆ **Aggressive Driver:** A court ordered program for drivers charged with 2 or more simultaneous moving violations
- ◆ **Coaching the Mature Driver:** Insurance discount course for drivers age 55 and better, approved by the State of Florida

***All traffic classes provide a hard copy certificate of completion and electronic notification to the DHSMV when applicable!!***

***The Council is dedicated to making our community a safer place to live, work, & drive.***

**Courses We Offer:**

**If there's a course you're interested in and it is not listed let us know!**

**FIRST AID:**

- FIRST AID/CPR
- PET FIRST AID/DISASTER RESPONSE

**MOT:**

- INTERMEDIATE MAINTENANCE OF TRAFFIC
- INTERMEDIATE MAINTENANCE OF TRAFFIC REFRESHER

**IMSA:**

- FIBER OPTICS I
- FIBER OPTICS II FIELD
- FIBER OPTICS II DESIGN
- TRAFFIC SIGNALS I
- TRAFFIC SIGNALS II FIELD

- TRAFFIC SIGNALS II CONSTRUCTION
- TRAFFIC SIGNALS III FIELD
- TRAFFIC SIGNALS INSPECTOR I
- SIGNS & MARKINGS I
- SIGNS & MARKINGS II
- SIGNS & MARKINGS III

**FORKLIFT:**

- FORKLIFT OPERATORS FORMAL TRAINING
- FORKLIFT TRAIN-THE-TRAINER

**OSHA TRAINING:**

- OSHA 10 OR 30 HR COURSE GENERAL INDUSTRY CONSTRUCTION
- HAZCOM 2012

- HAZWOPER 8/24/40

**ATTENTION**

**Our newly signed agreement with Florida State College at Jacksonville OTIEC will bring a variety of high level training opportunities ~ watch your email, our website, or check our Facebook for schedule announcements!**

***You MUST specify "Renewal" when registering for classes/Participants responsible to assure eligibility requirements are met.***

***Mission Statement***

***It is the mission of The Sunshine Safety Council, Inc. to promote an awareness and response to safety issues on the part of individuals, private and public organizations, and society. In order to achieve its mission, the Organization will engage in educational activities which result in increased awareness and behavioral response to unsafe conditions at home, at work, and in the community.***