



# Sunshine Safety Council News

## ~ LIGHTING THE WAY TO SAFETY ~

### Sunshine Safety Council, Inc.

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### DID YOU KNOW WE OFFER THESE COURSES:

- ◆ First Aid/CPR
- ◆ Pet First Aid/CPR
- ◆ Coaching the Mature Driver

### 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!

February 2015

Issue 2

## FEBRUARY IS NATIONAL SENIOR INDEPENDENCE MONTH



*Take this opportunity to evaluate yours or your parents current living situation; notice strengths and weaknesses in daily routines and make adjustments for a better lifestyle.*

### DO YOU KNOW that the #1 cause of death-by-injury among seniors is falling?

Most falls can be prevented. Take this quick survey to help determine your (or someone you love) risk of falling. The more YES answers the greater the risk.

- Have you fallen in the last 6 months? Yes\_\_\_No\_\_\_
- Do you take 4 or more prescription or over-the-counter medications daily? Yes\_\_\_No\_\_\_
- Do you feel unsteady on your feet or dizzy, have difficulty walking or keeping your balance? Yes\_\_\_No\_\_\_
- Has it been more than 2 years since you had an eye exam? Yes\_\_\_No\_\_\_
- Has your hearing become worse with age? Yes\_\_\_No\_\_\_
- Do you usually exercise less than two days a week? Yes\_\_\_No\_\_\_
- Do you drink any alcohol daily? Yes\_\_\_No\_\_\_
- Do you have more than three chronic health conditions? Yes\_\_\_No\_\_\_

**TIPS:** Talk with your doctor about falls and concerns. Review medications with your doctor and pharmacist at each visit and **with each new prescription**. Ask your doctor how to stay healthy and active with your health conditions and whether a physical therapy referral to learn exercises to strengthen your leg muscles is needed. Exercise at least two or three times a week for 30 minutes. Schedule hearing and eye exams every 2 years. Limit your alcohol to one drink per day to avoid falls.

## COACHING THE MATURE DRIVER

"Coaching the Mature Driver" is an INSURANCE DISCOUNT COURSE for drivers age 55 and better, approved by the state of Florida. Classes, led by an experienced traffic instructor, are fun and informative. Share your ideas and experience on the road in a relaxed and friendly atmosphere. Class discussions focus on today's hectic driving environment and it teaches us how to recognize and avoid traffic hazards. Everyday driving involves dealing with construction zones, heavy traffic, distractions, bad weather, and other not-so-cautious drivers. Learn how to stay safe and be safe on the road!

**GIFT CERTIFICATES NOW AVAILABLE!**

## Member Spotlight: Council on Aging

Members since 1994, no one knows better the techniques seniors need to adopt to stay safe, than the Council on Aging. With February being Senior Independence Month, we went straight to our member experts for information on senior living, safety tips, and what they do everyday to help our grandparents, parents, and us.

### Need help at home? COA can help.

For over 47 years, we have been providing caring and compassionate services to seniors in Volusia County. COA services include but are not limited to:

- ◆ Meals programs (Meals on Wheels for homebound seniors and congregate dining at our 7 dining sites)
- ◆ Respite Care and Caregiver Support Groups for those caring for loved ones with early stage dementia
- ◆ Handyman
- ◆ Homemaking

COA services are available through private pay and, on occasion, with limited federal and state grant dollars. Grant dollars are not enough to meet the growing need of our community, so your support is very important to us. Be a part of our mission to care for seniors so that they may live independently longer. Donate your time to volunteer as a "Meals on Wheels" driver or at one of our 5 senior centers. Donate dollars to support seniors who cannot afford the care they need. **Contact us for information at 386.253.4700 x 225** or visit our website at [www.coavolusia.org](http://www.coavolusia.org)

## Exclusive **NEW** Member Benefits



With the launching of our new website we are introducing many new online training tools, including the OSHA 10 hour and 30 hour General Industry and Construction courses (see page 3). An additional bonus for our valued members, with the special member code: **MEMSSC**, you can receive discounts on selected traffic courses (see page 6).

Don't forget to feel free to use our online videos for training as well. Go to our brand website, [www.sunshinesafety.org](http://www.sunshinesafety.org), and look for the Members Only section. In the "Free Unlimited Streaming Safety Videos" you can enter your email and create a password!

**USE OUR RESOURCES TO TRAIN YOUR PEOPLE!**

## Recommended Videos of the Month

### *Four Weeks to Senior Preparedness*

With February being Senior Independence Month, each week we would like to draw attention to training that is beneficial to senior preparedness. Whether you are a senior or you just want to be prepared to help, these videos will help you be ready for any situation that may arise.

**Week 1: 2776 Driving Safety**

**Week 2: 2822 Fire Prevention**

**Week 3: 2449 First Aid Safety**

**Week 4: 2521 First Aid Until Help Arrives**

**Be Ready  
to save a  
LIFE**



## Safety News: OSHA News for 2015

### Beyond Updating the Recordkeeping Rules

- OSHA's second regulatory deadline is pointed at manufacturers and distributors, but a variety of employers should take a look. By June 1, 2015, all new chemical labels/safety data sheets must conform to the Globally Harmonized System of Classification and Labeling of Chemicals (GHS) – OSHA's revised Hazard Communication Standard. For employers who use chemicals, that will mean more labels/SDSs that their employees see will comply with GHS. It is possible that some old-style labels/SDSs will be allowed for a while. Distributors will still be permitted to ship products with old labels until Dec. 1, 2015.
- Slow progress is being made in OSHA's attempt to update the silica standard. OSHA held public hearings on the proposal in 2014 and says it will finish analyzing comments from those hearings in June 2015. The window for enacting this somewhat controversial standard may be after the November 2016 election but before President Obama leaves office in January 2017.
- OSHA is in the process of developing revised ergonomic guidelines for the healthcare industry. OSHA already publishes ergonomic guidelines for several industries. While these aren't regulations, OSHA has used its General Duty Clause to cite companies for ergonomic violations when accepted industry guidelines are available.
- Look for some movement in OSHA's attempt to update its chemical standards – particularly permissible exposure limits. The agency is expected to publish the results of a Request for Information soon. However, a revised rule is still probably years away.
- Another initiative that is moving along slowly (but it is moving) is the presidential mandate to review OSHA's Process Safety Management regulations. This was in reaction to the fatal explosion in West, TX. OSHA expected to conduct a small business review on this issue by June 2015.

Source: <http://www.safetynewsalert.com/top-10-osh-trends-for-2015/>

## Classes at our facility or Online

- Through our new partnership with US Pure Safety, Approved OSHA Outreach General Industry 10 Hour and Construction 10 & 30 Hour classes now online at: <http://www.sunshinesafety.org/WorkplaceSafety/OnlineCourses.aspx>. Use discount code 006 to save 5% off the already low price of \$89 for 10 Hour classes and \$189 for the Construction 30 Hour. *Prefer a live class? Let us know and we will add it to the schedule.*
- Forklift Train-the-Trainer: March 20, 9-3. *Coaching Systems* lead trainer, Bill Waslic will qualify you to conduct the training required under 1910.178 in your facility. The Standard's requirement for formal and practical training can be accomplished in timely segments using your own equipment. Training kit with DVD is included for the member price of \$425
- OTI 511 - Occupational Safety and Health Standards for General Industry: April 6-9, presented by University of South Florida OSHA Training Institute. This course is the pre-requisite for the OTI 501 Trainer Course in General Industry which will be Conducted April 13-16.
- Safety Council members can save \$75 off the \$800 cost of each course with registration and payment received by February 13<sup>th</sup>. Unfortunately, USF will not permit us to offer discounts after that time.



## FDOT News



Florida has its own unique issues to deal with in respect to transportation safety and the FDOT is always working to keep our infrastructure safe and running smoothly. With that thought in mind, updates and modifications are to be expected. The 2015 Design Standards are no exception. Updates in the Design Standards have been released and can be found on our website at:

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

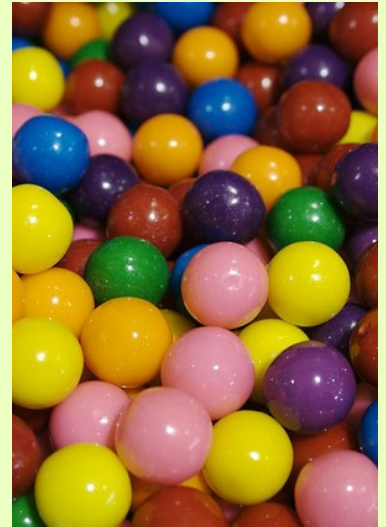
**SUNSHINE SAFETY COUNCIL IS YOUR LOCAL RESOURCE FOR FDOT  
APPROVED INTERMEDIATE MOT TRAINING! (PROVIDER #125)**



## Check it Out: February

- **Have you seen our new website?**  
With the new year we are launching a new website that has a slew of new tools and resources for your convenience.
- **Check Out Our Monthly Calendar for Fun Dates!**  
Every month we not only feature safety topics, but we also like to have some fun like we did last month. Last month we celebrated National Rubber Duckie Day and fun was had by all! Join us this month as we celebrate bubble gum day, hoodie hoo day, and tell a fairy tale day!
- **Pet First Aid/CPR is one of our growing specialty classes.**  
We are the only facility in the area offering these life-saving classes for your family pets. Check out our website for more information!

[www.sunshinesafety.org](http://www.sunshinesafety.org)



**BUBBLE GUM DAY IS  
FEBRUARY 6TH!**



*Be heart wise all year with  
heart awareness  
practices!!*

## Did you know: February is American Heart Awareness Month

**10 Tips to live by, for Heart-Healthy Families**

1. Keep portions small, to have less wasted food, and avoid obesity.
2. Watch calories to maintain a healthy weight.
3. Provide kids nutritious snack choices, ready to grab on the go.
4. Use soft spread margarine labeled zero trans fats in place of butter to help reduce intake of saturated fat, trans fat and cholesterol.
5. Don't let anyone skip breakfast; a healthy breakfast is essential for a productive day.
6. Choose beverages wisely. Include nonfat or low fat milk and drink plenty of water and other non-sweetened beverages like tea.
7. Make the dinner occasion a family get-together occasion, and turn the TV off while eating.
8. Offer your family plenty of fruits and vegetables every day.
9. Prepare low-fat versions of your family's favorite meats and poultry, use low fat cheeses and milk and eat at least 2 servings of fish per week in place of fatty meats.
10. Choose whole grain foods as a good source of fiber.

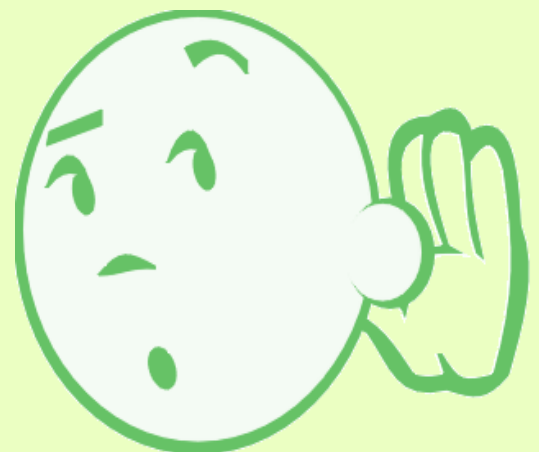
Source: [www.FamilyatHeart.org](http://www.FamilyatHeart.org)

## We want to hear from you!

We value our client's ideas and insights and we want to encourage you to contact us. If you have an idea you want to share, a helpful hint for other safety-minded individuals, want to have input into our newsletters, or just want to comment on something safety oriented let us know.

Call us at 386.253.6400 or 800.467.7327 x114 or x115

send an email to [Stacey@sunshinesafety.org](mailto:Stacey@sunshinesafety.org)  
[Sherrie@sunshinesafety.org](mailto:Sherrie@sunshinesafety.org)



## February 2015: American Heart Disease Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Free Member Video of the Week #2776 : Driving Safety	2  IMOT Refresher	3	4	5	6 😊 Bubble Gum Day  Forklift Formal Operator Training	7
8  Free Member Video of the Week #2822 : Fire Prevention	9	10	11  IMOT Traffic Signal Inspector LV1 & Renewal	12	13	14  Valentines Day ❤️
15  Free Member Video of the Week #2449 : First Aid Safety	16	17	18	19	20 😊 National Hoodie Hoo Day	21  Pet First Aid
22  Free Member Video of the Week #2521 : First Aid until help arrives	23	24	25	26 😊 National Tell a Fairy Tale Day	27	28

### Courses Catalog

#### FIRST AID:

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

#### MOT:

- INTERMEDIATE MAINTENANCE OF TRAFFIC
- INTERMEDIATE MAINTENANCE OF TRAFFIC REFRESHER

#### IMSA:

- FIBER OPTICS I, II, & III
- TRAFFIC SIGNALS I
- TRAFFIC SIGNALS II FIELD
- TRAFFIC SIGNALS III FIELD
- TRAFFIC SIGNALS II CONSTRUCTION
- TRAFFIC SIGNALS INSPECTOR I

- SIGNS & MARKINGS I
- SIGNS & MARKINGS II
- SIGNS & MARKINGS III

#### FORKLIFT:

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

#### OSHA TRAINING INSTITUTE:

- 511 - OCC. SAFETY & HEALTH STANDARDS FOR GENERAL INDUSTRY
- 501 - TRAINER COURSE IN OSHA STANDARDS FOR GENERAL INDUSTRY
- 2225 - RESPIRATORY PROTECTION
- 503 - UPDATE FOR GENERAL INDUS-

#### TRY OUTREACH TRAINERS

- 502 - UPDATE FOR CONSTRUCTION INDUSTRY OUTREACH TRAINERS
- 521 - OSHA GUIDE TO INDUSTRIAL HYGIENE
- OSHA 10 HR COURSE GENERAL INDUSTRY CONSTRUCTION
- HAZCOM 2012
- HAZWOPER 40 HR (HM40)  
24 HR. (HM24)  
8 HR. REFRESHER (HMR8)  
HAZ. WASTE/EPA/DOT/RCRA 8 HR (HW8)

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

## Take a Minute

*The second week of February is Random Acts of Kindness week!*

*Even though we may not be able to solve all the world's problems we can make a difference in someone's world!*

### *The Starfish Story*

*A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement. She had been doing this for some time when a man approached her and said, "Little girl, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!" The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied, "Well, I made a difference to that one!" The old man looked at the girl inquisitively and thought about what she had done and said. Inspired, he joined the little girl in throwing starfish back into the sea. Soon others joined, and all the starfish were saved.*

*Adapted from The Star Thrower  
by Loren C. Eiseley*

*Commit a Random Act of Kindness! Give it a try and make a difference for that one starfish!*

## 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.***

## 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.*