



Sunshine Safety Council News

~ **LIGHTING THE WAY TO SAFETY** ~

Sunshine Safety Council, Inc.

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www.sunshinesafety.org

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!

WE ARE NOW OFFERING DRIVER'S LICENSE CHECKS! (SEE INSIDE FOR DETAILS)

May 2015

Issue 5

MAY IS ELECTRICAL SAFETY MONTH



ELECTROCUTION IS THE FIFTH LEADING CAUSE OF OCCUPATIONAL INJURY/DEATH IN THE UNITED STATES. STUDIES HAVE SHOWN THE HIGHEST PROPORTION OF ELECTROCUTION DEATHS OCCURRED AMONG ELECTRICIANS AND ELECTRICAL HELPERS, AND AMONG UTILITY WORKERS AND THOSE EMPLOYED IN THE CONSTRUCTION AND MANUFACTURING INDUSTRIES. OUT OF 3,929 WORKER FATALITIES IN PRIVATE INDUSTRY IN CALENDAR YEAR 2013, 796 OR 20.3% WERE IN CONSTRUCTION WITH ELECTROCUTIONS ACCOUNTING FOR 8.9% OF THOSE DEATHS.

Electrical Safety Tips

- ◆ Assume that all overhead wires are energized at lethal voltages.
- ◆ Never touch a fallen overhead power line.
- ◆ Stay at least 10 feet away from overhead wires during cleanup and other activities.
- ◆ If an overhead wire falls across your vehicle, stay inside the vehicle.
- ◆ Never operate electrical equipment while you are standing in water.
- ◆ Never repair electrical cords or equipment unless qualified and authorized.
- ◆ If working in damp locations, inspect electric cords and equipment to ensure that they are in good condition, free of defects, and use a ground-fault circuit interrupter (GFCI).
- ◆ Always use caution when working near electricity.

MAY IS NATIONAL MILITARY APRECIATION MONTH!

"Freedom isn't free. It is paid for with the blood and sacrifice of thousands of brave Americans who have given, the last full measure of devotion, for the cause of freedom and in the defense of liberty for this Nation. It is for them that we remember what they did. It is for them that we remember why they sacrificed. And it is for them that we owe our freedom and liberty. God bless those who have sacrificed all on the altar of freedom so that we can remain eternally free." ~ Ken Taylor

May is National Military Appreciation Month (NMAM), a time to recognize and celebrate the contributions of the courageous men and women who have served or are currently serving in the United States Armed Forces. It reminds us of the important sacrifices the men and women of the U.S. Armed Forces have made to defend our nation's freedom. Join us this month as we celebrate all branches of service, those who are currently serving and those who have served.

Let's get together!

If you have a safety need or want for your company or employees ...

Do you have safety information to share...

Would you like to contribute to our newsletter...

Are you looking for assistance finding an employee/employer...

Give us a shout! Call, email, or find us on Facebook!

We will help you connect with our resources!

(386)253-6400 ext. 114

stacey@sunshinesafety.org



Information Exchange:

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 onsite class, but don't have enough people...let us know and we will try to help.

Here are some of our most recent requests:

- ◆ We were recently asked if we could offer an IMSA Roadway Lighting course. If you are interested in joining in on this class let us know! It will be limited seating.
- ◆ We have received multiple inquiries asking if we know anyone who has an Advanced Maintenance of Traffic certification (with experience in the field) looking for employment. If you know of someone who fits this description give us a call or shoot us an email.
- ◆ Do you have or know of anyone who has a Traffic Signal Technician Level 3 certification with experience who is looking for work? Let us know because we have had inquiries about this as well.

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



Exclusive Member Benefits

With your SSC membership you receive discounts on some of our most popular classes including Intermediate Maintenance of Traffic, Intermediate Maintenance of Traffic Refresher, and Fiber Optics for ITS.

- ◆ Don't forget to check out our First Aid/CPR, Pet First Aid, and Forklift Formal Operator Courses!
- ◆ Remember to use the code MEMSSC to receive discounts on selected driver improvement courses (see page 6).

Remember to use our online videos to inform your people! Go to our website, www.sunshinesafety.org, and look for the Members Only section. Enter your email address and create a password then go to the "Free Unlimited Streaming Safety Videos" to get started!

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

OSHA News

We are Excited to Announce our Newly Signed Agreement to Host OSHA Training Institute Education Center Classes for Region IV's Newest OTIEC—Florida State College at Jacksonville!
This affiliation will allow us to bring high level, OSHA authorized training AND reinstate the member discount for courses such as; Hazardous Materials, Confined Space, Electrical Standards, Industrial Hygiene along with the 500/501 series. Help us kick off this new venture and participate in OSHA's Safety Stand-Down to Prevent Falls in Construction with a FREE (Members Only) class:

OSHA #7405 - Fall Hazard Awareness for the Construction Industry: This course covers the identification, evaluation, prevention and control of fall hazards in the construction industry. The course focuses on falls to a lower level rather than falls to the same level resulting from slips and falls. Course topics include identifying, analyzing, and preventing fall hazards utilizing OSHA Fall Protection Standards. At the conclusion of the course, students will have an awareness level of identifying fall hazards and methods to control and abate the hazards.

May 15, 2015 8:30am to 1:30 pm - FREE to Members!! (\$25 Non-Members)

30 Hour General Industry: While covering the same topics as the 10 Hour program, this course is geared towards those with responsibility for safety & health management. Added are Intro to Industrial Hygiene, Managing Safety Behavior, Job Hazard Analysis, Incident Investigation & more. OSHA 30 Hour Card provided.

June 15-18, 2015 - \$375 Members, \$415 Non-Members



Classes at our facility: Fiber Optics ITS is BACK!

The world is rapidly changing and with that change older technologies for carrying information from place to place are quickly being replaced by superior optical fiber technology. Don't get left in the past! Keep your company and employees up-to-date with our Fiber Optics for ITS courses!

Fiber Optics Field Level 1:	6/22-23	\$878 Member/\$975 Non-Member
Fiber Optics Field Level 2:	6/24-25	\$1103 Member/\$1125 Non-Member <i>*Pre-requisite Fiber Optics Level 1</i>
Fiber Optics Design Level 2:	6/26	\$608 Member/\$675 Non-Member

REGISTER NOW WHILE SEATS ARE STILL AVAILABLE!



Driver Safety: Who's Behind the Wheel?

DO YOU REALLY KNOW WHO'S BEHIND THE WHEEL?

You know what they say about assuming. Don't assume because someone has a driver's license that they are a safe or cautious driver!!

For your peace of mind we are now offering DMV checks to ensure the safety of your employees, your company, your vehicles, and the public we serve.

**CALL OR EMAIL FOR MORE DETAILS:
 1-800-467-7327 EXT. 114
 STACEY@SUNSHINESAFETY.ORG**



Check it Out: May

- **OSHA 30 General Industry is happening here!!**
This class has limited seating, has been much requested, and is sure to fill up fast so don't miss your chance! Sign up NOW!
- **Check out our Facebook page and give us a LIKE so we can find you!**
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! This month we will be celebrating no diet day and national chocolate chip day!

More importantly we will be honoring our military service personnel by celebrating Armed Forces Day and Memorial Day!

If you love your freedom make sure to thank a veteran!!



ARMED FORCES DAY: MAY 16TH

This holiday is for citizens to come together and thank our military members for their patriotic service in support of our country.

This day honors everyone serving in the U.S. Military branches; Air Force, Army, Coast Guard, Marines, Navy.

Did you know? May is Mental Health Month!



Did you know that each year in the United States 1 out of 4 otherwise healthy adults will develop a new diagnosable mental illness?

Mental disorders are common in the United States and internationally. An estimated 26.2 percent of Americans ages 18 and older or about one in four adults suffer from a diagnosable mental disorder in a given year. When applied to the 2004 U.S. Census residential population estimate for ages 18 and older, this figure translates to 57.7 million people.

It's time to get educated!

According to the leading authorities in the medical and psychological fields mental illness is a physical illness, just like cancer and heart disease! An excerpt from an APA (American Psychological Association) article entitled "The Roots of Mental Illness" by Kristin Weir is provided below:

Eric Kandel, MD, a Nobel Prize laureate and professor of brain science at Columbia University, believes it's all about biology. "All mental processes are brain processes, and therefore all disorders of mental functioning are biological diseases," he says. "The brain is the organ of the mind. Where else could [mental illness] be if not in the brain?" That viewpoint is quickly gaining supporters, thanks in part to Thomas R. Insel, MD, director of the National Institute of Mental Health, who has championed a biological perspective during his tenure at the agency.

To Insel, mental illnesses are no different from heart disease, diabetes or any other chronic illness. All chronic diseases have behavioral components as well as biological components, he says. "The only difference here is that the organ of interest is the brain instead of the heart or pancreas, but the same basic principles apply."

May 2015: Mental Health Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>3</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>Member Video of the Week #2874: Electrical Safety in the Workplace</p> </div>					<p>1</p>	<p>2</p> <div style="text-align: center;">  <p><i>Pet First Aid/ CPR</i></p> </div>
<p>10</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>Member Video of the Week #2966: Basic Electrical Safety</p> </div>	<p>4</p>	<p>5</p>	<p>6</p> <div style="text-align: center;">  <p><i>No Diet Day</i></p> <div style="border: 1px solid green; padding: 2px; background-color: #c8e6c9; display: inline-block;"> <p>MOT Refresher</p> </div> </div>	<p>7</p>	<p>8</p> <div style="text-align: center;">  <p>Forklift Formal Operator</p> </div>	<p>9</p>
<p>17</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>Member Video of the Week #2731: Electrical Awareness</p> </div>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p> <div style="text-align: center;">  <p><i>First Aid/CPR</i></p> </div>	<p>15</p> <div style="border: 1px solid red; padding: 2px; background-color: #ffe0b2;"> <p>FREE SEMINAR: OSHA 7405 FALL HAZARD AWARENESS</p> </div> <div style="text-align: center;">  <p><i>National Chocolate Chip Day</i></p> </div>	<p>16</p> <div style="text-align: center;">  <p>Armed Forces Day</p> </div>
<p>24</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>Member Video of the Week #1591: Electrical Safety for Non Electricians</p> </div>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p> <div style="text-align: center;">  <p><i>National Waiter/ Waitress day</i></p> </div>	<p>22</p>	<p>23</p>
<p>31</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>Member Video of the Week #1353: Electrical Safety Illustrated</p> </div>	<p>25</p> <div style="text-align: center;">  <p>Memorial Day</p> </div>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>IMSA Florida Section Annual Conference. Visit our Vendor Booth Friday at the OMNI Orlando Resort</p>						

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

Recommended Videos of the Month

Don't become a statistic! Prepare yourself before working with electricity by watching our videos!

2874: 2012 NFPA 70E: Electrical Safety in the Workplace

2966: Basic Electrical Safety

2731: Electrical Safety

1591: Electrical Safety Awareness for Non-Electricians

1353: Electrical Safety Illustrated



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

OSHA TRAINING INSTITUTE EDUCATION CENTER:

- 7405 FALL PROTECTION 5/15 FREE FOR MEMBERS!
- OUR NEWLY SIGNED AGREEMENT WITH FLORIDA STATE COLLEGE AT JACKSONVILLE OTIEC WILL BRING A VARIETY OF HIGH LEVEL TRAINING OPPORTUNITIES—WATCH YOUR EMAILS & OUR WEBSITE 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.