

SWFLSC Newsletter



First Quarter

January – March 2021

1714 Evans Ave.
Fort Myers, FL 33901



Community safety is our main objective. We've been serving the local community in 5 counties for over 50 years, offering a wide variety of training classes to promote workplace safety and awareness.

Hot Topic:

Distracted Drivers...

Four types of distractions for drivers are:

1. **Visual:** looking at something other than the road
2. **Auditory:** hearing something not related to driving
3. **Manual:** taking hands off the wheel
4. **Cognitive:** thinking about something other than driving

What are the top 10 distractions while driving?

The top ten distractions while driving are:

1. **Lost in thought**
2. **Cell phone use**
3. **Looking at something outside the car**
4. **Someone in the car**
5. **Using a device within the car, other than a phone**
6. **Eating or drinking**
7. **Adjusting the radio or A/C**
8. **Using a vehicle function such as cruise control**
9. **Moving Objects**
10. **Smoking**



* We Offer CPR Classes

Heart Attack Symptoms

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away & comes back.

DISCOMFORT IN AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke Symptoms

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand?

DID YOU KNOW?

Benefits for Members of the Southwest Florida Safety Council, Inc. Include:

Discounts on occupational classes at our location or yours.

Access to over 600 streaming videos & over 350 Steaming videos in Spanish at the click of your mouse.

Call 239-479-4904 for more information or needing access to the safety videos.

Awareness

January – Road Safety

February – Preventing Heart Disease

March – National Drug & Alcohol Week

Get to know us!

The Southwest Florida Safety Council, Inc. is a non-governmental, non-profit 501 © (3) corporation dedicated to promoting, encouraging, and supporting safety in industry, at home, on the highway, and in the community.

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