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Cold and Flu Season

As we move into cold and flu season, now is a good time to discuss proper cleaning, disinfecting and sanitizing and good health habits will all employees. Two good documents can be found on the U.S. Department of Health and Human Services Centers for Disease Control and Prevention website at www.cdc.gov. The first, "Preventing the Flu: Good Health Habits Can Help Stop Germs" lists six tips to staying healthy.

1. Avoid close contact.
2. Stay home when you are sick.
3. Cover your mouth and nose.
4. Clean your hands.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits.



The second document is titled "How to Clean and Disinfect Schools to Help Slow the Spread of Flu." Although it is written for janitorial staff working in a school or education environment, the topics and situations covered are very similar to our rest areas and the types of cleaning involved with your day to day operations. The most important subject is the difference between cleaning, disinfecting and sanitizing. We all use these three words interchangeably when in fact the three each mean different things.

Cleaning with soap and water simply removes dirt and grime from fixtures or objects. Cleaning with regular soap or detergents doesn't necessarily disinfect or sanitize the surface being cleaned. Disinfecting uses chemicals to kill germs on objects and surfaces but may not clean the surfaces. Sanitizing is the act of cleaning and disinfecting and reducing the number of germs which in turn lowers the risk of spreading infection.

From the above information and definitions you can see that it is critically important that the correct product is being used for the correct cleaning or disinfecting process. Also important is the proper mixing of the products if they are provided in a concentrated format. If your products are not mixed properly they likely won't work as intended.

Careful review of all products your workshop uses and proper attention to mixing coupled with proper cleaning techniques will help protect not only the public from germs, it will also help protect you during your day to day use of our buildings and facilities.

Links to both of the information sheets discussed above will be forwarded to your contract administrators so they may print and make them available to all employees for review.



Special Points of Interest

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Farmland rest area (I-74)
Funks Grove rest area (I-55)
Illini Prairie rest area (I-57)
Salt Kettle rest area (I-74)

All photographs and articles by
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Driving Zero Fatalities to a Reality

At the Illinois Department of Transportation, safety is our number one priority and we stand committed to reducing the number of fatalities to zero on Illinois roadways.

Please help us by driving defensively, buckling up, putting down your cell phone, slowing down in work zones, wearing the proper gear while motorcycling, and designating a sober

driver if you have been drinking. Driving Zero Fatalities to a Reality is our message. Every life counts. With your help, we will ensure we are doing everything we can to save lives.

2014 Illinois Roadway Fatalities to Date

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Lost & Found

Any lost and found items you may find should be brought to the attention of your supervisor immediately. Items should be sealed in an envelope. On the outside of the envelope, write a brief description of what is inside, when and where the item was found, the date, who found it and any other important information. Once the information is complete the envelope should be placed in the lost and found bin in the office to be picked up by Lee or Stephanie.

We Honored

In honor of the
National Fallen Firefighters
Memorial Service

Sunrise to Sunset on
Sunday, October 12, 2014

REMINDER

The POW/MIA flag shall be flown the entire month of November. If you do not have a POW/MIA flag or if your rest area is in need of any flags please notify Lee for a replacement.

Time Change

Sunday November 2nd, 2014 we will all change our clocks from Central Daylight Savings time to Central Standard time. Most of the clocks around the rest areas should change automatically to reflect the new time.

If they do not please notify Lee and fill out a work order form and we will get them adjusted on our next visit. Some of our outdoor lighting at the rest areas is also activated by a clock instead of a sensor. If you notice your outdoor lighting staying on too long in the morning or not coming on soon enough in the evenings please follow the same procedure, notify Lee and complete a work order. We will get the settings for the lighting adjusted as soon as possible. Thank you for your help!



Emergency Notification Reminder

Any time you have an accident or incident at a rest area that involves the police, fire or ambulance you need to notify IDOT immediately after the call to 9-1-1 has been made. Proper phone numbers and calling procedures to reach IDOT are posted by all office telephones and these procedures need to be followed each and every time you have had an emergency or an occasion where the police, fire or an ambulance has responded to the rest area.

Your workshop also has a notification process you will need to follow, but, recently we have had a few occasions where IDOT was not properly notified of accidents in a timely manner. If you are uncertain of the policies and procedures, please discuss this with your supervisor, your contract administrator, Lee or Stephanie.

Any time there is an accident at the rest area that involves an injury or damage to property, rest area property or private property, an incident report

needs to be completed immediately. If a supervisor is not onsite at the time of the accident or incident, the lead worker or the employee that is present should fill out the reports. If the person involved does not wish to fill out an incident report or provide the information needed, the report still should be filled out using as much information as possible.

Critical items that need to be noted: Names, addresses and phone numbers of all people involved. Type of vehicle with make, model, color and license plate information or type and description of personal or rest area property that was involved. What time did the incident occur, where did it occur and what were the conditions? If the incident was outside, estimate the temperature and any weather factors that may be visible. Your forms are designed in a way that will step you through this process and they should also have space for notes or other pertinent information to be recorded.

Above all else, if someone is hurt or injured, remain calm and follow your first aid training. Notify or designate someone to call 9-1-1, know what rest area you are working at and its location including the interstate name, direction and the mile marker for that rest area. Once 9-1-1 is called they will need this information and the operator will have questions and instructions for you or the caller. Do what they say and answer their questions to the best of your ability. Provide first aid for the hurt or injured person and stay with them until help arrives. If someone is being transported by ambulance it is also helpful to ask the responders which hospital they are being transported to. We may need this information later to return personal property or assist in making arrangements to have vehicles moved.

Again, once you or your coworker has notified 9-1-1, call IDOT as soon as possible to report the incident to us. And remember, if the person or persons involved in the incident do not wish to give you the needed information to complete the incident report simply gather as much available information as you can and complete as much of the form as possible. Do not pressure them or insist that they provide the information. Also remember, any information you gather is private information and should not be shared outside of your company or IDOT. It is NEVER "okay" to discuss an accident or incident with anyone other than those involved, the authorities, with your supervisor or with IDOT. This information (including pictures) is confidential and cannot be discussed with others, the media or ANY type of social media such as Facebook or Twitter.



BEES (Part 3) The Social Bees

“Social” bees live in colonies, defined as having at least 2 adult females – there may be many more – that live in the same nest and share the work. Usually one is the egg-laying queen and the others are workers that build, provide for, and defend the nest.

European honey bees are the first social bees most people think of. Bumble bees are the best-known North American natives. There are also 200 or more species of sweat bees that nest socially.

The fact that most bee species (90%) are “solitary” nesters (see last RAZR) suggests that solitary life is a preferred reproductive strategy, at least when flowers and nest sites are abundant. But as bees evolved, and in situations where resources were limited, it may have been advantageous for some insects to congregate as a group. For example, there are at least 50 North American bee species that nest as solitary individuals in some environments and socially in others.

Social bee colonies are considered “superorganisms”. This is most obvious in honey bees, whose individual workers cannot reproduce or survive for very long outside the colony support. Within the superorganism, individual bees are organized into divisions of labor. Some bees construct and repair the nest, some serve as guards at the entrance, some act as nurse bees tending the larvae, and others forage for food outside the nest.

Amazingly, this cooperation and organization exists without any bee in charge of the others. Although the name might imply it, a queen bee



does not directly control the hive. Her function is to serve as the reproducer on behalf of the entire colony. For true social behavior to exist, with only a single egg-laying queen, the group members must be related. Sharing a majority of the same genes provides the incentive for worker bees to forgo egg laying and instead help raise closely related siblings, including a few who will become new queens.

Just 48 hours after mating, the queen begins her lifelong task of laying eggs. She lays up to 1500 per day (her own body weight in eggs!) and up to a million in her lifetime. Having no time for other chores, attendant workers take care of her grooming and feeding needs.

Bumble bees live in small colonies, usually with under 10 bees. These colonies survive from Spring until

Fall, when only the mated queen will survive the winter. She will hibernate over winter and then emerge in springtime to begin laying more eggs.

In contrast, a honey bee colony can hold and support up to 60,000 bees at its peak! Honey bees maintain a constant temperature of about 93 degrees within the hive year round. As temperatures fall, the bees form a tight group within their hive to stay warm. Honey bee workers will cluster around the queen, insulating her from the outside cold. In summer, the workers fan the air within the hive with their wings, keeping the queen and the brood of baby bees from overheating.

More about BEES in the next RAZR. Bee there! Thanks for reading - Lee