Wright-Patterson AFB Ohio

Environmental, Safety, and Occupational Health Newsletter

January 2001

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Happy New Year!

Flu Shots Are Here!!

Flu season lasts all the way until April. Because of the national shortage of flu shots this year, there has been a delay in providing these on base, but the vaccine is now available and it is definitely not too late to get one. The following are dates and times where free flu shots will be provided:

Base Theatre
16 - 19 Jan 01
8:30-3:30
civil servants, military and dependents/retired military

AFIT's Kinney Hall - Bldg 642
18 Jan 01
8:00-12:00
civil servants and active duty military only

Bldg 40, Area B
17 and 19 Jan 01
1:00-4:00
civil servants and active duty military only

PLEASE NOTE: Everyone (including military dependents 10 years and older) must show their valid government ID to receive a flu shot. Active duty and their children must also bring their shot records.

Please address any questions regarding flu shots to the Immunization Clinic at x71684.

With Winter Come Slips, Trips, and Falls

By SSgt Kevin Smith
AFRL/PROE Ground Safety

Yes! It is that time of the year once again when Old Man Winter decides to pay us a visit here in the Miami Valley. With winter comes the kind of weather that kids love: dropping temperatures, snow, wind, freezing rain, and ice just to name a few. With every storm that comes through the area also come the hopes of children that school will be closed. Remembering back to my childhood, there was nothing better than waking up early in the morning and listening to the radio, waiting to hear those beloved words from the DJ on the other end, "School is closed". Despite the cold, I would spend the entire day playing outside with my friends.

Now that I am older and wiser (depending on who you ask) I find that I have lost my enthusiasm to waking up and looking out the window and seeing snow on the ground. I now know that I have to get up earlier so I will have time to shovel the sidewalk, scrape ice and snow off my car windows, and get to work safely. On a normal day my drive to the base is uneventful, despite the traffic on I-675 and gate 22B. Finally, I arrive at the parking lot outside the building where I work. But as many of you know, my journey is only half over.

As I get out of my vehicle I find that even though the streets have been cleared of snow and ice, the parking lot I am trying to walk across has not. This is when we must use extra caution. Despite my best attempt to walk carefully to my building I manage to find that patch of ice and before I can say "this is going to hurt" I find myself laying on my back looking up at the sky. I get up as fast as I can and realize I am not hurt. I quickly look around and luckily no one has seen me fall.

Parking lots are often the last areas to be plowed for obvious reasons. What may look like harmless snow on the ground will often be covered ice. From December 1999 through February 2000 there were 19 Wright-Patterson employees who sought medical attention after falling in parking lots on base. Fifteen of these folks were "lucky" in that they only needed minor first aid treatment and were able to return to work. The other four people were not as "lucky". They missed a total of sixty days of work. Please remember to give yourself extra time, wear shoes with good traction, avoid walking on ice, and be extremely careful. Following this advice should help you have an "uneventful" trip to work.

Are You Buying Recycled Products?

By Tiffany Pitts
88 ABW/EM Public Affairs

In an effort to increase the purchase of recycled content products, Wright-Patterson AFB recently formed an Affirmative Procurement Working Group (APWG) here on base. The working group has been established to centralize, consolidate, and enhance affirmative procurement practices. **Affirmative procurement is defined as simply buying recycled products.**

"The APWG is made up of 14 members from various organizations here on base," said Chris Tumbusch, APWG Chairperson who works in Environmental Management. "The group will provide an open forum to exchange information, propose, develop, review and implement policies and procedures for buying recycled products on base."

Federal and USAF regulations now require all Federal agencies to purchase products with a recycled content, according to Mr. Tumbusch. "Purchasing these products closes the loop on recycling," he said. "The recycling loop starts when materials are collected for recycling, then these materials are processed and manufactured into new products, and finally the loop is closed when these products are purchased."

Air Force "consumers" are subject to these mandates, which apply equally to all WPAFB organizations, tenant organizations, and contractors. The overall objective is to stimulate recycling by providing a market for new products manufactured with recycled materials, Tumbusch said.

These products are identified by the Environmental Protection Agency (EPA) in their Comprehensive Procurement Guidelines and are known as "Guideline Items." There are currently 54 designated guideline items grouped into eight categories: paper, non-paper office, vehicular, construction, transportation, park and recreation, landscaping, and miscellaneous. "Simply put, affirmative procurement is "buying recycled," said Tumbusch. **"If you are not buying recycled…you are not recycling."**

For more information on Buying Recycled, contact Chris Tumbusch **at 257-2057 ext. 216 or visit EM's Home Page > Affirmative Procurement at** http://www.abwem.wpafb.af.mil/em/emv/affproc/default.cfm

Some examples of items used on base that are made from recycled materials include under-the-desk recycling containers, copying and printing paper, re-refined used oil, playground mulch made from recycled shredded tires, and more. If you have more ideas for buying recycled or how your organization can recycle, contact Chris Tumbusch.

WINTER DRIVING SAFETY

Over the holidays we all got a chance to experience some winter driving. Now that January is here, we can certainly look forward to more ice and snow. Below are some tips to make sure you and your car are ready to tackle winter driving so you make it safely to spring (and of course, make it safely to work and back home again!)

Winterize Your Vehicle - check antifreeze, battery, brakes, heater/defroster, emergency signals, exhaust system, lights, oil, thermostat, wiper blades, and make sure there is plenty of windshield washer fluid to wash off the salt that accumulates on the windshield while you're driving. And of course, check your tires. See the following article about proper tire inflation.

Gather Emergency Items for your car - Depending on where you'll be driving and the forecasted weather conditions, select the appropriate equipment to keep in your car: blanket or sleeping bag, jumper cables, first aid kit, flashlight and extra batteries, ice scraper and snow brush, candle with matches or lighter, sand/gravel or traction mats, small shovel, tow rope/chain, tire chains.

Clean that vehicle of ice and snow! Don't just clean a small hole on your windshield - you're endangering yourself and others. Before you begin to drive, make sure all windows, lights and side mirrors are clear of ice, snow, and salt. Make sure your windshield wipers are not frozen in place or have ice stuck under the blade. Take the extra time to clear snow from the hood and top of your vehicle. Otherwise, as you drive, the blowing snow covers your windshield and rear window and blocks the visibility of the cars driving behind you.

Watch for flying ice! As the car warms and the snow and ice melt, try to be aware of flying ice from other vehicles and remove snow and sheets of ice from your car. I was recently driving to work when a very large chunck of ice from a passing truck blew up in the air. I just made it under the ice but the car behind me didn't see it coming. When the ice crashed into his windshield, the driver made a sudden swerve in reaction and nearly lost control of his vehicle. As the sun warms your car in the parking lot at work, make sure to clean your vehicle again of snow and ice before you drive back home.

Following/Stopping Distance - Road conditions affect the distance it takes for your car to come to a full stop. Allow at least two seconds of distance between your vehicle and the vehicle in front of you. Wet pavement requires 50% more stopping distance; snow - 2 times normal stopping distance; and ice - 3 times more distance than normal.

Maintaining Traction/Braking - Wet and slippery roads reduce your vehicle's traction. Start and stop your vehicle more slowly; don't spin your wheels. Keep a steady pace while driving. Plan lane changes ahead of time and avoid sudden movements. When braking, if you have antilock brakes, apply steady, gentle pressure. Otherwise, gently tap and release the pedal. Don't brake while taking a curve unless absolutely necessary. Slow down before you get to curves.

Skids - Steering steadily, avoiding abrupt changes in direction, making lane changes gradually, and braking slowly can prevent skids. If your vehicle starts to skid, keep your wheels turned in the direction you want to travel.

Maintain "SPACE" - **S**peed, **P**atience, **A**wareness, **C**oncentration, and **E**xit.

SPEED - The number one cause of winter driving accidents is driving too fast for the weather conditions. Remember that 4WD vehicles can still slide in icy conditions so don't get lulled into a false sense of safety.

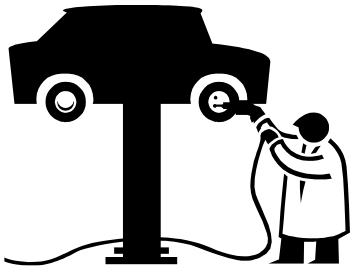
PATIENCE - Watch out for "Road Rage" flare-ups during bad weather. Since we all react a bit differently to driving in bad weather, what may seem like a safe driving speed for me might irritate the heck out of you and visa versa, so let's all try to be a bit more patient out on the roads. We all know not to tailgate others. If we are driving slower than the car behind us, we should move to the right and let them pass. Aggressive driving only saves a minute or two but greatly increases our chances of being involved in an accident.

AWARENESS - Use extra care when driving during the first few minutes of snow or rain. Road surfaces are more slippery during this time because the precipitation mixes with oil, grease, and dirt on the road. Leave plenty of room between you and cars in front. Watch for people clearing their driveways or sidewalks when driving through residential areas.

CONCENTRATION - The increased hazards of winter driving make concentration even more important. Avoid distractions such as talking on the phone, eating, writing notes, looking at the radio dials etc. while driving.

EXIT - Always leave yourself an out. The best way to do this is to leave enough distance between you and other vehicles so you can safely stop and maneuver.

Winter driving tips like these and many others can be found in the video entitled "Winter Driving", available from the ESOH Training office. If you would like to borrow this or other ESOH videos, contact Mary Shelly at x59000.



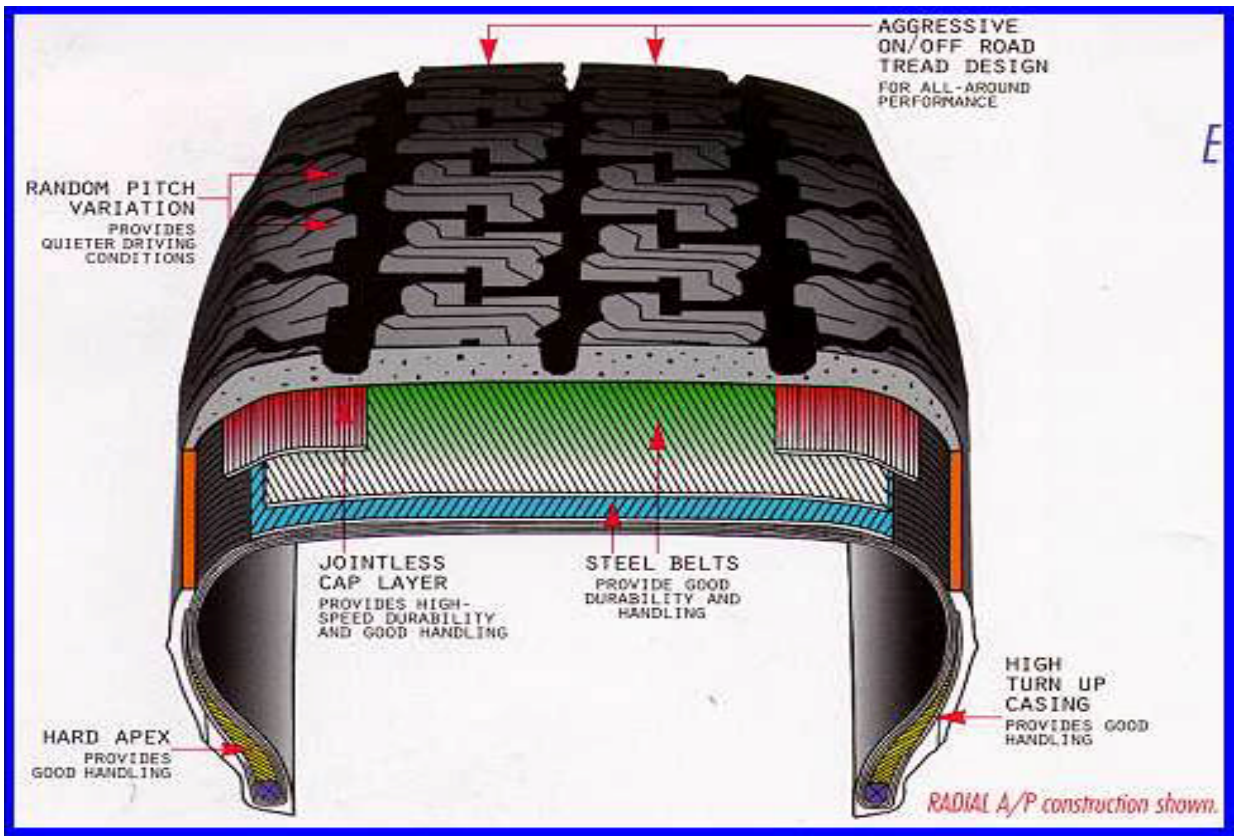
Proper Tire Inflation

By MSgt Hal Bitton
Vandenberg AFB, CA

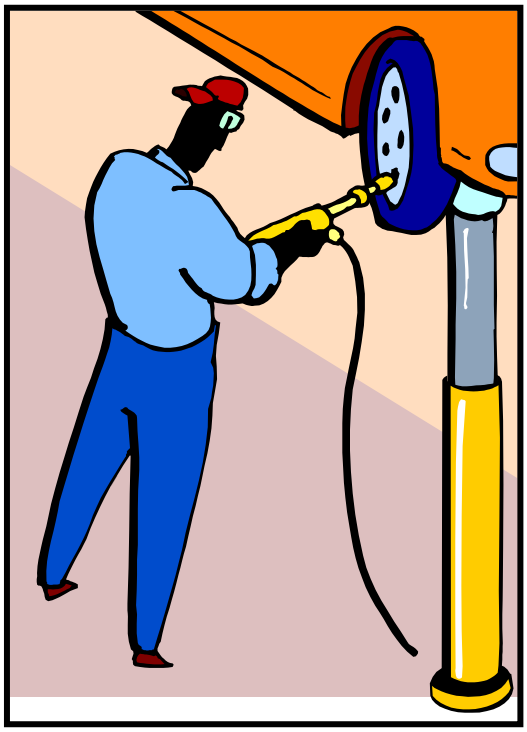
Let's talk a little about tires this month. After the Firestone debacle, this may be a very "tired" subject, but an important one none the less.

What causes an otherwise good tire to fail, or "blowout", aside from the obvious things like road hazards? You'd be surprised how many people say "over-pressurization…build up too much pressure in that tire and it will pop just like a balloon". Now, I don't know if these folks actually *believe* this, or if they are just using it as convenient rational to neglect the pressure in their tires (if too much pressure is bad, then less pressure is good, right?). Gee, how convenient, **but how wrong**! The notion that you should run tires at less than the recommended pressure to "allow for expansion when they heat up out on the highway" is sheer folly. Granted, there is a point at which a tire will fail from over-pressurization, but that pressure is far in excess of what occurs through normal thermal expansion (air pressure in a tire only goes up 1-2 pounds for every 10 degrees of temperature increase).

According to Continental Tire Company, *under-inflation* is the leading cause of tire failure. Continental also says tires should be inflated to recommended pressure when *cold*, and pressure should *never* be bled off when a tire is warm.

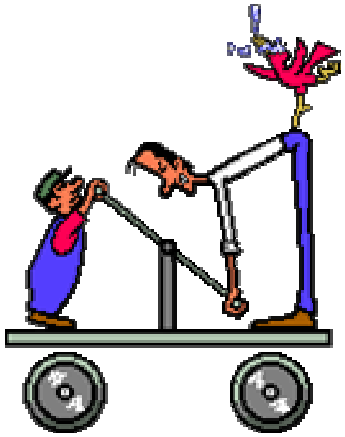


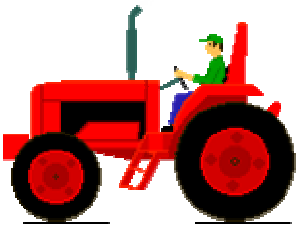
So, that's the what, but now let's talk about the *why.* Why does an under-inflated tire fail? The answer is **heat**. An under-inflated tire generates a tremendous amount of heat. Granted, modern radials run much cooler than their bias ply predecessors, but they can still be pushed to the point of failure.

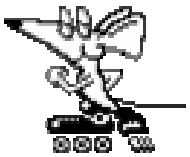


OK, one more why, and I'll quit (lest I sound like my 5 year old son "why daddy why?"). Why does an under-inflated tire build heat? If you look at the illustration above, you'll see a tire is actually a fairly complex, multi-layered structure. If under-inflated, it is excessively flexed, or deformed, in the area where it contacts the road (from the vehicle weight). This causes excessive forces called "shearing moments" to appear between the internal layers, and these shearing moments generate molecular movement, and thusly heat. As you speed down the road, each point on the tire flexes and un-flexes rapidly and repeatedly as it swings through the contact patch, generating more and more heat. If more heat is generated than can be dissipated (and rubber dissipates heat rather poorly), the tire will just cook itself to oblivion and disintegrate. And even if it doesn't fail, it will still wear faster (hotter, softer rubber abrades easier). Oh, and if you're wondering why this isn't a self-correcting phenomenon (the heat generates pressure, which corrects the problem), it's because that at only 1-2 psi per 10 degrees of heat, the pressure is too little too late.

So please, inflate those tires…it *will* save you money…it *could* save your life.

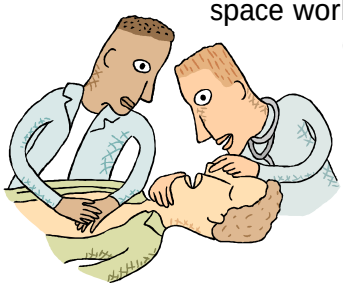






ESOH Training and Opportunities

CPR Training



Cardiopulmonary Resuscitation or CPR Training is required for electrical and confined space workers per 29 CFR 1910.151. The American Heart Association recommends CPR refresher training every two years and the American Red Cross recommends CPR refresher training every year.

CPR training (per the American Heart Association) is taught at the Base Hospital every Tuesday provided that there are enough students for a class. If you are interested in receiving CPR training, contact Marcia Wilson at x79347.

RCRA Hazardous Waste Training

Initial Training - 18 Jan, 15 Mar, 17 May 01
Schedule with **Shelly Baty** x77152 x281

Annual Refresher Training
AFRL Employees Only: 11 Jan, 8 Mar, 10 May 01
Schedule with **Mary Shelly** x59000

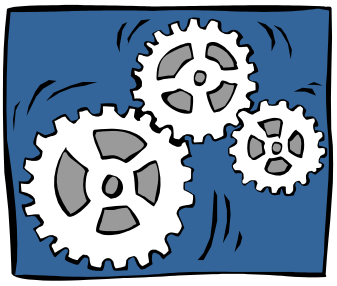
Organizations other than AFRL: **21 Dec 00**
Schedule with **Shelly Baty** x77152 x281

ESOH Awareness Training - 10 Jan, 11 Apr, 11 Jul, 10 Oct 01

Schedule with Public Health at 52515

This course covers a broad range of topics and requirements that apply to all of us at Wright-Patterson. This course is highly recommended for all employees on Base, including contractors.

Operational Risk Management Training (Level II)

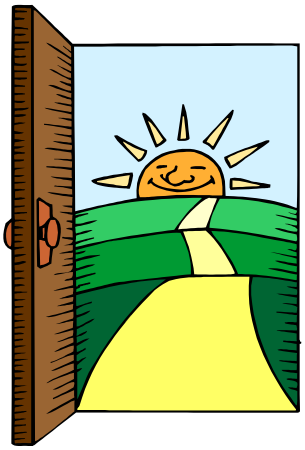


Call Chuck Swankhaus at 43390 to schedule

This course will teach you the skills necessary to anticipate and avoid costly and possibly injurious mistakes or delays in your program. By learning and applying tools to identify and eliminate potential land mines BEFORE they occur, your project will run more smoothly. This is NOT just a safety program. Any task you're faced with requires proper planning to ensure successful completion.

Crane and Hoist Training (AFRL only)

If you work with cranes and hoists as part of your job, you are required by OSHA 1910.178 and AFOSH Std. 91.46 to receive training on such equipment. This course is now full. To put your name down for future offerings of this course, contact Thanh Chu at x54013 or **Mary Shelly** at x59000.



January Health and Wellness Center (HAWC) Events:

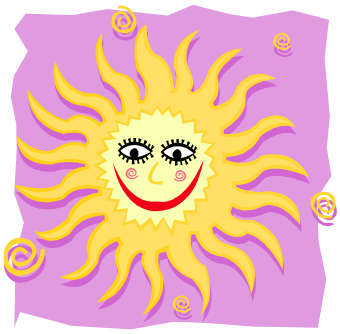
- "The Fear of Success" Video - 10 Jan, 12:15 (40 min., worksheets included)
- "Fitness in 2001" - 17 Jan, 1200-1400
- Resolutions: The Attainable Goal - 18 Jan, 1200-1300
- Strategies in Choosing a Doctor - 23 Jan, 1200-1300

Tobacco Cessation Classes

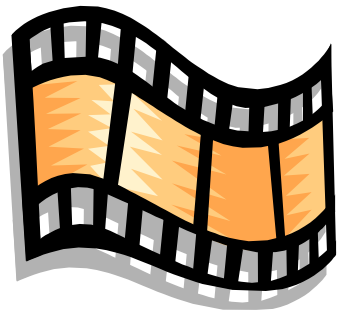
Is one of your New Year's Resolutions to quit smoking or chewing tobacco? Join the thousands of people each year who decide to live a smoke-free life! Classes are open to civilian DoD employees, active duty/dependents, military retirees/dependents, reservists, and foreign active duty military/dependents.

The 3-week class meets for 1½ hrs on Tuesdays and Thursdays from 1100-1230 and 1700-1830. **The 5-day "Do It" program** is for individuals who will attend an 8-hour class Monday-Friday. The Health and Wellness Center (HAWC) is offering **FREE Nicotine Replacement Therapy (patches)** to civilians who enroll in a 3-week class. For more info, contact the HAWC at x79896.

The **Health and Wellness Center** has excellent exercise equipment, dietary and health consultation, a stress management room, tobacco cessation classes, and many other services to help you exercise, reduce stress, and live a more healthy life. Contact the HAWC at x**79896** or visit them in Area C, Bldg 209 (where Four Seasons used to be, next to Military Clothing Sales).



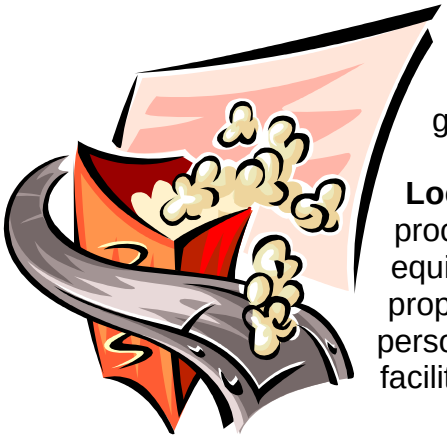
New Safety Videos Just In



Static Electricity

(15:15) - Video demonstrates common areas in the work environment where static electricity is generated. Shows specific measures employees can take to eliminate or control the hazard through work practices and engineering controls.

Lockout/Tagout



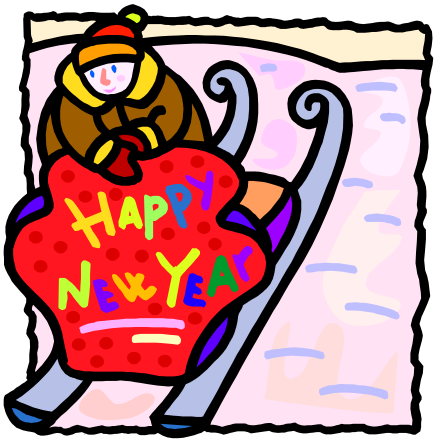
Lockout/Tagout: Awareness - (10:00) - Importance of lockout/Tagout (L/T); overview of L/T procedures; responsibilities of affected personnel. Includes facilitator's guide and employee handbooks.

Lockout/Tagout: Procedures - (14:00) - Step-by-step L/O procedures; dealing with special situations; dealing with equipment carrying chemicals; using energy blocks; how to properly purge residual energy; responsibilities of authorized personnel; exceptions to established procedures. Includes facilitator's guide and employee handbooks.

Winter Driving

(13:50) - Geared toward employees who drive a motor vehicle as part of their job. Covers increased hazards of driving in winter. Includes vehicle maintenance and inspection, following and stopping distance, braking and skid control, driving on inclines, braking safely, parking lots and potential hazards. Comes with Facilitator's Guide and Employee Handbook.

If you would like to borrow any of these videos or see a list of many other safety, environmental, and occupational health related videos that may be checked out, contact Mary Shelly at x59000.



If you have any suggestions or comments for this newsletter or if you would like to be added/removed from the distribution list, please contact **Mary Shelly** at x59000.