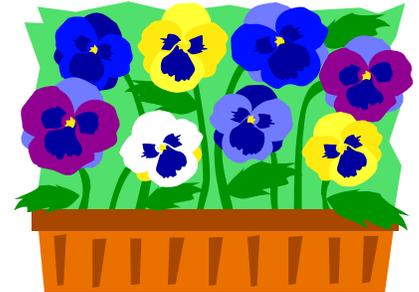


*Wright-Patterson AFB, Ohio*

# **Environmental, Safety and Occupational Health (ESOH) Newsletter**



**May 2001**

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# 101 Critical Days of Summer

By SSgt Kevin Smith  
AFRL/PROE Ground Safety

It is almost time once again for the 101 Critical Days of Summer safety campaign. The 101 days run from Memorial Day through Labor Day every year. The Air Force started this safety campaign when it was discovered that **the majority of fatalities involving Air Force members occur during the summer months due to increased outdoor activities.**

The warm weather of summer brings with it backyard barbecues, trips to the local lake for boating and swimming, and long drives to your favorite vacation destinations just to name a few. But with these activities also come increased risks and hazards.

Now is a good time to think about ORM (Operational Risk Management). What is ORM? What does it have to do with me? How can it help me “survive” the summer? I am glad you asked! ORM is simply a process of taking a look at what you are about to do, think about what risks are involved, and taking actions to reduce or eliminate these hazards **before** you begin the activity. We use ORM in our lives every day without even thinking about it. For example: You may be planning a night out on the town with some friends. You know that you and your friends will be driving to your favorite club and having a “couple” of your favorite beverages. You also know that you won’t be coming home until the wee hours of the morning and that the local police will be looking for anyone suspected of driving under the influence, so you select one person in your group to be the designated driver. This is an example of how ORM can keep you out of trouble.



According to the Air Force Safety Center web site, during the year 2000 101 Critical Days of Summer, nineteen Air Force Members lost their lives. Fourteen of these involved 4-wheel motor vehicles, three involved motorcycles, and two involved sports and recreation activities. So before you participate in all of the fun activities that summer has to offer, take time to think about potential hazards and ways to reduce or eliminate them.

**Don't become a statistic!**

**For more information about the 101 Critical Days of Summer, please contact the ASC Safety Office at 4-3391. For more information about Operational Risk Management or to schedule training, contact Charles Swankhaus at 4-3390.**

# Pregnancy and Laboratory Chemicals

Embryotoxins are substances that act during pregnancy to cause adverse effects on the developing fetus. These effects may include death of the fertilized egg, the embryo, or the fetus; malformations (teratogenic effects); retarded growth; and postnatal function deficits.

**Many substances have been demonstrated to be embryotoxic in humans. The following are examples. Do you use any of these chemicals?**

acrylic acid	dimethyl sulfoxide	nitrobenzene
aniline	estradiol	nitrous oxide
benzene	formaldehyde	phenol
cadmium	formamide	polychlorinated and polybrominated biphenyls
carbon disulfide	hexachlorobenzene	thalidomide
N,N-dimethylacetamide	iodoacetic acid	toluene
dimethylformamide	lead compounds	vinyl chloride
diphenylamine	mercury compounds	xylene

The period of greatest susceptibility to embryotoxins is the first 8-12 weeks of pregnancy, which includes a period when a woman may not know that she is pregnant or may not want to announce it to her supervisor. However, to safeguard the health of both mother and baby, women of childbearing potential should take care to avoid skin contact with all chemicals.



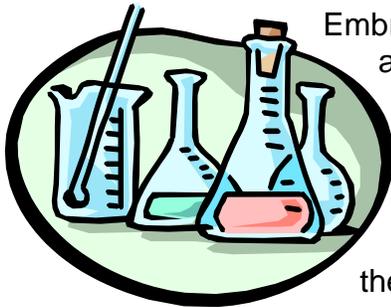
Fetal protection has become an increasingly important issue to both the Air Force and to the Public Health Office. Reproductive hazards can be found in many workplaces, especially in AFRL where so many chemicals are used. Reproductive hazards are often underestimated or overlooked. **It is very important that as soon as you find out that you are pregnant to notify your supervisors immediately.** The fetus (baby) is most vulnerable to hazards during the first trimester (first three months) of pregnancy.

Your supervisor must ensure that you report to either the Medical Center Obstetrical (OB) Department if you are Active Duty, or to the Occupational Medicine Clinic in Building 40 Area B, if you are a civilian. As a Department of Defense civilian, you are required to provide proof of pregnancy from your private physician when reporting. If you are a contractor, you should report your pregnancy to your supervisor and to the office contracting you.

Afterwards, you will be sent to Public Health to have a workplace interview conducted as part of the Air Force Fetal Protection Program. The importance of this program is to evaluate the potential exposures of pregnant workers and to recommend duty restrictions as needed. Automatic workplace restrictions and/or removal are not the policy of the Air Force; however, job restrictions are usually required if there is exposure to hazards such as ionizing radiation or chemical/biological agents. Restrictions and/or removal are based on a workplace assessment accomplished by Bioenvironmental Engineering Services. Additional duty restrictions are added or changed by your health care provider as your pregnancy progresses. This will ensure your recommended duty restrictions are always current.



**The following procedures should be followed routinely by women of childbearing potential in working with chemicals requiring special control because of embryotoxic properties:**



Embryotoxins requiring special control should be stored in an adequately ventilated area. The container should be labeled in a clear manner such as the following: **EMBRYOTOXIN: READ SPECIFIC PROCEDURES FOR USE.** If the storage container is breakable, it should be kept in an impermeable, unbreakable secondary container having sufficient capacity to retain the material should the primary container fail.

Women of childbearing potential should take adequate precautions to guard against spills and splashes. Operations should be carried out using impermeable containers and in adequately ventilated areas. Appropriate safety apparel, especially gloves, should be worn. All fume hoods, glove boxes, or other essential engineering controls should be operating at required efficiency before work is started.

Supervisors must be notified regarding all incidents of exposure or spills of embryotoxins requiring special control. The Occupational Medicine Clinic in Building 40 Area B should be consulted about any exposures of women of childbearing potential above the acceptable level (i.e., any skin contact or inhalation exposures).

**If you have any questions please contact Public Health at 255-2515.**

Portions of this article were taken from the following website:  
<http://www.bath.ac.uk/Admin/Safety/hws/bbsafe/reprohaz.htm>



## ID Badges, Ties, Clothing Cords may become a Safety Hazard

If you wear an Identification tag or any other piece of jewelry or clothing around your neck (tie, jacket with cord, chain, scarf etc.) please be aware that these can get caught in moving equipment such as shredders, elevator doors, machinery etc. and cause a hazard to your neck. Stories exist where necks have been broken in seconds from such occurrences.

As a precautionary measure, make sure the chain or lanyard you wear around your neck has what is called a **“breakaway” safety feature**. If the badge gets caught in moving machinery, the lanyard will separate under a mind strain or yank at the **breakaway joint behind your neck**. There are several types of lanyards that do this but pay attention to where the breakaway joint is.



If you work around moving machinery, always remove ties, clothing with cords, or any other item that could get caught in the equipment. I'll spare you from the gory pictures, but remember that this includes rings and other jewelry too!

**Check out the following supplier for breakaway safety lanyards:**

<http://www.lanyardsupply.com/>

**You can also find some at <http://www.labsafety.com> with a search on “Breakaway Badge”.**

*Thanks to Brian Kent, AFRL/SNS for bringing this issue to our attention.*

# **Buying Green or “Affirmative Procurement”**

## **What is Affirmative Procurement?**

*The purchase of environmentally preferable products manufactured from recycled and reclaimed materials.*



The United States Environmental Protection Agency (USEPA) has designated [54 guideline items](#), which when meeting certain criteria, federal agencies are **required to purchase** to the maximum extent practicable. Air Force "consumers" are subject to these mandates for the procurement of recycled content products. These mandates apply equally to all WPAFB organizations, tenant organizations, and contractors (as long as appropriate provisions are contained in the contracts). A complete listing of USEPA designated products and recycled content requirements can be found on USEPA web site <http://www.epa.gov/epaoswer/non-hw/procure/products.htm>.

The overall objective of Affirmative Procurement is to stimulate recycling by providing a market for new products manufactured with recycled materials. The federal government, as the country's largest purchaser of goods and services, has the ability to help create and stabilize markets for recycled-content products. As the program matures, revenues from recycling programs will increase; costs for recycled-content products will decrease; dependence on landfilling and requirements for virgin materials use will decrease. The resulting savings in money and resources will ultimately improve our readiness.

## **What should you do?**

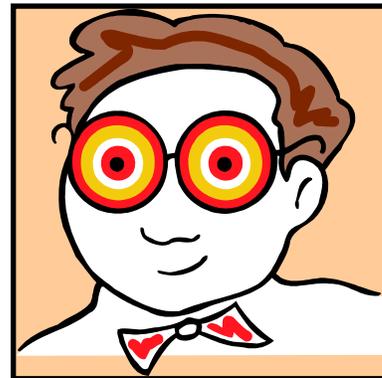
Here are a few things you can do to support the DoD and AF goal of 100% compliant purchases:

- Keep a list of the 54 USEPA designated items handy and reference it when making purchase decisions.
- Spread the word that the DoD, the AF, and WPAFB have a *preference and a requirement* to purchase recycled content products, especially the 54 USEPA designated items.
- Ask vendors for recycled content products, especially the 54 USEPA designated items.
- Purchase all recycled content products with the highest *post-consumer* recycled content practicable, especially the 54 USEPA designated items.

**For additional information concerning the WPAFB Affirmative Procurement Program contact [Chris Tumbusch](#) at (937) 257-2184.**

# GET THE RIGHT GOGGLES FOR THE JOB

*Thanks to Rod Steele from the Materials Directorate's Integrated Materials Management Office for the article below that he clipped from Lab Safety Saf-T-News.*



**Goggles protect your eyes from all angles, so it makes sense that goggles would be the best kind of eye protection for any job. But not all goggles are alike, and choosing the wrong type might increase your risk of injury. Here is a list to help you match goggle types to the appropriate applications.**

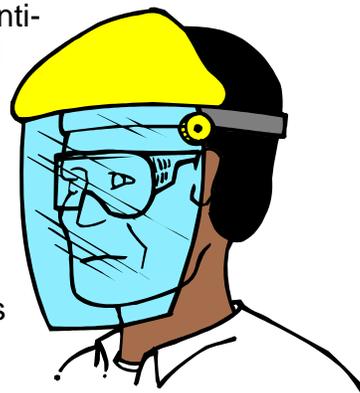
**DIRECT-VENTED GOGGLES**---have holes on the frame that allow air to circulate. The holes help to reduce fogging, but because they also allow liquid splashes to go directly into the eyes, this style should be worn only for impact protection; they are inappropriate for liquids, vapors, fine dusts, mists or sprays.



**INDIRECT-VENTED GOGGLES**---have protected air passages that keep splashes from getting inside, making them suitable for both impact and splash protection, but still inappropriate for vapors, fine dusts, mists or sprays. The air passage holes allow air circulation, but fogging can still occur. An anti-fog lens work best to minimize fogging.

**NON-VENTED GOGGLES**---provide the most protection. They can be used for protection against vapors, mists, fumes, impact and splashes, but because there is no air exchange, fogging can be a significant problem. An anti-fog lens is critical and the lens coating should be renewed frequently with anti-fog sprays or solutions.

For additional protection, always wear a **face shield** in addition to goggles when splash hazards are present. Foam padding on the goggle seals can add comfort, but the padding will also absorb splashes. This could result in chemical burns to the face or eye injuries. Never use goggles with foam padded seals for splash protection.



**Your supervisor is required to ensure you have the proper personal protective equipment or PPE to protect you from hazards on the job. However, it is YOUR responsibility to wear it. Remember, the OSHA regulations were written in blood. Don't become the lesson that others learn from.**

## Diabetics and Others Get Assistance with Used “Sharps” from Environmental Management and Base Hospital



When Nic Nicodemus began working with the 88 ABW Environmental Management Office as the Infectious Waste Program Manager, he was concerned with how personal-use “sharps” generated by base employees were being disposed. Sharps include items such as syringes, needles, and lances used to administer prescription medications or monitor medical conditions like diabetes. Mr. Nicodemus wanted to ensure that sharps were handled in a responsible manner and provide a convenient avenue to base employees for disposal of their personal sharps.

“Our goal with starting this program was to make this process easier, safer, and more discrete for these individuals while ensuring their sharps were disposed of in a safe manner. Respecting the privacy of the individuals who need this service is very important to the program”, says Mr. Nicodemus.

Thanks to Mr. Nicodemus and his partnership with Maj Karla Voy at the Base Medical Center, assistance for these individuals is available. Base employees who generate sharps during their work hours on Base can call Mr. Nicodemus at 77152 x274 to request to be put on the program. If they have met all of the qualifications, the individual will be put in contact with Maj Voy at the Medical Center. She will give them instructions on how to receive a sharps disposal container from the Pharmacy to use at work. When the container is full, the individual will return their container to the Medical Center and they will be issued a new one. The Medical Center will pay for the cost of the container and its disposal.

### The following conditions must be met to receive this service:

- The service is for **Base Employees only**. Medical Center patients currently under treatment already have an avenue for sharps disposal through the Base Hospital.
- The program is only for sharps **generated on base during working hours**. **Sharps generated at home should not be brought on Base for disposal**. It is recommended for individuals who generate sharps at home (either on or off base), that they put their sharps in a puncture-resistant container, such as an empty plastic laundry detergent bottle or coffee can. When the container is full, seal it closed and dispose of it with their regular household waste.

**For more information on this program, contact [Nic Nicodemus](#) at (937) 257-7152 x274.**



# ESOH Training and Opportunities

## RCRA Hazardous Waste Training

Initial Training - 17 May, 19 Jul, 20 Sep, 15 Nov 01  
Schedule with [Shelly Baty](#) x77152 x281

### Annual Refresher Training - AFRL Only

10 May, 12 Jul 01, 13 Sep, 8 Nov 01  
Schedule with [Mary Shelly](#) x59000

### Organizations other than AFRL - Refresher Training:

21 Jun, 16 Aug, 18 Oct, 20 Dec 01  
Schedule with [Shelly Baty](#) x77152 x281



CPR Training - 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. **Contact Marcia Wilson at x79347.**

## ESOH Awareness Training - 11 Jul, 10 Oct 01

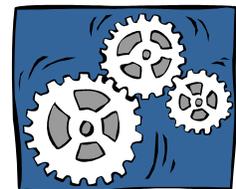
**Schedule with [Mary Shelly](#) x59000**

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 (ORM) Training

**Schedule with [Chuck Swankhaus](#) at 43390**

This Level II course teaches 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.



## Men's and Women's Health Fairs

**Women's Health Fair - 18 May 2001**  
**8:00-3:30 - Hope Hotel**

Watch the Skywrighter and e-mail for a schedule of lectures, screenings, and more.  
Open to all women.  
Questions can be directed to the event coordinator, Capt. Jill O'Rear, 257-1292.



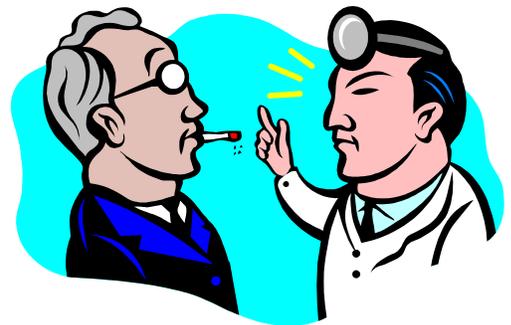
**Men's Health Fair - 15 June 2001, 9:00-3:00**  
**Bldg 1226 NCO Club in Kittyhawk**

Questions can be directed to the Health and Wellness Center (HAWC) 257-9896.  
For more information, see page 5 of the 27 Apr 01 Skywrighter or go to the Health and Wellness Center's Home Page:  
<https://www.asc.wpaafb.af.mil/wellness/mensfair.htm>

## SMOKERS...

**NOW IS THE TIME TO FACE YOUR FUTURE!**  
**Discover your own ability to overcome NICOTINE!**

**Each cigarette you smoke takes 7 minutes off of your life. A pack-a-day habit at today's prices costs you over \$1,000 per year!**



**Call the Health & Wellness Center at 257-9896 and speak to Pat Kehl for information about the upcoming 5 day "DO IT" Tobacco Cessation Program.**

# Public Health Training Schedule for 2001

Seating is limited, so classes will be filled based on the order people sign up. More classes will be scheduled if needed. Since these are "Train-the-Trainer" courses, only supervisors or trainers should come to this training. If you would like training on other occupational subjects, please call Public Health at x52515 and they will assist you as best as they can.



## HAZCOM Training

**2 Apr, 4 Jun (pending), 6 Aug, 1 Oct,  
3 Dec 01**

**To schedule, contact SrA Gumbus or  
SSgt Hastings at 5-2515.**

Public Health will be holding the HAZCOM Train-the-Trainer class every other month starting in April. All classes will be held in the Bldg 103 Training Room, Area B starting at 1:00.

Hazcom Training per 29 CFR 1910.1200 is required for all employees who use, handle, or may be exposed to hazardous materials upon initial assignment to that job (if not already receiving Chemical Hygiene Training per 29 CFR 1910.1450). People often ask if annual refresher training is required. Hazcom refresher training is required whenever a new chemical or hazardous process is introduced into the work area or it is evident an employee needs refresher training. Other than this, there is no "annual" requirement for Hazcom training.

## Ergonomics Training

**2 May, 2 July, 24 Aug, 5 Nov 01**

**To schedule, contact SrA Gumbus or  
SSgt Hastings at 5-2515.**



All classes will be held in the classroom in Bld 103, Area B and will begin at 1:00. Please contact SrA Gumbus or SSgt Hastings at 5-2515 to schedule the day you would like to attend.

Ergonomics is a major issue in virtually all workplace environments, from sitting at a computer to loading bombs on the fighter. Because of the variety of occupations, the ergonomic class offered will be "basic ergonomics." If you would like in-depth ergonomic training that is more job specific, we are available to do that on a one to one basis.

**To send comments on this newsletter or if you would like  
to be added / removed from the distribution list, please  
contact [Mary Shelly \(937\) 255-9000](tel:937-255-9000).**

