

Wright-Patterson AFB, Ohio



Environmental, Safety and Occupational Health Newsletter

September 2001

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Affirmative Procurement - Buying Recycled



REMINDER: "All base organizations are required by Executive Order 13101 to **purchase printing and writing paper that contains at least 30% post-consumer recycled content paper.** Office Runway, 257-6500, located in Bldg 1, Area C, sells 30% post-consumer paper at \$29.90/case (which is \$2.00 cheaper than GSA). They take orders over the phone and will deliver the paper right to your doorstep within one day.



Yes, contractors are also required to comply with the recycled content paper requirements. There are FAR clauses that specify Affirmative Procurement requirements. In regards to paper, FAR clause 52.204-4 requires contractor to print double-sided on recycled content paper. These are supposed to be automatically put into contracts when the using organization calls out Affirmative Procurement requirements in their statements of work.

As part of the Affirmative Procurement program, the Office of Environmental Management is requesting feedback from organizations on products, materials, and services you use that contain recycled content material or are environmentally preferable. We are looking for success stories that we can share with others to help Wright-Patterson "buy recycled". If you have encountered problems with certain products, we would like to know that information also so that we can help find solutions or alternative products that still meet the requirements of the Executive Order. These successes/failures will be published in future newsletters. □

The Page Manor playground pictured here is lined with a product made from shredded recycled tires. This non-toxic material provides superior fall protection compared to standard playground mulch and does not harbor insects or serve as a cat litter box. Since it doesn't degrade like mulch does, it lasts much longer. In addition to all of these benefits, this playground material makes good use of the nation's glut of old tires.



If you have comments, suggestions, or questions regarding Buying Recycled, please contact Raymond Baker at 257-2184 x253.

LOTO – No I am not talking about Powerball

SSgt Kevin Smith
AFRL/PROE
Ground Safety Specialist



What I am talking about is a Safety Program called **Lockout/Tagout**. LO/TO is an issue that has been getting a lot of attention lately here at Wright-Patterson AFB. Knowing the purpose, requirements, and proper procedures to the LO/TO Program could very well mean the difference between life and death.

LO/TO is a program designed to prevent the accidental release of stored energy (hydraulic, pneumatic, thermal, mechanical, electrical, etc.) during periods of servicing or maintenance. **Lockout**, as defined by the Occupational Safety and Health Administration (OSHA), is “the placement of a lockout device on an energy isolating device, in accordance with an established procedure, ensuring that the energy isolating device and the equipment being controlled cannot be operated until the lockout device is removed”. **Tagout** is defined by OSHA as “the placement of a tagout device, in accordance with an established procedure to indicate that the energy isolating device and the equipment being controlled may not be operated until the tagout device has been removed”.



Lockout is the preferred method to isolate energy. Tags should only be used when using a lock is not an option due to the way the isolating device is made. If tags are used, they must be durable enough to withstand the environment they are placed in, must be uniform throughout the facility, and must be legible and filled out completely.



When using lockout procedures to isolate an energy source, always remember the “**one lock-one key**” concept. The only person that should have a key to the lock is the person that installed the lock. This is the only way to ensure that the lock will not be unknowingly removed by anyone other than the person working on the equipment.



If you don't know anything about LO/TO just remember this: **never remove a tag or lock or attempt to operate any equipment that has a tag or lock on it without checking with the person who installed the device or your supervisor.** Know your unit's LO/TO procedures and follow them. The life you save may be your own.

Please visit the following web sites for more information about LO/TO:

OSHA website: http://www.osha-slc.gov/OshStd_data/1910_0147.html.

Air Force Occupational Safety and Health Standard 91-45:
<http://afpubs.hq.af.mil/pubfiles/af/91/afoshstd91-45/afoshstd91-45.pdf>.

If you have any further questions please contact your Unit Safety Representative or contact the Base Safety Office at 43391



Working with Cryogenics - Safety Suggestion

In response to last month's article on the safe use of Cryogenic Liquids, Peter Vorum in AFRL/MLBT offers the following question/suggestion:

"I'm a carpenter. Before running any machinery, I take off my watch; other people should take off rings, bracelets, necklaces, etc. Does the same go for handling cryogenic liquids, namely, should users remove all metal jewelry because it can cause a severe hazard as a heat sink?"

The answer to this question is YES. Foremost, protection from cryogenic liquids comes from the gloves and any other insulated PPE you are using, but as an additional precaution, it is a good idea to remove rings, watches, or other metal jewelry that could become very cold or trap cryogenic materials underneath and cause skin exposure. □



If you have any safety suggestions or comments for future ESOH Newsletters, send them to [Mary Shelly](mailto:mary.shelly@wpafb.af.mil) (mary.shelly@wpafb.af.mil)



Caution at Home

Larry Stulz
445 AW/SEG

Clothes Dryer Fires

How dangerous can a clothes dryer be? Would it be surprising to know that 16,700 house fires were reported in 1998 due to fires started in the clothes dryer? The primary problem is when lint accumulates in the bottom of the vent pipe and blocks the flow of air causing an overheat condition. This is simple to check. Some fire safety experts recommend checking the vent every 3 months. Make sure the dryer is off first. Disconnect the vent pipe where it joins to the dryer. Feel inside the exhaust port of the dryer and remove any blockage of lint. Then check the entire vent pipe for any blockage. Another item to check is the heating coil inside the dryer itself. This normally requires a skilled technician to remove the dryer outer-casing and check for lint accumulation around the heating coil. The following web sites offer more information.

<http://www.buildersbest.com/what.htm>

<http://www.gov.on.ca/ofm/96commun/96-031at.htm>

<http://homerepair.about.com/.library/applianc/bldryvnt.htm>

http://www.consumeraffairs.com/recalls/dryer_fires.html



What about laundry washers? The water hoses that connect from your home water system to your washer sometimes burst with no warning. Even when the washer is not being used. As the hoses are constantly pressurized with water, they may rupture over time. Imagine leaving the house and have a hose spew water onto the floor for 1 hour, 8 hours, or a day, or a weekend, or a week. Most experts recommend replacing washer hoses once every 2 or 3 years. There are steel braided hoses and "flood-stop" hoses available on the market. The following web sites offer more information.

<http://www.handymanwire.com/articles/washermaintenance.html>

<http://www.cpcusociety.org/consumer/water.shtml>

Not to induce fear or paranoia about washers and dryers, but I personally have had 2 dryer overheat conditions in my "earlier/younger" life. One involved the house filling with smoke and the other resulted in a plastic vent pipe melting. I even had a hot water hose to the washer rupture about 5 AM. The sound of running water woke me and I discovered water shooting up the wall behind the washer onto the home's electrical circuit panel. As we check other things in our homes for fire prevention, these appliances deserve the same attention. □

Five Common Myths About Quitting Tobacco Use

Wright-Patterson AFB
Health and Wellness Center (HAWC)



Myth 1: Tobacco use (smoking and/or chewing) is just a bad habit.

Fact: Tobacco use is an addiction. For some people, it can be as addictive as heroin or cocaine. Smoking is the most preventable cause of death in our society!



Myth 2: Quitting is just a matter of willpower.

Fact: Because tobacco use is an addiction, quitting is often very difficult. Tobacco cessation programs are key for individuals to quit. The Health and Wellness Center offers various programs throughout the year to assist people with quitting.



Myth 3: If you can't quit the first time you try, you will never be able to quit.

Fact: Quitting is hard. Each attempt should be viewed as a learning experience and a tool for the next try. Some people make as many as 5 attempts, or more, before being able to quit for good.



Myth 4: The best way to quit is "cold turkey".

Fact: The most effective way to quit tobacco use is by using a combination of counseling (as offered through classes here on base) and nicotine replacement therapy (such as the nicotine patch) or medications (such as bupropion SR). A trained Tobacco Cessation Facilitator is available at the HAWC to answer your questions.



Myth 5: Quitting is expensive.

Fact: A pack a day smoker spends almost \$1000.00 per year. Classes offered by the Health and Wellness Center are FREE and open to active duty military personnel and their dependents, reservists, foreign active duty military and their dependents, and civilian DoD employees. The HAWC also offers FREE nicotine replacement therapy (patches) to civilians who attend the 3-week class.

For More Information

Call the Health and Wellness center (HAWC) @ 257-9896, and ask for Pat Kehl for more information or to register for a tobacco cessation program.

ESOH Training and Opportunities

RCRA Hazardous Waste Training – mandatory for all employees who generate hazardous waste. Check with your organization's Unit Environmental Coordinator for details. Primary and alternate Initial Accumulation Point (IAP) managers and Unit Environmental Coordinators (UECs) are also required to take RCRA training annually. Supervisors of all these individuals are also required to take the annual RCRA class.

Initial Training - 20 Sep, 15 Nov 01
Schedule with Shelly Baty x77152 x281

Annual Refresher Training - AFRL Only
5 Sep – AFRL/PR refresher –contact John Leonard x54450
13 Sep, 8 Nov 01 - Schedule with Mary Shelly x59000

Organizations other than AFRL - Refresher Training
18 Oct, 20 Dec 01 - Schedule with Shelly Baty x77152 x281



3-Day Hazardous Waste Class

1-3 Oct, 15-17 Oct 01

Sponsored by Environmental Management
Taught on-site by University of Findlay
Contact Lt Steven Rich at 77152 x308 to schedule

This course is highly recommended for Unit Environmental Coordinators and others wishing to receive more detailed instruction in hazardous waste management and laws. Contractors may attend for \$257.50.

Environmental Compliance, Assessment and Management Program (ECAMP) Training (ENV220)

5-8 Nov 01



This satellite course will teach you the objectives, principles, and mechanics of an environmental audit/assessment. The course is taught by AFIT and is required for those wishing to participate on an ECAMP team. For more information on the course visit [AFIT's Website](http://cess.afit.af.mil/env_020/default.htm) (http://cess.afit.af.mil/env_020/default.htm).

Environmental Management will be facilitating a satellite downlink. **You must sign up for the course through your Training Focal Point (TFP) prior to 25 Sep 01.** Also please contact the course facilitator, **Karen Thompson, 88 ABW/EMO at 72010, ext. 211** if you are planning on attending the 5-8 Nov class.

Unit Environmental Coordinator (UEC) Training

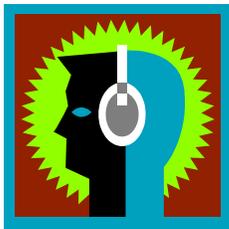
7-11 Jan 02



Environmental Management will be sponsoring a satellite downlink of this course which equips the UEC with the tools to improve and maintain environmental compliance within their organization, recognize and address problems when they occur, and act as organizational point of contact for environmental issues concerning their organization.

You **must** sign up for the course through your Training Focal Point (TFP) prior to 27 Nov 01 since that is the deadline requests are due to AFIT. Also please contact Mary Shelly at x59000 if you want to sign up for the 7-11 Jan 02 UEC course.

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 - 10 Oct 01

- *Two ESOH courses are scheduled at the base Hospital on 26 Sep and 24 Oct 01*
- *A course at AFRL/PR is scheduled for 7Sep 01*

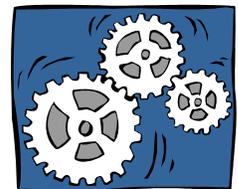
Sign up with Mary Shelly x59000

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

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.



Health and Wellness Center Classes

SMOKERS...

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!

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



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

Laugh and Live Longer

**5 Sep 01, 1200-1300,
Bldg 209, Area C
Health and Wellness Center (HAWC)**

Many of us feel exhausted, burned out, and ill from all of the demands and pressures in our lives. Well--help has arrived! It is now a proven medical fact that good humor reduces the negative effects of stress. Laughter is also a powerful healing force--physically, emotionally, and spiritually. This briefing (approx. 60-90 minutes) uses the knowledge and advice of Annette Goodheart Ph.D., Loretta Laroche, and Dr. Ben Bissell to help participants re-learn how to use laughter in not taking ourselves too seriously and live longer and happier lives.



Due to the overwhelming response, it has become necessary to require registration. Additional briefings at the HAWC will be scheduled as needed. Our staff will go to an organization if there is 15 or more individuals interested in this briefing. Simply call the HAWC to schedule a special day/time.

This briefing is open to all active duty and their dependents, military retirees and their dependents, and civilian employees. There is no charge. Please call the Health & Wellness Center (HAWC) at 257-9896 and sign up to attend this excellent briefing.

Public Health Training Schedule

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

1 Oct, 3 Dec 01

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

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

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 ergonomics 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.



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](mailto:Mary.Shelly@...) (937) 255-9000.

