

Wright-Patterson AFB, Ohio

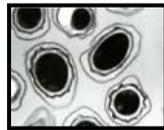
Environmental, Safety and Occupational Health Newsletter

November - December 2001

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BLOOD DRIVE at AFRL a Big Success

It started with a simple e-mail suggestion from Fred Oliver at the Propulsion Directorate to Col. Tim Brotherton at the Materials Lab. After much planning, advertising, and most importantly, many very generous people in AFRL willing to have a needle stuck in their arm, the Blood Drive was a big success!!



One hundred and twenty-three units of blood were collected during the drive, held on 30-31 October in the ML Cafetorium. Several of the people who showed up were first-time donors who were not particularly thrilled with the idea, but courageously offered their arm and donated anyway. The drive was held to show our support of the American military men and women fighting to defend our wonderful country. All of the blood collected will be used overseas to support American troops, including those fighting the war in Afghanistan.

Representatives from the Base Medical Center came to ML and efficiently set up computers, interview tables, and donor stations. They interviewed potential donors and took vital statistics to determine if the individuals could safely donate blood. Those who could were then escorted to several cots where the medical staff drew blood while offering their support. A variety of food and drinks was provided by the Donor Center for blood donors throughout the day, including pizza.

TSgt Ron Fisher, NCOIC from the Hospital's Blood Donor Center expressed his gratitude to everyone who participated in the blood drive. "We are extremely appreciative of the help AFRL has given us with this. We were just notified that our weekly quotas have increased and it is imperative we get donors to come to the Donor Center and the drives." He emphasized that "most definitely YES, people can walk in to any drive without being scheduled. We would like everyone to call the Donor Center (7-0580) to be scheduled (when donating blood at the hospital), but if you are in the area and decide to stop by, you will not be turned away. Depending on the time of day and manning, it may take a little longer than normal."

Three more blood drives have been scheduled for 2002. They will be held in the ML Cafetorium (Bldg 653 Area B) from 8:00-2:30. Walk-ins are welcome. Mark your calendar!

13 March

26 June

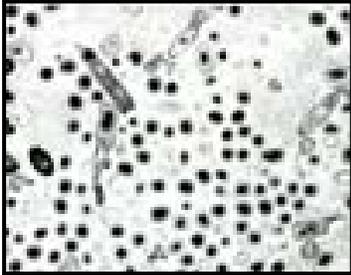
9 October



Dealing with the Anthrax Threat

John C. Sparks, AFRL/WS

Thanks to SSgt Rui Amaral, 690 SPTS/SC
who authored the original paper



Anthrax is both a security and safety issue. Unfortunately, we are now living in a time where we must deal with this issue both at the workplace and at home. This article is intended to help each of us deal with the current Anthrax threat.

Anthrax is an acute infectious disease caused by the spore-forming bacterium *Bacillus anthracis*. Anthrax most commonly occurs in wild and domestic vertebrates (cattle, sheep, goats, camels, antelopes, and other herbivores), but it can also occur in humans when they are exposed to infected animals or tissue from infected animals. Anthrax is most common in underdeveloped countries where it occurs in animals. When anthrax affects humans, it is usually due to an occupational exposure to infected animals or their products—either handling or eating. Workers who are exposed to dead animals and animal products from other countries where anthrax is more common may become infected with *B. anthracis* (industrial anthrax) spores. These spores can live in the soil for many years before an anthrax outbreak. *It is important to make the point that naturally occurring anthrax infecting either wild or domestic animals is rare in the United States. Unfortunately, anthrax seeding of public places due to premeditated bio-terrorism is becoming increasingly common—the reason for this article.*

Anthrax infection can occur in three forms: *cutaneous (skin), inhalation, and gastrointestinal*. Symptoms of the disease vary depending on how the disease was contracted, but most anthrax symptoms usually occur within 7 days. *The good news is that direct person-to-person spread of anthrax is extremely unlikely to occur.* Communicability is also not a concern in managing or visiting patients with inhalational anthrax.



Cutaneous: Most (about 95%) anthrax infections occur when the bacterium enters a cut or abrasion on the skin when handling contaminated animal products and *seeded letters or packages*. Skin infection begins as a raised itchy bump that resembles an insect bite but within 1-2 days develops into a vesicle and then a painless ulcer, usually 1-3 cm in diameter, with a characteristic black necrotic (dying) area in the center. Lymph glands in the adjacent area may swell. About 20% of untreated cases of cutaneous anthrax will result in death. Deaths are rare with the appropriate anti-microbial therapy (like CIPRO).

Inhalation: Initial symptoms may resemble a common cold. After several days, the symptoms may progress to severe breathing problems and shock. Inhalation anthrax is usually fatal if not caught extremely early!

Intestinal: The intestinal disease form of anthrax may follow the consumption of contaminated meat and is characterized by an acute inflammation of the intestinal tract. Initial signs of nausea, loss of appetite, vomiting, and fever are followed by abdominal pain, vomiting of blood, and severe diarrhea. Intestinal anthrax results in death in 25% to 60% of cases.

Suspicious Mail: Five Rules of Engagement



Many facilities in communities around the country have received anthrax threat letters. These may increase as the war on terrorism intensifies. The purpose of these **rules of engagement** is to offer guidelines for handling such incidents.

1) **Do not panic. Read and remember the condensed notice below!**

Anthrax organisms can cause infection in the skin, gastrointestinal system, or the lungs. To do so, the organism must be rubbed into abraded skin, swallowed, or inhaled as a fine, aerosolized mist. The disease can be prevented after exposure to the anthrax spores by early treatment with the appropriate antibiotics—such as the now famous CIPRO. Death is not an automatic consequence of exposure! Anthrax is not spread from one person to another person. If you suspect you have been exposed to anthrax, go to your local emergency room immediately!

2) **Identifying suspicious packages and letters - some telling characteristics**

- Excessive postage
- Handwritten or poorly typed addresses
- Incorrect titles
- Title, but no name
- Misspellings of common words
- Stains, discolorations or odor
- No return address
- Excessive weight
- Lopsided or uneven envelope



- Excessive security material such as masking tape, string, etc.
- Visual distractions
- Marked with restrictive endorsements, such as “Personal” or “Confidential”
- Shows a city or state in the postmark that does not match the return address

Don't handle an unopened letter or package suspected to contain Anthrax...

3) But, if you already have handled it...

- Do not shake or empty the contents
- PLACE the envelope or package in a plastic bag or some type of container
- If you do not have any container, then COVER the envelope or package
- Then LEAVE the room, CLOSE and LOCK the door
- WASH your hands with soap and water—better yet shower—to prevent powder from spreading. Do Not Use Bleach or Other Disinfectant on Your Skin
- If you are at HOME, then report the incident to local police—dial 911
- If you are at WORK, then report the incident to base security police
- Report the incident to your building authorities
- List all people who were in the area with the letter or package



4) And, if powder and powder spills out onto a surface

- DO NOT try to CLEAN UP the powder
- COVER the spilled contents immediately with anything!
- LEAVE the room and CLOSE the door!
- **Shower per instructions in 3) and notify police and officials as per 3)**
- REMOVE heavily contaminated clothing as soon as possible and place in a plastic bag, or some other container



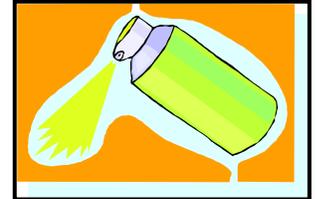
that can be sealed. This clothing bag should be given to the emergency responders for proper handling.



- If possible, list all people who were in the room or area, especially those who had actual contact with the powder. Give this list to both the local public health authorities so that proper instructions can be given for medical follow-up, and to law enforcement officials for further investigation.

5) Finally, if a room has been contaminated by aerosolization

- Turn off local fans or ventilation units in the area
- LEAVE area immediately
- CLOSE the door, or section off the area to keep others away
- **Shower per instructions in 3) and notify police and officials as per 3)**
- SHUT down air handling system in the building, if possible
- **List as per instructions in 3) and 4)**



The following DOD web site provides good information on Anthrax, including the Anthrax Immunization: <http://www.anthrax.osd.mil/>

Here's a great suggestion offered by Tom Kensky from AFRL/MLPJA to keep in mind regardless of our current level of security measures...

“Putting the Anthrax issue aside, we are in cold and flu season. With increased security, we have roving patrollers turning doorknobs every hour - probably every knob in the complex. Since hand-to-hand is the most prevalent means of flu transmission, it might be prudent to remind everyone to start washing their hand more frequently to cut the chances of mass flu this winter.”



What a Waste!

Bill Meinerding
Recycling Program Manager
Office of Environmental Management



Some things to reflect on as we approach the holidays...

- Five million extra tons of trash are produced between Thanksgiving and New Year's Day in the United States each year - 1 million extra tons of trash per week. If every family reduced its weekly waste during the holidays by just one pound, the total trash eliminated would be 250,000 tons.

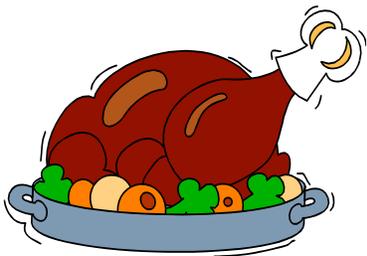


- Annual trash from gift-wrap and shopping bags totals about 4 million tons. According to the Use Less Stuff Report, a bi-monthly newsletter on waste reduction, if every household reused just two feet of ribbon each year, the resulting 38,000 miles of ribbon could tie a bow around the Earth.



- The 2.65 billion Christmas cards sold each year in the U.S. could fill a football field 10 stories high or circle the planet 10 times. If everyone sent one card fewer, it would save 50,000 cubic yards of paper.

- Each year, 50 million Christmas trees are purchased in the U.S. Of those trees, 30-plus million get carted to the landfill every year.



- Much of the 28 billion pounds of edible food thrown away each year is wasted during the holiday season. For example, if every American throws away just one bite of turkey with gravy, 8 million pounds of food is wasted. One uneaten tablespoon of mashed potatoes adds 16 million pounds of waste, while one discarded spoonful of cranberry sauce amounts to more than 14 million pounds.



- The biggest single component of our waste stream is containers and packaging. Every year, Americans toss out 72.4 million tons of packaging, one third of our total waste stream.

Reduce, Reuse, Recycle!

ESOH Training and Opportunities

RCRA Hazardous Waste Training

Mandatory for all employees who generate hazardous waste. Primary and alternate Initial Accumulation Point (IAP) managers and Unit Environmental Coordinators (UECs) must take annual RCRA training. Supervisors of all these individuals are also required to take the annual RCRA class.

Initial Training - 17 Jan 02, 21 Mar 02
Schedule with Shelly Baty - 77152 x281

Annual Refresher Training - AFRL Only - 24 Jan 02
Schedule with Mary Shelly x59000

Organizations other than AFRL - Refresher Training
20 Dec 01, 21 Feb 02 - Schedule with Shelly Baty - 77152 x281

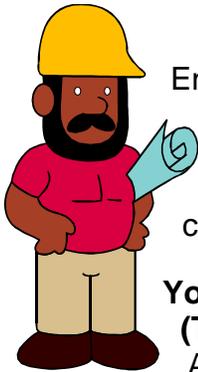


Unit Environmental Coordinator (UEC) Training

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.**



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.

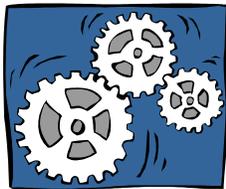


Environmental Compliance, Assessment and Management Program (ECAMP) Training (ENV220) 14-17 Jan 02

This course is designed to give the students the knowledge to successfully plan and execute an internal or external compliance assessment (such as ECAMP), prepare required reports, and direct the follow-up actions. For more information on the course visit AFIT's Website (http://cess.afit.af.mil/env_020/default.htm).



Environmental Management will be facilitating a satellite downlink on 14-17 Jan 02. You must sign up for the course through your Training Focal Point (TFP) prior to 3 Dec 01. Contractor registration should be coordinated through their assigned organization's TFP also. **Please contact the course facilitator, Karen Thompson, 88 ABW/EMO at 72010, ext. 211 if you are planning on attending the January class.**



Operational Risk Management (ORM) Training - 20 Dec 01

To sign up, contact Chuck Swankhaus at 43390

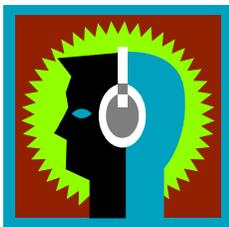
Now more than ever it is important for everyone to understand and practice Operational Risk Management. ORM is a tool anyone can use to help with planning and decision-making in order to reduce or eliminate potential risks and increase efficiency. The Safety Office (ASC/SEG) has made two ORM briefings available over the Internet. Click on the following links to learn more about ORM:

Awareness Level ORM Training:

https://www.asc.wpafb.af.mil/asc/safety/orm/exec_training.ppt

Level II ORM Training:

https://www.asc.wpafb.af.mil/asc/safety/orm/orm_level_ii_training.ppt



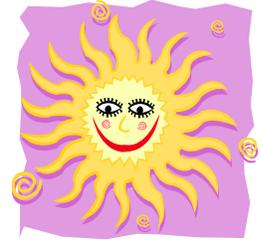
ESOH Awareness Training

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.

Health and Wellness Center Classes

The HAWC has a wide variety of Health and Fitness classes available. All classes require pre-registration but remain free of charge. Classes will be held at the HAWC, soon to move to Area B, Hangar 22 - Wright Field Fitness Center - Grand Opening 7 Jan 02. Many briefings can be individualized and brought to your organization. **For more information on Health and Wellness Center services and to register for a class, please call the HAWC at 257-9896.**



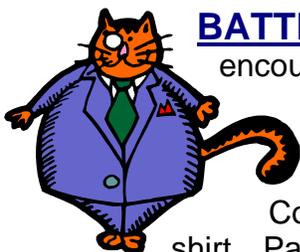
Smoking Cessation -

Next Class Begins 8 Jan 02, Bldg 571 in Area B
(Wright Field Fitness Center)

Lunchtime Class 11:00 - 12:00, Evening Class 5:00-6:00
Patches are available for civilians and active duty military.

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.

The Heart Healthy House: The 74th Medical Group presents "The Heart Healthy House", which opened 19 Oct 01 at the Arnold House (Bldg 8 Area C, across the street from Bldg 10, 88 ABW HQ). Come learn how to defeat the leading cause of death in the United States without leaving home. Adapting normal life activities can combat heart disease and produce benefits in the areas of stress and weight management. Tour "The Heart Healthy House" through 14 December 2001 to see what you can do without remodeling your home. Tour registration open to base personnel only. Tours will be given on Fridays from 1:00 and 2:30. Prior registration with the HAWC is required: 257-9896. Ask for Sarah Caudill.



BATTLE OF THE BULGE: This program is designed to encourage people to watch their weight during the holiday season. Exercise and nutrition will be the main topics of discussion.

All participants will be required to weight-in at Jarvis Gym by 4 p.m., Nov 21. The program will run Nov 22 through Jan 1.

Cost is \$10 per person and each participant will receive a T-shirt. Participants gaining less than 2 lbs. between Nov 22 and Jan 1 will be automatically entered into a drawing for a \$40 cash prize. Additional prizes will be present for "Most Weight Lost" and "Least Weight Gained" in several different categories. **For more information, call 257-3607.**

Public Health Training Schedule

For information and training schedules on occupational health subjects, please contact Public Health at x52515.

HAZCOM Training

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

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.



Wright-Patterson ESOH Web Sites:

ENVIRONMENTAL MANAGEMENT:

<http://www.abwem.wpafb.af.mil/em/>

HEALTH & WELLNESS CENTER:

<https://www.asc.wpafb.af.mil/wellness/>

SAFETY:

<https://www.asc.wpafb.af.mil/asc/safety/index.html>

PUBLIC HEALTH:

<https://www.bio.wpafb.af.mil/ph/index.html>



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 (937) 255-9000.

Have a safe and happy holiday season!