

Wright-Patterson AFB, Ohio

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

September 2002

In This Issue

- **West Nile Virus**
- **Seatbelts and School**
- **Hazmat Incidents**
- **Stay Clear of Deer**
- **ESOH Training and Opportunities**





WEST NILE VIRUS

Thanks to Rick Gallivan, AFRL/DS for forwarding this article

West Nile Virus has been making the headlines recently due to the increasing number of cases being reported and identified in the United States. However, this virus is not exactly new. In fact, West Nile Virus was first noticed in 1937 in the West Nile District of Uganda, and the first appearance in North America was back in 1999.

How is West Nile Virus Spread?

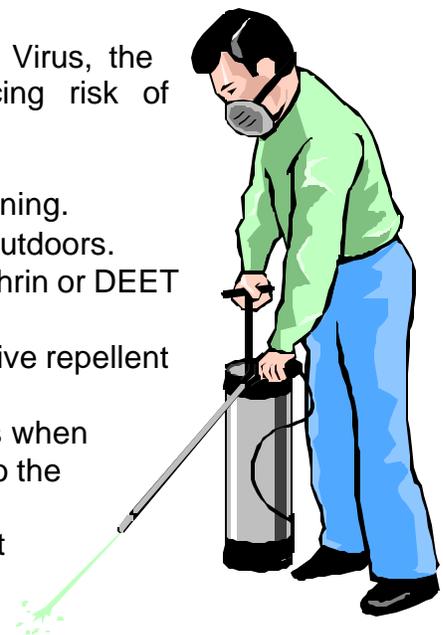
Infected mosquitoes spread West Nile Virus. Mosquitoes most commonly pick up the disease from infected birds, and go on to infect other animals while feeding on their blood. In a mosquito, the virus is found in the salivary glands, which mosquitoes use to anesthetize the skin of the animal on which they are feeding. Note: the virus cannot be spread by human-to-human contact.

West Nile Virus in Humans In the bloodstream of humans, the virus multiplies and crosses the blood/brain barrier. When this happens, the virus can cause West Nile encephalitis, a serious condition resulting in the inflammation of brain tissue. However, it is important to note that most people who become infected have either no symptoms, or only mild symptoms. Also, if a person does contract the virus, a natural immunity is developed that is assumed to last all their life.

Prevention

While there is currently not a vaccine for West Nile Virus, the Center for Disease Control has advice for reducing risk of exposure. These include:

- Stay indoors at dawn, dusk, and in the early evening.
- Wear long-sleeved shirts and long pants when outdoors.
- Spray clothing with repellents containing permethrin or DEET since mosquitoes may bite through thin fabric.
- Apply insect repellent to exposed skin. An effective repellent will contain 35% DEET.
- Always read and follow manufacturers directions when using repellents, and avoid applying repellents to the hands of children.
- Install or repair window and door screens so that mosquitoes cannot get indoors.
- Vitamin B and "ultrasonic" devices are not effective in preventing mosquitoes.



Reporting

An unusual number of dead birds in an area may indicate the presence of West Nile Virus. While there are over 110 species of birds known to have been infected, the virus tends to be somewhat more lethal to crows and jays. State and local health departments are responsible for investigating reports of dead birds.



For Base-related questions regarding the West Nile Virus, contact Public Health at 52515.

For more information on West Nile Virus, please check out the Centers for Disease Control and Prevention website at:

<http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

For a listing of State and Local Government Sites

http://www.cdc.gov/ncidod/dvbid/westnile/city_states.htm

For a fact sheet on using insect repellents safety, please see:

<http://www.epa.gov/pesticides/citizens/insectrp.htm>

For a selection of insect repellents, please see the following link to Lab Safety Supply's website:

http://www.labsafety.com/store/dept.asp?dept_id=4842

From Saf-T-News On-Line Newsletter:

<http://www.labsafety.com/refinfo/saftnews.htm>

Nearly Half of Teens Driven to School by Adults are Unbelted

Thanks to Rick Gallivan, AFRL/DS for forwarding this article

From Buckle Up America:

Forty-six percent of high school students dropped off at school in the morning by adults aren't wearing seat belts, a survey by the Insurance Institute for Highway Safety found.

And half the time, the unbelted teens are riding with an adult who is wearing a seat belt, according to the survey.



Parents "need to do more to get their teens to use their safety belts. It's remarkable that so many parents who make the effort to protect themselves by buckling up aren't insisting that their sons and daughters do the same," said Allan Williams, the Institute's chief scientist and author of the survey.

The survey was conducted at 12 high schools in Connecticut and Massachusetts. Teens were observed in the morning going to school and in the evening going to a football game.



Male teen drivers' belt use was lower than adult males' belt use, and there was little difference between adult and teen female drivers. But among both male and female teen passengers, belt use tended to be lower. In the morning going to school, only 50% of male teens and 56% of female teens riding with adult drivers were buckled up. When another teen was driving, belt use by teen passengers dropped to 42% among males and 52% among females. Still, teen passengers were more likely to be buckled up when the driver, whether an adult or another teen, was wearing a seat belt.

The Institute noted that including belt use provisions in graduated licensing systems could help boost teen belt use. For example, North Carolina's graduated licensing law imposes a fine of up to \$100 for seat belt violations, while older drivers who aren't buckled up face a \$25 fine. Violations also can delay a teen's graduation to full driving privileges. "If states publicize and enforce such penalties, it could make a difference," Williams said.

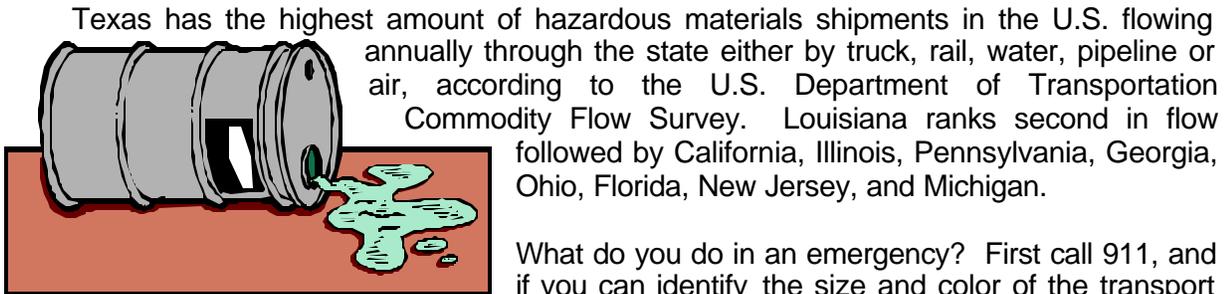
Hazmat Incidents – Almost 50 Per Day

Taken from Industrial Safety and Hygiene News, July 2002

Thanks to Mike Schumacher, AFRL/PRTM for forwarding this article.

Did you know that every day almost 50 incidents involving hazardous materials occur in the U.S.? Are you ready if one happens in your backyard?

In 2000, there were 17,514 hazmat incidents resulting in 13 fatalities, 246 injuries and more than \$72.7 million in damages, according to the American Society of Safety Engineers. **Ohio had the most incidents**, with Texas second and California third.



Texas has the highest amount of hazardous materials shipments in the U.S. flowing annually through the state either by truck, rail, water, pipeline or air, according to the U.S. Department of Transportation Commodity Flow Survey. Louisiana ranks second in flow followed by California, Illinois, Pennsylvania, Georgia, Ohio, Florida, New Jersey, and Michigan.

What do you do in an emergency? First call 911, and if you can identify the size and color of the transport placards without endangering your own safety, provide that information, say federal officials.

For round-the-clock reporting, the national Response Center is open 24 hours a day, seven days a week and is where all chemical, radiological and etiological discharges into the environment are reported by calling (800) 424-8802.

Want to know how prepared your community is to handle a hazmat incident? Local Emergency Planning Committees (LEPC) operate in most communities across the U.S. Operated through the EPA, LEPCs are made up of local emergency service personnel, occupational safety and health professionals and local officials, and work to prevent and plan responses to chemical incidents. Check the EPA Web site at <http://www.epa.gov/ceppo/lepclist.htm> to locate your LEPC. [The Montgomery and Greene Counties' Local Emergency Planning Committee is located at 40 W. 4th Street, Suite 400. Phone: (937) 223-6323.]

For a free copy of the “Hazardous Materials Safety Information Guide”, call (847) 699-2929. The brochure and fact sheets can be downloaded for free at <http://asse.org> under NAOSH.

FYI: In the event of a Hazmat spill on Wright-Patterson AFB, call 911 to report it. If you're calling from a Cell phone and reach an off-base organization, tell them you are reporting an incident at Wright-Patterson and you should be transferred to the Base dispatcher.

Stay Clear of Deer



This article appeared in the Michigan AAA magazine in 2001 but contains current information which is certainly applicable to Ohio too. Thanks to Larry Stulz, 445 AW/SE for forwarding this article.

If a crash between your vehicle and a deer were unavoidable, would you know what to do? According to a survey of 612 state residents conducted in June for the Michigan Deer Crash Coalition (MDCC), one-third of the respondents said they would not know what to do or would take the wrong action, endangering themselves, their families or other drivers.

“No one wants to see a deer destroyed, but striking the animal is often the safest action,” said Coalition Chairman Richard J. Miller of AAA Michigan. If a crash with a deer is unavoidable, the MDCC recommends these steps:

- Don't swerve!
- Brake firmly.
- Hold on to the steering wheel.
- Come to a controlled stop.
- Pull well off the road, turn on emergency flashers and be cautious of passing traffic.

Do not attempt to remove a deer from the roadway unless you are convinced it is dead. An injured deer's sharp hooves can easily hurt you.

Deer are in every Michigan county and car-deer crashes are a problem in each of them. In 2000, there were 65,006 reported car-deer crashes, down 4 percent from 67,669 in 1999. However, due to unreported crashes, the total is estimated to be closer to 80,000.

That means that on average there is one car-deer crash in Michigan about every eight minutes. One in seven of all reported crashes involves a deer, and 80 percent of all car-deer crashes occur between dawn and dusk on two-lane roads. In 2000, eight motorists--four of them motorcyclists--were killed and more than 2,100 persons were injured. Car-deer crashes account for an estimated \$130 million in repairs, injuries and other expenses each year. The average crash causes about \$2,000 in damage, usually to the vehicle's front-end, often leaving it undriveable.

“Our study shows that while swerving to avoid a crash with a deer may seem like the right thing to do, it is often the worst thing to do,” Miller said. “Police statistics

show very few persons are injured by simply striking a deer. Most serious injuries and deaths occur when drivers swerve out of control and hit a fixed object, like a tree, crash with an oncoming car, or roll over.”

Miller reminds motorists the best course of action is to drive defensively and follow these tips:

- Fasten your safety belts. They are the best protection for yourself and your family in the event of a crash.
- Drive with caution all-year-round in deer habitat, especially on rural two-lane roads.
- Deer can dart out from any direction without warning. Deer often travel in single file. If you see one whitetail cross the road, chances are there are more nearby.
- Deer are most active near dawn and dusk, and especially during the fall mating season and in spring, when they are on the move to find food, often near roads, where the grass greens up first.
- Be especially alert near deer warning signs. They are placed at known deer crossing areas and alert drivers of the possible presence of whitetails.



ESOH Training and Opportunities

RCRA Hazardous Waste Training: Mandatory for all employees who generate hazardous waste. Issue Point (IP) Managers, Hazwaste generators, primary and alternate Initial Accumulation Point (IAP) managers, Unit Environmental Coordinators (UECs), and supervisors of all these individuals must take annual RCRA training.

Initial Training: 19 Sep, 21 Nov 02

[CLICK HERE to schedule electronically](#)

Or schedule with Susan Dilworth 75627 x223



Annual Refresher Training - AFRL Only

26 Sep, 14 Nov 02

Schedule with Mary Shelly x59000

Annual Refresher Training - Organizations other than AFRL

17 Oct, 19 Dec 02

[CLICK HERE to schedule electronically](#)

Or schedule with Susan Dilworth 75627 x223

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

This course is designed to give students 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) (http://cess.afit.af.mil/env_020/default.htm).



You must sign up for the course through your Training Focal Point (TFP). Contractor registration should be coordinated through their assigned organization's TFP. Additional paperwork is required for contractors to attend this course.

For more information contact

Karen Thompson, 88 ABW/EMO at 72010 x 211

Environmental, Safety and Occupational Health (ESOH) Awareness Training

19 Nov 02

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.



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.

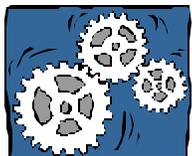
Contact Marcia Wilson at x79347.



Operational Risk Management (ORM)

To sign up, contact Chuck Swankhaus at 43390

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



Health and Wellness Center (HAWC)

Classes & Lectures

To sign up or for more information, call 904-WELL (9355)

Class sizes are limited. All classes require pre-registration but are free.

Classes will be held at Hangar 22 (Bldg 571) Area B - Wright Field Fitness Center. Many briefings can be individualized and brought to your organization.

Tobacco Cessation

Quit smoking for good! Tobacco cessation classes are held every month at the HAWC. Classes meet Tuesdays and Thursdays for three weeks. The July session begins 9 July and runs from 1700-1800. Call Pat Kehl at 904-9363 to register – don't put it off another day!.

Starting an Exercise Program - 17 Sept, 1215-1315

Designed for the novice, this class will help you determine which aspects of fitness training you should include in your exercise regimen to best fit your needs.

Flexibility (Physical Therapy) - 18 Sept, 1215-1315

This lecture will be hands-on. Your flexibility level will be assessed by a physical therapist shortly after the mini-lecture. *Please wear loose-fitting clothing.*



Running 101 (Physical Therapy) - 11 Sept, 1215-1315

How do I run and not get hurt? Comprehensive overview of how to select the correct shoes, clothing, warm-up, stretching and training programs. Designed to meet the needs of the beginning runner.

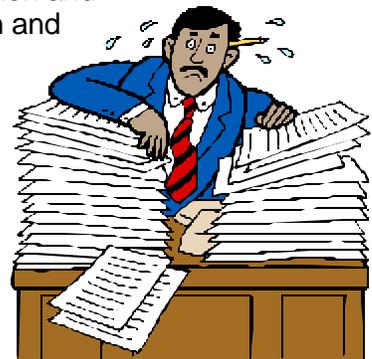
Knee School (Physical Therapy) - 25 Sept, 1215-1315

Everything you ever wanted to know about knee pain. What is it? How do you treat it and prevent it? Includes assessment of foot biomechanics and shoe recommendations.

STRESS MANAGEMENT

The Wellness Choice - 9 Sept, 1230-1330

Wellness is the integration of mind, body and spirit. Learn about the different components of a balanced life – Fitness, Nutrition, Stress Reduction and Inner Peace. This briefing offers participants first-class instruction and skills training for positive life-style change.



Dealing with Difficult People - 16 Sept, 1230-1330

Every day difficult people enter our lives and often leave us frustrated, drained and angry. Avoiding the “complainer,” the “expert,” the “procrastinator,” the “bully” and other difficult people is impossible. Learn practical steps and tested measures to relieve the stress and conflict encountered daily.

Stress Survival Kit - 19 Sept, 1230-1330

Designed to assess stress and give suggestions in 10 specific areas such as anger, time pressure, worrying and stress symptoms. Participants use the “Stress Profiler” self-test to identify their own stressors and evaluate their strengths and weaknesses. Each participant also receives a “mini stress survival kit” offering wisdom about handling life’s stresses.



Laugh and Live Longer - 24 Sept, 1230-1330

Good humor reduces the negative effects of stress. Laughter is also a powerful healing force – physically, emotionally and spiritually. This briefing uses the knowledge and advice of Annette Goodheart, Ph.D., Loretta LaRoche and Dr. Ben Bissell to help you learn not to take yourself too seriously, thereby living longer and happier lives.

Surviving Change - 4 Sept, 1230-1330

One thing in life that's certain is change. Change is inevitable, and getting more rapid every day. While some people thrive on change, many of us feel like we've been hit by a runaway train. This class will give you some practical tips to prepare for change and what to expect.

Active Duty Only

Self-Directed Fitness Improvement Program (SFIP)

17 Sept and 24 Sept, 0900-1100

Mandatory Fitness Improvement Program (MFIP) - 17 Sept and 24 Sept, 1500-1600

Fitness Assessment Monitor (FAM) Training 20 Sept, 0900-1600

Please wear appropriate workout attire.



Public Health Training

All Training classes listed below will be held at 1300 in the Public Health Classroom in Bldg 675, Area B unless otherwise stated. If needed, more classes will be added to the schedule. To sign up for training or work specific education, please contact the Public Health Office at 255-2515.



Hazardous Communication (HAZCOM) Training - 25 Oct 02

This course is a Train-the-Trainer course that provides mandatory HAZCOM training to supervisors and safety reps responsible for their organization's HAZCOM program. 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). 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. Otherwise, there is no “annual” requirement for HAZCOM training.



Ergonomics Training

29 Nov 02

Open to all interested DOD and military workers. Focus will be on Repetitive Motion Illnesses. If you would like in-depth ergonomic training that is more job specific, Public Health is available to do that on a one-to-one basis.

Chemical/Biological Emergency Actions

11 Oct 02

Course covers emergency actions to take for self-protection against potential Biological and Chemical Exposure. Open to all interested Base personnel.



Reproductive Hazards in the Workplace

8 Nov 02

Open to workplace supervisors, safety reps, and any interested Base personnel.



Laser Hazards

13 Sep, 13 Dec 02

Open to workplace supervisors or Safety Reps.

Asbestos Awareness

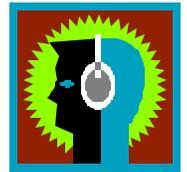
20 Sep, 20 Dec 02

Mandatory for all building managers and CE personnel.

Hearing Conservation (General)

9 Sep, 4 Nov 02

Open to all base employees, recommended for all employees routinely exposed to noise.



Hearing Conservation (Supervisors) – class at 2:00

5 Aug, 7 Oct, 2 Dec 02

Mandatory for all supervisors and safety reps working around hazardous noise.

Heat Stress

Call 52515 for dates and times. Open to all interested personnel.

Chemical Hygiene - 6 Sep 02

Open to all AFRL supervisors and safety reps.



READER COMMENTS

Have you seen or heard about these driving safety video clips - they are worth the look. Several talented country music artists have joined up in the Army's campaign to prevent deaths in POV accidents. Five short public service video clips are available on their web site. When you open the web site below click on "POV Safety Videos" -the series of short videos are titled "Drive to Arrive".

<http://safety.army.mil/home.html>

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://wpmc3.wpafb.af.mil/amds/ph/index.htm>

BIOENVIRONMENTAL ENGINEERING: <https://www.bio.wpafb.af.mil/>



If you have any suggestions for this newsletter or if you would like to be added / removed from the distribution list, please contact [Mary Shelly](#) (937) 255-9000.