

# ***Wright-Patterson AFB, Ohio***



## **Environmental, Safety and Occupational Health (ESOH) Newsletter *January 2003***

### ***In This Issue***

- Refueling Fires on the Rise
- Recycling: What goes in the Blue Bin?
- Affirmative Procurement - Buying Recycled
- Sip All Day, Get Decay
- Reader Comment
- ESOH Training Classes
- AFRL Blood Drive Dates for 2003

# REFUELING FIRES ON THE RISE



In the last several weeks three incidents have been reported at AAFES gas stations relating to static electricity gas pump fires. The following is a summary:

- **18 Dec 02 - White Sands**

A customer was fueling his truck. He was sitting in the cab of his truck while fueling. When he got out and reached for the nozzle there was just enough static to create a spark igniting the fumes and gas around nozzle creating a flash fire, which burned the customer and caught the nozzle and hose on fire. The customer's legs caught fire and another customer used his jacket to put out the fire.

- **5 Dec 02 - Ft Bragg**

A customer got out of the van and put the nozzle in the gas tank, but forgot to push down the button to fill up while they waited in the van. Another occupant of the van got out of the van to push down the button. Fire came out and the front and side of her hair and left eyebrow were singed.

- **29 Nov 02 - Lackland AFB**

A customer was filling several gas containers loaded in the bed of his truck. Since the gas containers were not on the ground the static electricity ignited the gasoline vapors. The customer took the flaming gas container and threw it off the truck. At the same time gas fell on his pant legs and his clothing ignited.

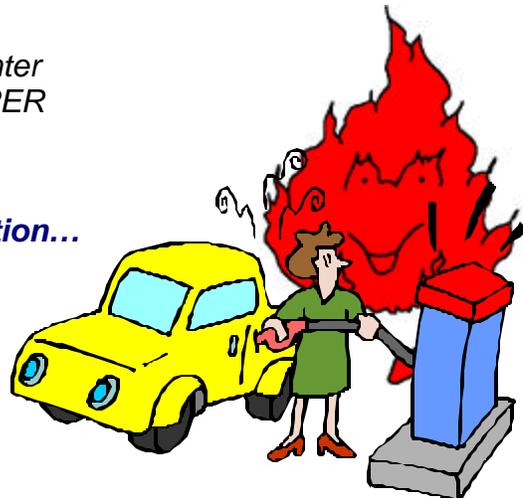
**Freya M. Arroyo** Safety Engineer

Voice: (703) 695-3232 ext 2539

*Sources: AAFES Website and Army Safety Center*

*Contributor: Donald Paglioni, USARPAC DCSPER*

*See the following article for more information...*



**NEWS RELEASE - 02-125**

**MEDIA CONTACT: FRED BLUHM - [bluhm@aafes.com](mailto:bluhm@aafes.com)**

## **Refuel Safely by Stopping Static Electricity Build-Up**

**DALLAS** -- The Army and Air Force Exchange Service (AAFES), which operates service stations worldwide, wants to remind motorists of the importance of avoiding potential problems with static electricity at the gas pump.

In many parts of the country, static electricity build-up is most likely to occur during the fall and winter months, when the air is cool or cold and dry - the typical climate conditions for static electricity buildup. Static electricity can build up when a motorist exits or re-enters the vehicle during fueling. Upon returning to the vehicle fill pipe during or at the end of refueling, the motorist may experience a static discharge at the fill point, which may cause a flash fire or small sustained fire with gasoline refueling vapors.

Static electricity-related fires have occurred at AAFES' and other retail gasoline outlets. According to the American Petroleum Institute (API) and the Petroleum Equipment Institute (PEI), such incidents are on the increase. To date, over 150 incidents have been reported to PEI that have resulted in numerous injuries, property damage and one fatality.

The most effective means by which a motorist can avoid static electricity problems at the gas pump is to stay outside the vehicle while refueling. It may be very tempting to get back in the car during extremely cold weather, but the average fill-up only takes around two minutes and staying outside the vehicle will greatly minimize the likelihood of any build-up of static electricity that could be discharged at the nozzle.



In the rare event a motorist does experience a fire while refueling, it's important to remember to leave the nozzle in the fill pipe of your vehicle and back away from it. Immediately notify the station attendant to shut off all dispensing devices and pumps with emergency controls. If the facility is unattended, then use the emergency shutdown button to shut off the pump and use the emergency intercom to summon help. Leaving the pump nozzle in the vehicle will prevent any fire from becoming more dangerous.

Motorists who feel the need to get back into their vehicle during refueling should discharge any static buildup upon exiting the car before going back to the pump nozzle. This can be done safely by touching a metal part of the vehicle, such as the door, or some other metal surface, with a bare hand.

Consumers can minimize these and other potential fueling hazards by following safe refueling procedures all year long. For more information on avoiding potential problems with static electricity build-up at the pump, and other safe motor fuel refueling, storage and handling guidelines see API's web site at [API](http://www.api.org) and PEI's web site at <http://www.pei.org/static/index.htm>

## **Safe Refueling and Fuel Handling Guidelines for Consumers**

American Petroleum Institute and the Petroleum Equipment Institute have provided the following consumer refueling and fuel safety guidelines that will help keep you and your family safe when refueling your vehicle or filling up gasoline storage containers:



- Turn off your vehicle engine while refueling. Put your vehicle in park and/or set the emergency brake. Disable or turn off any auxiliary sources of ignition such as a camper or trailer heater, cooking units, or pilot lights.
- Do not smoke, light matches or lighters while refueling at the pump or when using gasoline anywhere else.
- Use only the refueling latch provided on the gasoline dispenser nozzle, - never jam the refueling latch on the nozzle open.
- Do not re-enter your vehicle during refueling.
- In the unlikely event a static-caused fire occurs when refueling, leave the nozzle in the fill pipe and back away from the vehicle. Notify the station attendant immediately.
- Do not over-fill or top-off your vehicle tank, which can cause gasoline spillage.
- Avoid prolonged breathing of gasoline vapors. Use gasoline only in open areas that get plenty of fresh air. Keep your face away from the nozzle or container opening.
- When dispensing gasoline into a container, use only an approved portable container and place it on the ground when refueling to avoid a possible static electricity ignition of fuel vapors. Containers should never be filled while inside a vehicle or its trunk, the bed of a pickup truck or the floor of a trailer.



- Only store gasoline in approved containers as required by federal or state authorities. Never store gasoline in glass or any other unapproved containers.
- When filling a portable container, manually control the nozzle valve throughout the filling process. Fill a portable container slowly to decrease the chance of static electricity buildup and minimize spilling or splattering.
- Fill container no more than 95 percent full to allow for expansion.
- Place cap tightly on the container after filling - do not use containers that do not seal properly.
- If gasoline spills on the container, make sure that it has evaporated before you place the container in your vehicle. Report spills to the attendant.
- When transporting gasoline in a portable container make sure it is secured against tipping and sliding, and never leave it in direct sunlight or in the trunk of a car.
- Never siphon gasoline by mouth or put gasoline in your mouth for any reason. Gasoline can be harmful or fatal if swallowed. If someone swallows gasoline, do not induce vomiting. Contact a doctor immediately.
- Keep gasoline away from your eyes and skin; it may cause irritation. Remove gasoline-soaked clothing immediately.
- Use gasoline as a motor fuel only. Never use gasoline to wash your hands or as a cleaning solvent.
- And finally, a reminder to not use cell phones or smoking while refueling your vehicle.

Available: (<http://www.aafes.com/pa/news/02news/02-125.htm>.)





## **RECYCLING**

### **What goes in the BLUE BIN?**

High-grade white paper is the only thing that can go in the Blue Recycling Bins, right? **WRONG**. All of the following items should be placed in your under-the-desk BLUE BIN. If you are throwing these things in the trash, **PLEASE RECYCLE** them instead!!

- |  |                         |
|--|-------------------------|
| <b>White typing paper</b>                  | <b>Outdated manuals</b> |
| <b>White writing paper</b>                 | <b>Phone books</b>      |
| <b>White photocopy paper</b>               | <b>Blueprint paper</b>  |
| <b>White scratch paper</b>                 | <b>Newspaper</b>        |
| <b>Index cards</b>                         | <b>Magazines</b>        |
| <b>Computer printout paper</b>             | <b>Books</b>            |
| <b>Shredded paper</b>                      | <b>Colored paper</b>    |
| <b>File folders</b>                        | <b>Post-it notes</b>    |
| <b>White inserts from junk mail</b>        |                         |
| <b>Envelopes including plastic windows</b> |                         |

**[Go to EM's HOME PAGE for more RECYCLING Info](#)**

**Or call 88 ABW/EM - 72184**

### **“Affirmative Procurement” means to *Buy Recycled!***

Whenever federal dollars are spent, we are required to buy recycled-content items. Here are just a few examples:



**Printing/copier and writing paper, carpet, floor tiles, toner cartridges, sanitary tissue products, office furniture, engine coolants, re-refined lubricating oils, tires, landscaping products, pallets, waste receptacles, plastic trash bags and many more.**

For product information and recycled-content requirements contact Raymond Baker at 72184 x 253.

## Sip All Day, Get Decay

### How much pop do you drink in an average week?

Soft drinks are no longer an occasional treat. They've become a daily habit for a growing number of people, especially kids, teens and young adults. A steady diet of soft drinks is a leading cause of tooth decay.

The American Dental Association reviewed a white paper recently prepared on the relationship of soft drinks and oral health. The document outlined several recent studies that show a correlation between soft drink consumption and enamel erosion.

The white paper notes that childhood obesity, childhood diabetes and the incidence in childhood oral health problems in certain population groups has increased dramatically while at the same time the consumption of carbonated beverages, fruit juices and sports drinks has increased 500 percent during the past 50 years. **The average American drinks more than 53 gallons of carbonated soft drinks each year**, more than any other beverage, including milk, beer, coffee or water. Drinking sugary liquids or eating sugary foods several times a day increases the chances you'll get decay. Pop is basically sugar water. All calories in pop are from sugar. Pop has no nutritional value. There are about 10 teaspoons of sugar in a single-serving, 12-oz. can of pop.



**A 16-year-old had no cavities last year. This is a picture of the same person's teeth one year later with 15 cavities.**

### How You Get Cavities:

- Sugar in pop combines with bacteria in your mouth to form acid.
- Diet or "sugar-free" pop contains its own acid.
- The acid attacks your teeth. Each acid attack lasts about 20 minutes.
- The acid attack starts over again with every sip.
- Ongoing acid attacks weaken your tooth enamel.
- Bacteria in your mouth cause cavities when tooth enamel is damaged.

### Some Hard Facts About Soft Drinks:

- A bottle of pop in the 1950's was 6.5 ounces. Today a 12-ounce can is standard and a 20-ounce bottle is common.
- Larger container sizes mean more calories, more sugar and more acid in a single serving. A 64 oz. "Big Cup" has more than five cans of pop in a single serving.
- There is no nutritional value in soft drinks. In regular pop all the calories come from sugar.

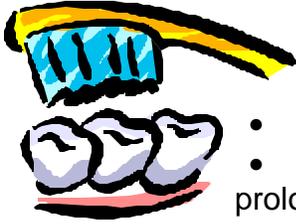
- In addition to cavities, heavy pop consumption has been linked to diabetes, obesity and osteoporosis.
- One fifth of all one- and two-year-old children drink pop.
- Today, teens drink three times more pop than 20 years ago, often replacing milk.
- Soft drink companies pay schools big bucks to encourage kids to drink pop.
- Sealants only protect tooth chewing surfaces. Pop decay tends to occur where sealants can't reach.



## How much acid and sugar are in your favorite pop?

<b>BEVERAGE</b>	<b>ACID</b> (low=bad)	<b>SUGAR (tsp)</b> (per 12 oz. Can)
Pure Water	7.00 (neutral)	0.0
Barq's	4.61	10.7
Diet Barq's	4.55	0.0
Diet 7Up	3.67	0.0
Sprite	3.42	9.0
Diet Dr. Pepper	3.41	0.0
Diet Coke	3.39	0.0
Diet Mountain Dew	3.34	0.0
Grape Minute Maid Soda	3.29	11.9
Mountain Dew	3.22	11.0
Fresca	3.20	0.0
Orange Slice	3.12	11.9
Diet Pepsi	3.05	0.0
Nestea	3.04	5.0
Surge	3.02	10.0
Gatorade	2.95	3.3
Dr. Pepper	2.92	9.5
Squirt	2.85	9.5
Hawaiian Fruit Punch	2.82	10.2
Orange Minute Maid Soda	2.80	11.2
Coke Classic	2.53	9.3
Pepsi	2.49	9.8
Battery Acid	1.00	0.0

(Based on laboratory tests, University of Minnesota School of Dentistry, 2000)



## How to Reduce Decay:

- Drink soft drinks in moderation.
- Don't sip for extended periods of time. Ongoing sipping prolongs sugar and acid attacks on your teeth.
- Use a straw to keep the sugar away from your teeth.
- After drinking, swish your mouth out with water to dilute the sugar.
- Never drink pop or juice before bedtime because the liquid pools in your mouth and coats your tongue and teeth with sugar and acid.
- Read labels. Regular pop is high in sugar and diet or "sugar-free" pop is high in acid. Sugar and acid are bad for your teeth.
- Drink water instead of pop. It has no sugar, no acid, and no calories.
- Get regular checkups and cleanings to remove bacteria buildup (plaque). Floss too.
- Use a fluoride toothpaste to protect your teeth

Source: Minnesota Dental Association  
Available: [www.mndental.org](http://www.mndental.org)

**Thanks to my husband Wayne Shelly for forwarding this information. He just got his braces off and has beautiful teeth!**



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## Reader Comments:

Excellent article on "economy class syndrome" in the Dec 02 ESOH Newsletter. I may suffer from "economy class syndrome" because I have taken long airplane trips. I do suffer from deep vein thrombosis. These are good tips you have provided in your newsletter to avoid deep vein thrombosis. Additional tips I would suggest are if one of your socks is strangely tighter than the other, you may be noticing the first symptom of deep vein thrombosis because blood is not flowing the same in both legs. Also, if you have stiffness and pain in one leg that does not go away it may be due to reduced blood flow. If this happens, a person should see a doctor before the condition worsens. As you know to worsen can mean a stroke.

Randy Olson, ASC/YWP



## Wright-Patterson ESOH Web Sites:

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

**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/>

**HEALTH AND WELLNESS CENTER (HAWC):**

<http://wpmc1.wpafb.af.mil/pages/hawc/>

## 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:** 16 Jan, 20 Mar, 15 May, 24 Jul, 25 Sep, 13 Nov 03

[CLICK HERE to schedule electronically](#)

Or schedule with Susan Dilworth 75627 x223

**Annual Refresher Training - AFRL Only**

23 Jan, 27 Mar, 22 May, 24 Jul, 25 Sep, 13 Nov 03

Schedule with Mary Shelly x59000

**Annual Refresher Training - Organizations other than AFRL**

20 Feb, 17 Apr, 19 Jun, 21 Aug, 16 Oct, 18 Dec 03

[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](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

**28 Jan, 16 Apr, 15 Jul, 22 Oct 03**

**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.

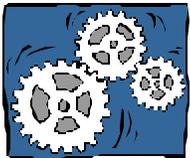
**Contact Marcia Wilson at x79347.**



## 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](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](https://www.asc.wpafb.af.mil/asc/safety/orm/orm_level_ii_training.ppt)

## **Public Health Training for 2003**

All Training will be held at 1400 in the Public Health Classroom in building 675, located in Area B. 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)**

**7 Feb, 25 Apr, 25 Jul, 24 Oct 03**

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. Must have previously had general Hazcom.

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**

**21 Feb, 23 May, 22 Aug, 21 Nov 03**

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.

### **Reproductive Hazards in the Workplace**

**14 Feb, 9 May, 8 Aug, 7 Nov 03**

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



### **Laser Hazards**

**7 Mar, 13 Jun, 12 Sep, 12 Dec 03**

Open to workplace supervisors or Safety Reps.

### **Asbestos Awareness**

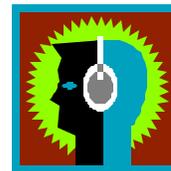
**21 Mar, 20 Jun, 19 Sep, 5 Dec 03**

Mandatory for all building managers and CE personnel.

### **Hearing Conservation (General)**

**14 Mar, 2 May, 11 Jul, 26 Sep, 14 Nov 03**

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



**Hearing Conservation (Supervisors)**

**28 Feb, 4 Apr, 6 Jun, 22 Aug 03**

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

**Chemical Hygiene**

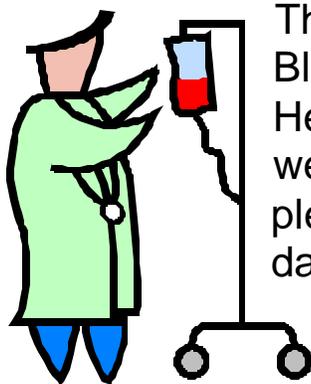
**28 Feb, 18 Apr, 27 Jun, 5 Sep 03**

Open to all AFRL supervisors and safety reps.

**OTHER PUBLIC HEALTH TRAINING AVAILABLE UPON REQUEST**

Cadmium	Carbon monoxide
Cold Stress	Heat Stress
Lead	Personal Protective Equipment
Respiratory Protection	Universal Precautions/ BBP
Benzene	Formaldehyde

**AFRL BLOOD DRIVE DATES FOR 2003**



Thanks to everyone who participated in the AFRL Blood Drives for 2002!! They were a big success. Here are the dates for 2003. Everyone is welcome, no reservations required. There will be plenty of free snacks and drinks throughout the day and pizza at lunch. Reserved parking in front of Bldg 653. Bring your ID. Hope to see you there!

**Bldg 653 Area B (AFRL/ML) Cafetorium from 0800-1430**

**FEB 12 & 26**

**MAY 14 & 28**

**AUG 13 & 27**

**NOV 12 & 26**

**For more information contact the Donor Center at 70580**



## Health and Wellness Center (HAWC)

**Call 904-WELL (9355) to get the latest schedule of classes.**

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.

**The Physical Therapy Flight offers a satellite clinic** at the Health and Wellness Center (HAWC) on Tuesdays and Thursdays. All base employees are eligible to be seen by the physical therapist. The clinic resumes on Tuesday, 7 Jan 03. Hours of operation are from 1100-1300 Tuesdays and Thursdays. Appointments are available, or you may be seen on a walk-in basis.

**To schedule an appointment or for more information, please email [Annette.Crawford@wpafb.af.mil](mailto:Annette.Crawford@wpafb.af.mil), or call the HAWC at 904-WELL (9355).**

### **Osteoporosis and Exercise - 13 Jan, 1215-1330**

Learn about bone anatomy and how weight-bearing and resistance exercise can increase bone mineral density. There will also be a short demonstration of specific exercises found to be effective in increasing bone mineral density.

### **Knee School (Physical Therapy) - 14 Jan, 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.

### **The Wellness Choice - A Way of Life - 15 Jan, 1200-1300**

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 class offers instruction and skills training for positive life-style change.

### **Strength Training Principles - 16 Jan, 1215-1315**

Learn about specific exercises that should be included in a strength training routine, along with exercise training techniques that improve strength and reduce injury.

**Call the HAWC (49355) for a copy of the *HAWC HERALD* Newsletter that lists all classes offered this quarter.**

**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](#) at (937) 255-9000.**