

## *Wright-Patterson AFB, Ohio*



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

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# What's So Critical About the 101 Critical Days of Summer?

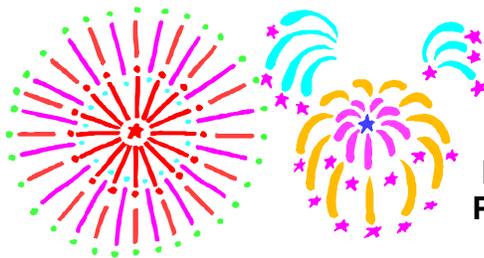
As we approach the second major holiday in the **101 Critical Days of Summer** Safety Campaign, the 4<sup>th</sup> of July and the long weekend, please spend some time thinking about ways to prevent mishaps while still having fun.

The 101 Critical Days of Summer is the time of year when our people are exposed to increased mishap potential due to summer-related activities. Some of the traditionally problematic areas include motor vehicles, water-related activities, fireworks, and other outdoor sports and activities.

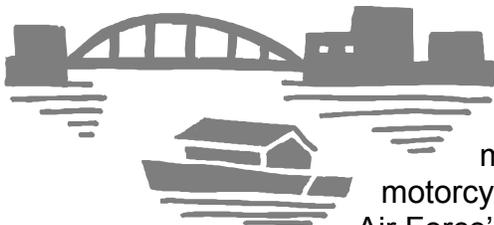


As people head out to the highways to vacation spots, parks, beaches, or other recreational areas, alcohol consumption also increases during this period. At times, this contributes to uncharacteristic risk-taking by normally prudent and mature people. A regretful scenario sometimes follows resulting in embarrassment at best and tragedy at worst. **WE MUST ELIMINATE THE MISCONCEPTION THAT THERE IS A DISTINCTION BETWEEN ON DUTY AND OFF DUTY WHEN IT COMES TO SAFETY.**

Water sports are a great source of fun. Understand how to operate the watercraft being used and don't mix this type of fun with alcohol. The combination can be very catastrophic.



We all love the visual picture fireworks give us, yet there is an extreme danger in using them. Have a healthy respect for fireworks. Know the explosive nature of the firework and your limitations --**LEAVE FIREWORKS TO THE PROFESSIONALS!**



In recent years, our mishaps have begun to elevate during the first five weeks of the 101 Critical Days of Summer Campaign. Unfortunately, last year there were seven private motor vehicle mishaps during this period. Currently, motorcycle mishaps account for about three-fourths of the Air Force's fatal motor vehicle accidents.

Lack of attention and proficiency, speeding, impaired driving, and the absence of personal protective equipment were the primary contributors to these fatal incidents. THESE WERE TRAGIC AND PREVENTABLE MISHAPS; WE NEED TO REVERSE THE TREND IMMEDIATELY!

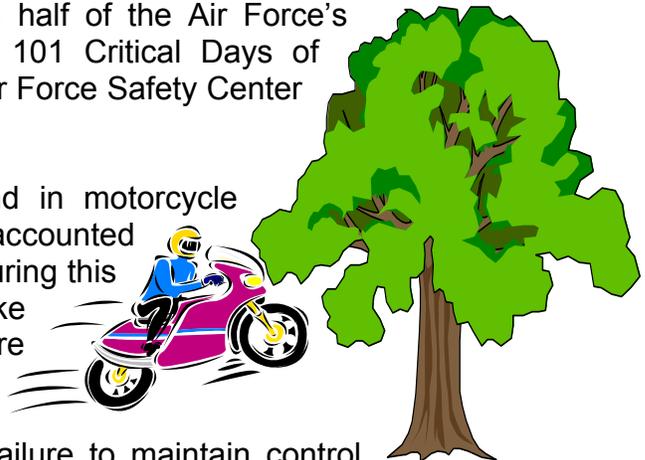
**WE CONTINUE TO LOSE VALUABLE AIR FORCE MEMBERS BECAUSE THEY FAIL TO FOLLOW THE LAW AND/OR COMMONLY ACCEPTED SAFETY PRACTICES.**

The above article was taken in part from a letter prepared by  
MSgt Ben Howard, 15AF/SE.

## Motorcycle Deaths Rise in '101 Days'

Motorcycle riders account for more than half of the Air Force's safety-related deaths during this year's 101 Critical Days of Summer safety campaign, according to Air Force Safety Center officials at Kirtland Air Force Base, N.M.

Officials said there is an alarming trend in motorcycle accidents involving airmen, which have accounted for six of the 10 Air Force deaths so far during this year's safety campaign. Those who take unnecessary risks "think they are invincible," said John Russell, chief of ground safety at the center. "Most were single-vehicle mishaps with speed and failure to maintain control (as) the key factors," Russell said.



While motorcycle fatalities are a growing concern during the first one-third of the 101 critical days, the potential for deaths involving four-wheeled vehicles and work-related mishaps should not be discounted, he said. "We want our personnel to enjoy their well-deserved recreational activities during this season. But, we don't want our folks to forget about assessing the risk in their activities. We have smart people; we want them to make smart decisions," Russell said. People returning from deployment abroad face additional challenges, he said.

"Many of our members are making plans to become reacquainted with their family and friends. The last time we experienced a 101 critical days period directly following combat operations was in 1991. That summer we lost 42 Air

Force warriors in needless mishaps, twice the average of summer mishaps for the preceding five years,” he said.

There are things people can do to avoid becoming accident victims during the remaining safety campaign, Russell said. “Always assess the risk,” he said. **“If you have uneasiness in performing a task or being a participant in an activity, evaluate it. There are risks associated with everything we do; positive results are achieved when we look at all risk factors and make smart decisions.”** This includes the Air Force mandatory motorcycle safety-training course, and wearing your seat belt while operating a motor vehicle.



**“Safety is an attitude that must be considered 24 hours a day, seven days a week. Being responsible for our actions by making sound decisions is key to mishap prevention,”** Russell said. “Every member of the Air Force is vital to our nation's defense, and we must take the steps necessary to protect them from harm.”

by Staff Sgt. Carlos J. Trevino  
Air Force Print News

Available: <http://www.af.mil/stories/story.asp?storyID=123005149>

For more info on motorcycle safety:

<http://www.motorcyclesafety.state.mn.us/pages/ad.html>





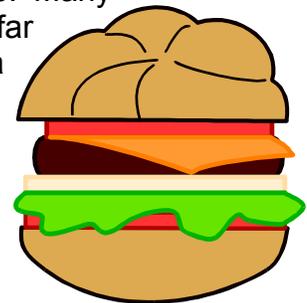
## Is “Supersizing” Your Meal Really a Deal?

Although “supersizing” your fast-food meal may be a good deal for your pocketbook, it's not such a good deal for your waistline. Consider these facts:

- A Gulp-sized Coke from 7-Eleven is 16 ounces and 150 calories. But the Double Gulp is 64 ounces and 600 calories. The Double Gulp costs only 37 cents more. That's about 42% more money for 300% more calories.
- A 3-ounce "minibon" from Cinnabon has 300 calories, compared with an 8-ounce classic Cinnabon with 670 calories. The larger cinnamon roll is 48 cents more. That's 24% more money for 123% more calories.
- Going from a small to large movie theater popcorn costs 71 cents more, but gives you 500 extra calories. That's 23% more money and 125% more calories.

### **Dining out? These 10 steps can help you stick to your diet.**

1. Do some research. Check out the menu before you go in. Many restaurants post menus in the window or publish them on Websites. You can also call ahead.
2. Select a restaurant known for moderate portions and a good selection of vegetables.
3. Be assertive. Don't be afraid to ask how things are cooked, or to ask for substitution. Request a baked potato instead of French fries, or an omelet made with egg whites only, for example.
4. Learn how to spot high fat items. Words like fried, sautéed, rich, buttery, creamy, au gratin, extra-crispy, and breaded are tip-offs for high fat.
5. Be careful when you ask for salad dressings on the side. Many restaurants will give you as much as a half-cup of dressing, far more than you'll actually need. Use it sparingly, a teaspoon at a time.
6. Avoid buffets, "all you can eat," and fried food restaurants.
7. Look for "light" or "heart smart" items on menus.
8. Skip the cocktails. Alcohol increases your appetite and decreases



your will power.

9. Ignore the breadbasket. You'll have plenty to eat when your order arrives.

10. Request a box when your meal arrives. Put anything larger than one portion in the box before you start eating. One protein serving is about the size of a deck of cards. One serving of rice, pasta or mashed potatoes is about as big as your fist.

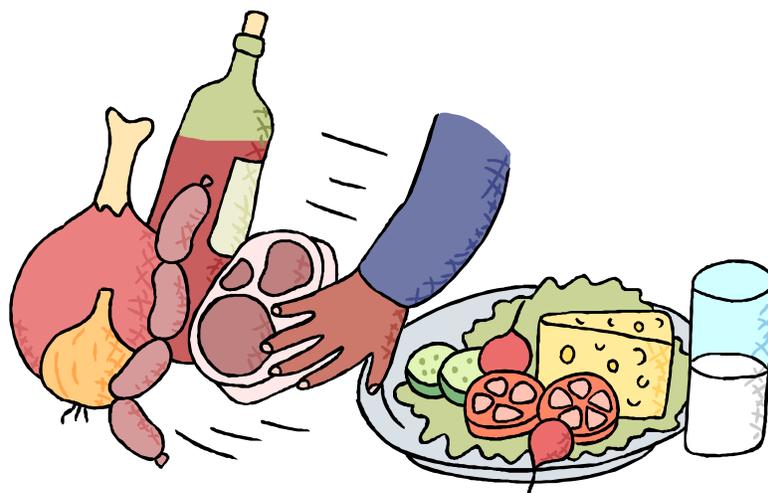
**Source:** <http://wpmc1.wpafb.af.mil/pages/hawc/hawchealth.htm>

Losing weight is not just about going on a diet - it's about an overall lifestyle change.

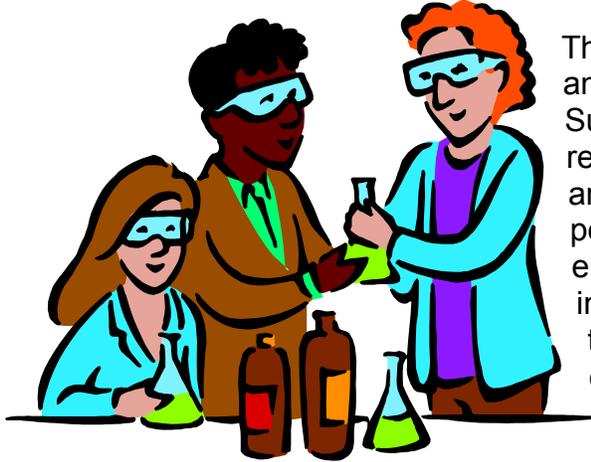
Learn how to lose weight sensibly and safely through "**The Sensible Weigh**" Program, offered by the Base Health and Wellness Center.

The program is comprised of four sessions - classes meet weekly on Tuesdays, and cover nutrition, exercise and behavior modification. Pre-registration is required. Participants must start the program with the first class - the assessment. New sessions begin every two weeks, and are held on Tuesdays in both the morning and afternoon.

Call the HAWC at 904-9355 for more information or to register, or visit the HAWC Website at <http://wpmc1.wpafb.af.mil/pages/hawc/index.htm>



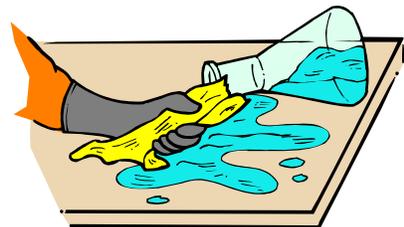
# Summer Students are Here - Reminders for a Safe Summer



The summertime frequently brings students and other temporary employees to AFRL. Supervisors and sponsors, it is your responsibility to make sure these employees are given adequate training so that they may perform their jobs safely. Untrained employees in the laboratory significantly increase the possibility of injuries, damage to expensive laboratory equipment, and even environmental fines, not to mention the detrimental effects these things may have on the research being performed.

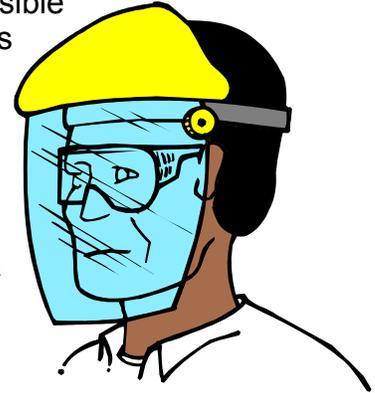
## **Ensure all employees, especially new ones, are trained and familiar with the following items to reduce mishaps in the lab:**

- **Hazards of Materials**
  - Location of Material Safety Data Sheets (MSDSs)
  - Location of Chemical Hygiene Plan or HAZCOM Plan
  - Operating Procedures specific to the lab
  - Proper Hazmat and Hazwaste storage procedures
  - Location of Personal Protective Equipment (PPE)
- **Emergency Response Procedures**
  - Emergency telephone numbers, names, and reporting procedures
  - Designated primary and alternate escape routes
  - Location of Site-Specific Spill Plan
  - Location of fire alarm, fire extinguishers, eye wash, shower, first aid kit
  - Use of absorbents and spill response kits
  - Make sure to report all accidents, injuries, fires, spills, and close calls
- **Proper Selection and Use of PPE**
  - Eye Protection
    - Safety glasses with side shields for light to moderate work (eye glasses are not sufficient)



- Splash goggles for keeping chemical splashes out of eyes or stopping projectiles
- Face shield for significant splash or possible explosion hazard (in addition to goggles underneath)

- Hand Protection
  - To protect against cuts, abrasions, burns, chemical exposure
  - No glove for all applications – refer to a glove chart or MSDS
- Skin Coverage
  - Lab coat, long pants, shoes with full coverage. No sandals or open toe shoes.



- **Safe Laboratory Practices**

- Restrain long hair, loose clothing, jewelry, ID tags, etc. when working with moving machinery
- Use fume hood when opening anything that creates gas, fumes, vapors, dust, or aerosols
- No food, beverages, or tobacco products in the lab

- **Hazardous Materials and Waste Management**

- Label ALL Hazmat and Hazwaste as well as anything that might be confused as Hazmat
- Store flammable materials in a flammables cabinet
- Store corrosives in a corrosives cabinet
- Store all Hazwaste in an Initial Accumulation Point (IAP) and tell lab supervisor any time a new container is placed in IAP
  - Never pour any chemical down the drain or throw into the trash without checking with lab supervisor for proper disposal procedures
  - Report any spills
  - Decontaminate yourself and all working surfaces before leaving the lab



**It's your responsibility to read, understand, and follow you lab's safety rules and policies. Have a safe summer!**

Thanks to Rod Steele, AFRL/MLOF/IITC for providing much of the info for this article.



## Reader Comment:

“It's summer. We have a bunch of college/high school students around. I have noticed a lot of young women wearing thong sandals and "tennis" sneakers that do not have a back to them. The foot is either totally exposed, or can slip out of the footwear onto the floor at an instant. Chemicals spilled on the foot or debris strewn on the floor could be a major safety hazard. May I suggest you raise the issue.”

**Peter Vorum**  
AFRL/MLBT

Good suggestion. Also remember that if you are working around moving machinery to tuck in your shirt and remove anything that could get caught such as jewelry, tie, ID badge, etc. This includes rings, which can rip off a finger if caught in moving machinery.

If you have any comments or suggestions for the ESOH Newsletter, please contact [Mary Shelly](#).

## AFRL Blood Drive

13 and 27 Aug 03

0800-1400

Bldg 653 (ML Cafetorium)

Walk-ins Welcome ~ Free Snacks

Reserved Parking in front of Bldg 653

For info contact the

Donor Center at 70580 or 71038



**Please SUPPORT OUR TROOPS and donate blood if able. There is still an increased need for all blood types, especially O negative.**

# ESOH Training and Opportunities

## 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/>

**CAP OFFICE:** <https://www.afmc-mil.wpafb.af.mil/ESC/MM/CAP/>



**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.

**PLEASE SCHEDULE ALL RCRA HAZARDOUS WASTE TRAINING with Susan Dilworth at 75627 x223 or [CLICK HERE to schedule electronically](#)**

**PLEASE NOTE: The dates for the Initial RCRA Training in the previous newsletter were wrong.**

**Initial Training: 17 Jul, 18 Sep, 20 Nov 03**

**Annual Refresher Training - AFRL Only  
24 Jul, 25 Sep, 13 Nov 03**

**Annual Refresher Training - Organizations other than AFRL  
21 Aug, 16 Oct, 18 Dec 03**

## 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

**15 Jul, 22 Oct 03**

**Sign up with 88 ABW/ EM, Treva Bashore, 72201 x233**

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.

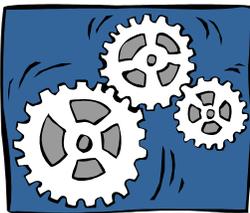
**Contact Marcia Wilson at 79347 or Karen Turner 48384  
(Bldg 675 Area B)**



## 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 Public Health at 255-2515.



### **Hazardous Communication (HAZCOM)**

**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**

**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**

**8 Aug, 7 Nov 03**

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

### **Laser Hazards**

**12 Sep, 12 Dec 03**

Open to workplace supervisors or Safety Reps.

### **Asbestos Awareness**

**19 Sep, 5 Dec 03**

Mandatory for all building managers and CE personnel.

**Hearing Conservation (General)**

**11 Jul, 26 Sep, 14 Nov 03**

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

**Hearing Conservation (Supervisors)**

**22 Aug 03**

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



**Chemical Hygiene**

**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 | Benzene  |
| Formaldehyde           | Universal Precautions/<br>Bloodborne Pathogens |



**Health and  
Wellness Center**

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.

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).



**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](#).**