

***Air Force Research Laboratory
Wright-Patterson AFB, Ohio***



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

March 2003

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Why Wear Safety Glasses?

Thanks to Steven Weekes, Optometrist with 74 AMDS/SGPE for the following article:

Eye injuries of all types occur at a rate of more than 2,000 per day. Of these, 10% - 20% will be disabling because of temporary or permanent vision loss. A recent survey by the Bureau of Labor Statistics found that three out of five workers who suffered an eye injury wore no protection. And, of those who did, 40 percent wore the wrong kind. You should wear safety eyewear whenever there is any chance that machines or operations present the hazard of flying objects, chemicals, harmful radiation or a combination of these or other hazards. Anyone working in or passing through areas that pose eye hazards should wear appropriate protective eyewear at such times.



Weed Wacker Debris vs Over-the-Counter Sunglasses



What's Wrong with this Picture???

What is the difference between glass, plastic and polycarbonate safety lenses?

Industrial-thickness glass, plastic and polycarbonate lenses meet or exceed the requirements of the eye protection standard. In general, each type of lens does offer certain advantages and disadvantages. Glass lenses provide good scratch resistance and can withstand chemical exposure. They can also accommodate a broad range of prescriptions. But glass is heavy and can be uncomfortable. Plastic and polycarbonate lenses are lighter weight, protect against welding splatter, and are not likely to fog. Unless specially coated, these lenses are not as scratch resistant as glass. They also cannot accommodate as wide a range of prescriptions as glass lenses. Polycarbonate lenses are superior to glass and many other plastics in strength and impact resistance. Experts believe that proper eye protection could have prevented or reduced the severity of injury in at least 90 percent of all accidents. **EYE PROTECTION WORKS!**

Where can you get prescription safety glasses?

Call or stop by the Area B Optometry Clinic to schedule a fitting and exam. We are located in Building 675 (next to the Area B gas station) and our phone number is (937) 904-8428.

LABORATORY HOUSEKEEPING

Take a look around your lab. A sink full of dirty glassware, stacks of paperwork sitting around, trashcans overflowing, chemical bottles everywhere, countertops cluttered and dirty. If any of this sounds familiar, you need to think about housekeeping. It's okay to be sloppy in your own home, but if you work in a laboratory you need to leave those bad habits at home for your own safety as well as your co-workers'. Our laboratories (and offices) reflect our personal hygiene habits, whether we are messy pack rats, fastidious, or somewhere in between. We are often so focused on completing our tasks that we neglect to keep our work areas clean and organized in the process. This often results in unsafe working conditions, not to mention that clutter can distract us from working with a clear mind.

You may think you don't have enough time or space to keep your laboratory clean. Have you ever wasted time looking for that item that you KNOW was just there? Have you ever had to clear a space so you can set down new chemicals or glassware for an experiment? How often do you bump into glassware and other objects on your bench or in your hood, possibly even breaking something in the process? Do you hunt for clean glassware? If you make it a habit to routinely clean up your work area and put things away, you'll actually save more time over all.

A clean workplace is also a safer workplace. You run less risk of knocking something over. Spills easily spread everywhere and can reach your body or clothing if ignored. A spill in an uncluttered area is much easier to clean up. You're also better able to see potential hazards, such as a flammable solvent container tucked away behind a hot plate, two incompatible chemicals in open containers next to each other, or a spill near electrical equipment.



Don't Let Dirty Glassware Accumulate

Protect yourself and others by following basic housekeeping rules:

1. Keep Only the Glassware and Chemicals You Need

When an experiment or procedure is completed, remove all chemicals, glassware, and non-permanent set-ups. Don't turn your fume hood into a long-term storage area. It's acceptable to keep out materials you use regularly, but be sensible. You need room to work.

2. Clean Up all Minor Spills Promptly. Report Major Spills

Refer to your Chemical Hygiene Plan, MSDSs, and use approved methods for hazardous materials. Know where your Spill Plan is and review it. Know where spill response equipment is located and how and when to use it. Restock it as necessary.

3. Clean All Glassware Promptly

Routinely wash, drain, and put away glassware, wearing PPE as necessary. Don't let stacks of dirty glassware accumulate. Clutter in or near sinks invites accidents. Know what to do with broken or heavily contaminated glassware. When you're done cleaning the glassware, clean the sink and countertops also. Don't let chemical residue or dirt build up.

4. Remove All Waste

This includes broken glassware, obsolete equipment, hazardous waste, recyclables, and trash. Don't overstock hazardous materials. Keep close tabs on what is in your chemical storage cabinet. Pay attention to shelf life and turn in old, degrading, discolored, or excess chemicals. Check MSDSs for hazardous decomposition products. Many chemicals decompose or deteriorate over time. Some chemicals produce explosive peroxides that appear as precipitates. Pay special attention for crystals or discoloration. If in doubt, don't touch the chemical and get help. Refrain from overstocking hazmat in the first place. With use of the Government Purchase Card, small quantities of hazmat can be purchased as needed so there is no need to overstock. (See your Issue Point Manager or Unit Environmental Coordinator for correct hazmat purchasing procedures for your organization.)



**Watch For Degrading
Or Outdated Hazmat**

5. Wear Suitable Personal Protective Equipment (Goggles, Gloves, Apron, etc.)

Proper PPE is not only required when performing experiments or working with hazards, but must also be worn when cleaning spills, glassware, bench tops, etc. Remember that you're still handling chemicals.

6. LABEL ALL CHEMICALS and Store Properly

Make sure all hazardous materials containers are properly labeled with their contents. This includes glassware if you are going to leave your work area even briefly. Make sure to replace worn or faded labels on bottles. Pay attention to proper segregation of incompatible chemicals. Do not store chemicals on the floor or on top of cabinets; they are easily knocked or tripped over. Use appropriate cabinets designated and labeled for the class of chemical: acids, flammables, etc.



**Ensure All Hazmat Containers
Are Clearly Labeled**

7. Clearly Distinguish Hazmat from Hazwaste and Store Properly

Hazardous waste must be labeled as such and stored in an Initial Accumulation Point (IAP). The container tracking log must be updated to reflect every hazwaste container stored at the IAP as soon as it is placed there. Make sure to keep all hazwaste containers closed except when adding waste and provide adequate secondary containment.

Make sure your lab doesn't become the poster boy for housekeeping gone awry.

INDUSTRIAL HOUSEKEEPING

Poor housekeeping creates hazards for all of those in the work area. Good housekeeping eliminates accident and fire hazards.

- Work area floors should be kept free of pallets, parts, equipment, extension cords and hoses.
- Floors, platforms and stairways should be kept in good repair.
- Adequate platforms should be provided; never use boxes and pallets as substitutes.
- Walls and ceilings should be free of wire hangings and temporary wiring.
- Materials should be stacked in a stable manner.
- Protruding storage should be eliminated.
- Storage areas in and around buildings should be free of refuse and debris.
- Stock should be stored in a manner that will not obstruct sprinklers.
- Racks, shelves and lockers should be maintained for tools, personal protective equipment and personal items.
- Walking and working surfaces should be clean, dry and unobstructed.
- Aisle ways and exits should be clearly marked and unobstructed.

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Montgomery County Hosts Household Hazardous Waste Turn-in

Thanks to Keith Vossler, AFRL/HEH for providing the following information:



The Montgomery County Solid Waste District will hold a hazardous waste day for toxic, corrosive, flammable or ignitable materials on Saturday Mar 15, at the south transfer facility at 2550 Sandridge Drive in Moraine. Collection will be from 0800 to 1200.

Pre-registration is not required, however participants must bring a driver's license or other proof of residency in Montgomery County. Signs for the drop-off area will be posted at the facility. To avoid long lines, it is recommended to arrive after 1000.

Items accepted during the Household Hazardous Waste Collection Day include: herbicides, pesticides, insecticides, mercury, flammable liquids, fire extinguishers, household propane cylinders, household cleaners, pool chemicals, and photography chemicals. Explosive or radioactive waste is not accepted daily or during collection events.

Hazardous waste cannot be accepted from businesses, organizations, farms, or schools. These groups may call the Recycling and Litter hotline at 225-4999 from 0730 to 1630 Monday through Friday for a list of companies who handle hazardous waste.

For more information on household hazardous waste disposal, including Miami County residents, see Environmental Management's web page:

http://www.abwem.wpafb.af.mil/EM/hazmat/index.cfm?fuseaction=main&obj_id=76

[Montgomery County Residents](#)
[Greene County Residents](#)
[Clark County Residents](#)
[Warren County Residents](#)



CAP Office Coming to AFRL for Demo

Tues, 25 Mar 03

11:00-2:00

AFRL/ML Cafetorium (Bldg 653)

Open to ALL

The CAP Office provides **accommodation services** and **ergonomic assistance** for DoD employees with **disabilities and/or injuries, hearing, speech or visual impairments**, enabling you to be more productive and confident in your work environment. The CAP office can help you with selecting ergonomic keyboards, mice, hands-free headsets, ergonomic chairs, voice-recognition software, and many other services.



Come to the AFRL DEMO, 25 March for:

- **Drawing to give away *Free Equipment***
- **Display of Latest Equipment**
- **Scheduling Workstation Analysis for those interested**
- **Answering Questions and explaining CAP Services**



**For more info on CAP Services visit
their Website:**

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

**or call Nicole Rosser at the CAP Office 71505
or 62860**

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/>

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: **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
27 Mar, 22 May, 24 Jul, 25 Sep, 13 Nov 03

Schedule with Mary Shelly x59000

A RCRA Refresher class for **AFRL/PR** has been scheduled for 13 Mar, bldg 490 room 103 from 1:30 - 3:00. Please schedule with Mary Shelly, 59000 to attend.

Annual Refresher Training - Organizations other than AFRL

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).

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

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.

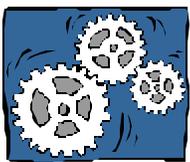
Contact Marcia Wilson at 79347 or Karen Turner 48384 (Bldg 675 Area B)



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

Level II ORM Training: 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 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

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

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

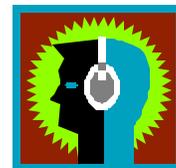
21 Mar, 20 Jun, 19 Sep, 5 Dec 03

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)

4 Apr, 6 Jun, 22 Aug 03

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

Chemical Hygiene
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



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

