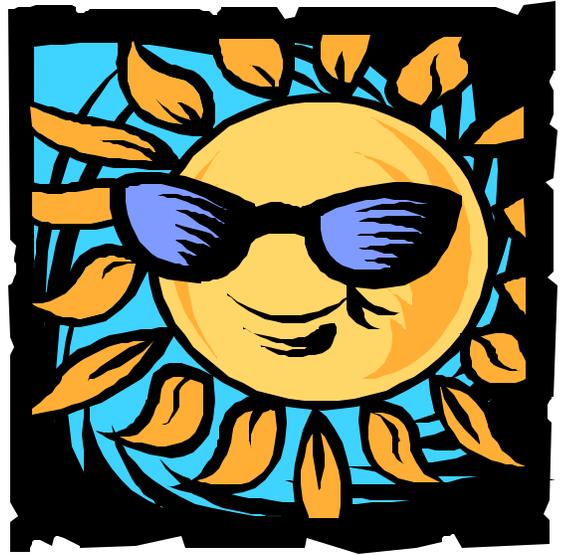


Wright-Patterson AFB, Ohio

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



August 2002

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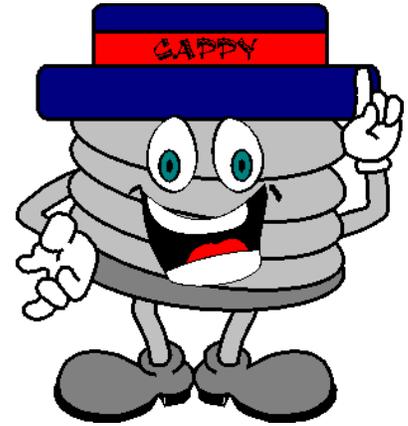
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Free Gas Cap Testing on Base - 23 Aug 02



The 88 ABW Office of Environmental Management in conjunction with the Regional Ozone Action Program partners of the Miami Valley Regional Planning Commission (MVRPC) are presenting a free and totally voluntary automobile gas cap testing and replacement program.

WHEN: 23 Aug 02, 11:00-2:00

**WHERE: Corner of Eighth Street and C Street, Area B
Commissary Parking Lot, Kittyhawk Center**

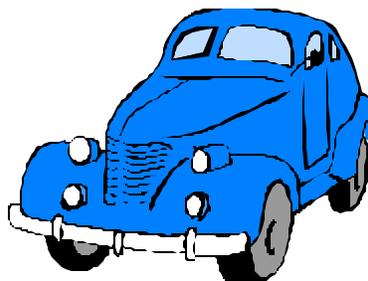
Automobiles that fail the test will be given **free gas caps** at the test if they match those in stock, or a voucher for a new cap if not in stock.

We encourage you to participate, especially if you have an older car, or one that has not been through an E-check program recently. Leaking gas caps allow emission of significant amounts of gasoline, a precursor of ozone, and we would like to lower the levels of ozone in the Miami Valley region.

You will fail the E-check program if your gas cap leaks, and if you don't have a gas cap, your vehicle won't even be tested, so be sure to participate in this program even if your gas cap is missing!

Since a missing or leaking gas cap can cost motorists approximately \$35 per year in lost gasoline (through evaporation), this program is designed to make sure the caps "hold in" the correct amount of pressure, ensuring that gasoline vapors are not escaping into the atmosphere and contributing to our smog problem. If your gas cap fails the test, you will receive a new one (or a coupon for one redeemable at the local Pep Boys stores) **FREE - OF- CHARGE**.

For more information about this program, you may call Connie Strobbe at the Office of Environmental Management at 75536 x256.



Base Water Quality Report Issued

By Treva Bashore
Stormwater/Drinking Water Program
Office of Environmental Management



In 1996, Congress amended the Safe Drinking Water Act by adding a provision that requires all community water system suppliers to deliver to their customers a brief water quality report annually. Every community water system that has at least 15 connections serving year round residents must prepare and distribute such a report. The purpose of the report is to advance consumer understanding of drinking water and heighten awareness of the need to protect our precious water resource. Here at Wright-Patterson, the “Consumer Confidence Report”, also known as the “Water Quality Report” summarizes information that our water system already collects to comply with various regulations. Civil Engineering’s Water Department, Bioenvironmental Engineering, and the Quality Branch of the Office of Environmental Management are all involved in the process of ensuring that safe drinking water is provided to the Base population.

The Quality Branch of Environmental Management prepares the Water Quality Report and has it published as an insert to the base Skywrighter. The Skywrighter is distributed to the base populous--35,000 copies. This year’s Water Quality Report was published in the 28 Jun 02 edition of the Skywrighter and covered topics such as sources of our water, routine water sampling performed, and any contamination concerns. Base water quality results are compared to EPA’s maximum contaminant levels or MCLs to show how our water meets national standards. If you would like to see a copy of the Water Quality Report, please contact the Office of Environmental Management.

**For questions regarding Base drinking water please contact the
Office of Environmental Management
88 ABW/EMY 257-2201
Treva Bashore x233 or Linda Rogers x282**



FACTS ABOUT DROWSY DRIVING

Will you be going on vacation soon? Are you planning on driving? Think about these statistics:

It is difficult to attribute crashes to sleepiness because there is no test to determine its presence the way there is for intoxication (i.e., a "breathalyzer"). In addition, there are no standardized criteria for making the determination of driver sleepiness and there is little or no police training in identifying drowsiness crash factor. Also, six states (Alabama, Missouri, Arkansas, Delaware, Massachusetts, and Wisconsin) do not have a code for sleepiness on their crash report forms.



- *The U.S. National Highway Traffic Safety Administration (NHTSA)* estimates that approximately 100,000 police-reported crashes annually (about 1.5% of all crashes) involve drowsiness/fatigue as a principal causal factor. A conservative estimate of related fatalities is 1,500 annually or 4% of all traffic crash fatalities. At least 71,000 people are injured in fall-asleep crashes each year. NHTSA estimates these crashes represent \$12.5 billion in monetary losses each year.
- Drowsiness/fatigue may play a role in crashes attributed to other causes. About one million crashes annually - one-sixth of all crashes - are thought to be produced by driver inattention/lapses. Sleep deprivation and fatigue make such lapses of attention more likely to occur.
- In a 1999 NSF poll, 62% of all adults surveyed reported driving a car or other vehicle while feeling drowsy in the prior year. Twenty-seven percent reported that they had, at some time, dozed off while driving. Twenty-three percent of adults stated that they know someone who experienced a fall-asleep crash within the past year.
- In a 1996 postal survey of 9,000 male drivers in Britain, in which 51% responded (4,600), the drivers attributed 7% of their crashes in the previous three years to tiredness (sleepiness and/or fatigue).
- At the 1995 National Truck Safety Summit driver fatigue was designated the number one priority for truck safety.

People tend to fall asleep more on high-speed, long, boring, rural highways. New York police estimate that 30% of all fatal crashes along the New York Thruway occurred because the driver fell asleep at the wheel.

For complete article and more information on driving safety:

<http://www.sleepfoundation.org/activities/daaafacts.html>





A "Green" Military

By Sherri Goodman
Washington Post , Pg. 21
July 20, 2002

The author, Sherri Goodman is a senior fellow at the Center for Naval Analyses and was Deputy Undersecretary of Defense from 1993 to 2001.

Over the past few decades, sprawl and development, particularly in coastal areas, have brought civilian life into much closer contact with the military—particularly its training activities, with their attendant noise and environmental effects. It has reached the point that some training ranges vital for preparing U.S. forces for combat, such as Camp Pendleton in Southern California, are also some of the last and best wide-open spaces in their regions. Thus they are home to endangered species and to some of our nation's most pristine natural areas.

The Department of Defense feels the problem has become so severe that it recently asked Congress to release the military from compliance with a variety of environmental laws. But in fact, the problem is not nearly as grave as this legislative proposal from the Bush administration suggests. Nor, as the General Accounting Office recently noted, has the Pentagon yet done much systematic analysis or serious study of the effect of encroachment on training and readiness.

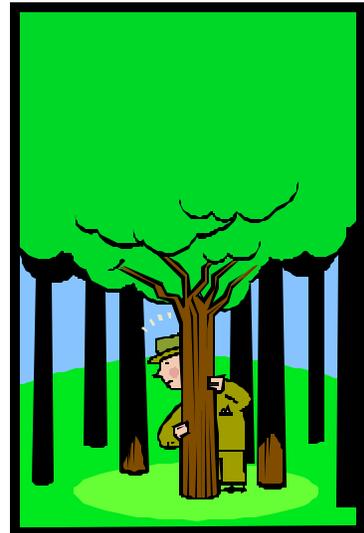
As the Defense Department's chief environmental officer for eight years, I confronted almost daily the tension that can exist between military training and readiness and environmental stewardship. Yet, just as we now know that we can grow the economy while protecting the environment, we also know that we can conduct most training and readiness activities while advancing environmental stewardship.

The military has, for the most part, had an outstanding environmental record in recent years. The Defense Department protects more endangered species per acre than any other federal agency, and it invests more than \$4 billion annually in environmental protection. It has proved time and again that it can conduct most training and readiness activities while advancing military environmental stewardship. Indeed, the Pentagon has proposed, and the House and Senate have adopted, provisions that enable it to convey surplus real property for conservation purposes and to enter into agreements with conservation organizations to help preserve ecologically valuable property around military installations.

The administration's encroachment proposal is at odds with the statements of its own environmental leadership, which said in a recent report to Congress: "Environmental stewardship is a reflection of the high ethical ideals of America's fighting men and women. Americans expect and demand from their public servants, civilian and military, a deep and abiding commitment to environmental stewardship."

The encroachment proposal, however, sends a negative message to the thousands of environmental professionals in the Defense Department-and to local communities and state regulators-that military readiness and environmental stewardship are not compatible. This is simply not the case. To be sure, there are a few specific issues in the Pentagon's legislative proposal that ought to be addressed in order to improve and streamline compliance with conservation laws. But for the most part, the real encroachment issues that arise have as much to do with balancing competing demands for land, water and air space among the military and nearby civilian communities as they do with environmental laws interfering with military training.

The encroachment challenge cries out not for an exemption but for a sustained dialogue among the military, local communities (especially local and regional planners) and economic and environmental interests. Many major military installations not only support critical military test and training activities but are also models of environmental stewardship. Eglin Air Force Base, in the Florida panhandle, has won numerous awards for its environmental stewardship, from the Nature Conservancy, among others. Eglin is home to the largest remaining stand of old-growth longleaf pine in the United States, and it also supports key test and training activities.



Rather than exempt Defense from key pollution control laws, Congress should ensure that the department builds on the sound approaches already underway at many locations, and does so in cooperation and partnership with concerned citizens and communities.

Congress should hold the Pentagon to the commitments made in a recent report to Congress by Defense Secretary Donald Rumsfeld's team: "The world's most capable and effective armed forces can, and should, operate an environmental quality program that is second to none. No lesser commitment will satisfy the demands of our nation or of our own consciences."

Thanks to Jan Ferguson, 88 ABW/EM for forwarding this article

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

15 Aug, 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

14 Aug, 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

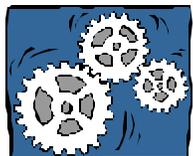


Required for electrical and confined space workers per 29 CFR 1910.151. The American Heart Association recommends CPR refresher training every two years and the American Red Cross recommends CPR refresher training every year. CPR training (per the American Heart Association) is **taught at the Base Hospital 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 - 6 Aug and 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.

General Strength Training Principles - 8 Aug, 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.



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.*

Osteoporosis and Exercise - 22 Aug and 3 Sept, 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.

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 - 21 Aug and 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 - 26 Aug and 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 - 28 Aug and 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)

13 Aug, 27 Aug, 17 Sept and 24 Sept,
0900-1100

Mandatory Fitness Improvement Program (MFIP)

13 Aug, 27 Aug, 17 Sept and 24 Sept,
1500-1600

Fitness Assessment Monitor (FAM) Training

23 Aug and 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

23 Aug, 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

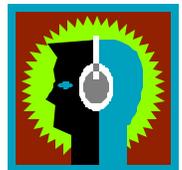
13 Sep, 13 Dec 02

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.



Wright-Patterson ESOH Web Sites:

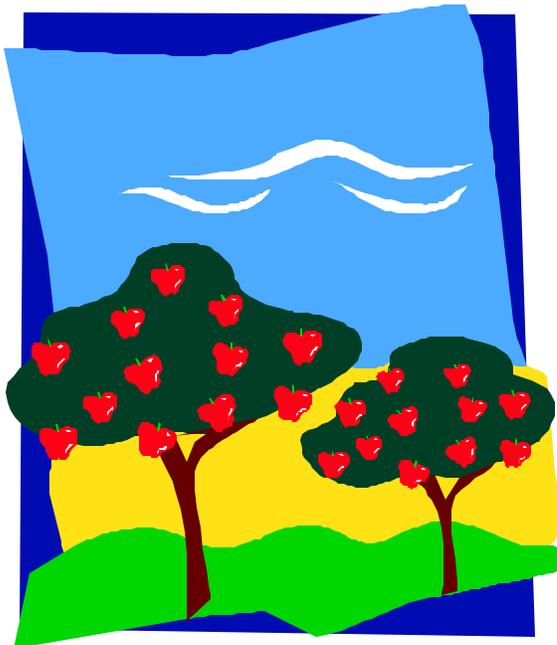
ENVIRONMENTAL MANAGEMENT: <http://www.abwem.wpafb.af.mil/em/>

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.