

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



Environmental, Safety and Occupational Health (ESOH) Newsletter

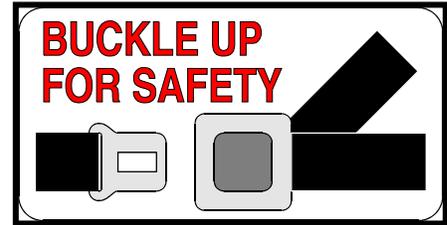
April-May 2004

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Wright-Patterson Begins Seatbelt Campaign

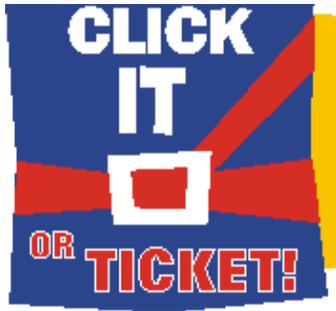
The following is a letter written by
General Gregory S. Martin, the AFMC Commander
regarding seatbelt usage at Wright-Patterson AFB:



SUBJECT: AFMC Seatbelt Policy

1. So far in FY04 we have lost two valuable members of the AFMC family to mishaps where seatbelts were not worn. It appears both mishaps were survivable if seatbelts had been worn. In addition, we continue to see people injured across the Air Force due to lack of seat belts or required motorcycle safety equipment.
2. This is unacceptable. The use of seatbelts, shoulder harnesses and motorcycle safety equipment is required for all personnel (military, civilian or DoD contractor) driving on any Air Force installation. In addition, these requirements extend to military personnel operating vehicles off-base, including off-duty time. These vehicle safety requirements have been written in blood over the years. We have a wealth of knowledge proving seatbelts, shoulder harnesses, and motorcycle safety equipment save lives.
3. Commanders and supervisors at all levels shall not only publicize these requirements on a regular basis, but lead by example. While our Security Forces will enforce seatbelt wear through regular checks at base gates and in high traffic areas, such as BX or commissary parking lots, commanders and supervisors will assist by providing an additional "pair of eyes" to ensure our Air Force family is taking this mandate seriously. A friendly reminder to "buckle up" could save someone's life! In appropriate cases, I expect commanders to consider administrative or disciplinary action where failure to wear seatbelts can be substantiated. In the case of DoD contractors, failure to use seatbelts or motorcycle safety equipment while driving on base may warrant loss of base driving privileges, or possibly more serious action, depending on the jurisdictional authority existing at the installation.
4. At my request, AFMC Safety and Security Forces have teamed together to develop a seatbelt awareness program. Beginning 1 May 04 for a period of 30 days, as a precursor to our 101 Critical Days of Summer, Safety, Security Forces and other base personnel will be conducting daily seatbelt checks at key locations to establish an initial trend analysis. After the initial 30-day period, weekly seatbelt checks will be conducted and the results of those checked will be forwarded to HQ AFMC/SE on a monthly basis. Seatbelt statistics will be rolled up and briefed to me on a quarterly basis. This initiative is to encourage the use of seatbelts by all AFMC personnel and to save the lives of our most valuable resource, "OUR PEOPLE."

GREGORY S. MARTIN
General, USAF
Commander



Stop and Buckle Up Your SAFETY BELT

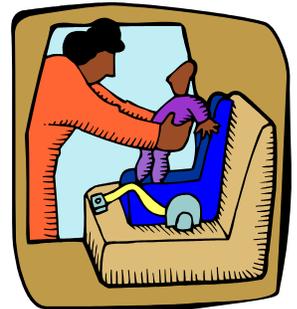
Safety belts, air bags when used with a safety belt, and properly installed child safety seats are your best protection against death or injury in a vehicle crash.

Did You Know?

- Every 14 seconds someone in the U.S. is injured in traffic crash, and every 12 minutes someone is killed.
- Motor vehicle crashes are the leading cause of death for children 5 to 14. An average of eight children are killed and more than 900 are injured in crashes every day.
- Safety belts reduce the chance of injury or death in a crash by 45%, and save nearly 10,000 lives each year.
- Children who are properly secured in safety seats survive three quarters of the crashes that would otherwise be fatal.

Safety Check

- Properly wear your safety belt. The shoulder strap should cross the collarbone and fit snugly. The lap belt should be low and tight.
- Protect your child correctly. "The Back Is Where It's At" for children 12 and under. Use a rear-facing seat for children under a year and who weigh less than 20 pounds. Use a forward facing seat for children who are a year or more and who weigh 20 to 40 pounds. Use a booster seat for children who weigh 40+ pounds until they are big enough to use a safety belt.
- Child safety seats are not always compatible with all rear seating positions in vehicles.



Read the vehicle owner's manual and the instructions for the child safety seat carefully.

What About Air Bags ?

- Most tragedies involving air bags could be prevented if air bags are used in combination with a safety belt and if children under 12 are properly restrained in the rear seat.
- Air bags only provide supplemental crash protection in frontal crashes.
- Air bags have a good safety record and are credited with saving more than 2,600 lives.
- Drivers should sit as far as possible from the steering wheel to give the air bag room to deploy and dissipate its energy. Ten to 12 inches between the chest and air bag module is recommended by the National Highway Traffic Safety Administration (NHTSA).

Deactivation

Should air bags be deactivated? No, not unless you meet the following criteria:

- The driver cannot sit 10 to 12 inches from the steering wheel and air bag module, and drive the car safely.
- The driver and/or passenger has one of several medical conditions.
- The driver must transport children under 12 in the front seat because the car has no back seat or because of a car pool situation.

For information on deactivation, contact the NHTSA Hotline at 1-800-424-9393.

For information on occupant protection, contact the Network of Employers for Traffic Safety (NETS) at (202) 452-6005.

Attention: Base Motorcyclists

Increase in Motorcycle Fatalities/Injuries: A five-year review of mishap data revealed our motorcycle mishaps are on the rise. Motorcycle mishaps resulted in **72 fatalities** from FY99 through FY03 (FY03 – 24; FY02 – 20; FY01 – 9; FY00 – 8; FY99 – 11)!! The mishap data revealed that over half the motorcycle fatalities were the result of single vehicle crashes that **involved riders exercising poor risk decisions and judgment. Males between the ages of 18 and 25 years are our major “at risk” population comprising sixty percent of our motorcycle fatalities in the past two years.**



Wright-Patterson has initiated various activities to encourage all motorcycle drivers to drive safely while having fun.

Motorcycle Safety Ride and Barbecue 21 May 04

Mandatory for military riders (registered or not) and highly encouraged for **DOD civilian riders, contractors, retirees, and dependants.** This is an excused absence for civilians who ride or are thinking about riding a motorcycle.

On 21 May 04 there will be a **Motorcycle Safety Ride and Barbecue** beginning with a Safety Briefing at 1000 in the Base Theater (Kitty Hawk) to discuss the importance and urgency of motorcycle safety. Speakers will be Gen. Reynolds (AFMC/CV), Larry Grodsky (MSF instructor and motorcycle magazine columnist), and Ohio State Patrol officer.

The Ride will be lead by Gen Reynolds and will begin in Kitty Hawk at approximately 1100, cross to Area C around the flightline, out gate 15A, down 444, up National Road to Area B gate 19, and down the hill to where the Barbecue will be held (under the tents in Area B, the same area where the Summer Bash is held).

The Barbecue is voluntary but highly recommended. It will begin at approximately 1200 and end around 1400. Sponsors from local motorcycle shops will be there. Food will include brats/hotdogs, hamburgers, slaw, chips, soda.

ALL MILITARY participating in the ride MUST be motorcycle trained; otherwise they need to come to the briefing and barbecue in a regular vehicle, not on a motorcycle. ALL REQUIRED SAFETY GEAR MUST BE WORN TO INCLUDE AN OUTER GARMENT OR VEST OF HIGHLY CONTRASTING VISIBLE COLORS DURING THE DAY AND REFLECTIVE AT NIGHT.



This is a great opportunity to meet some of your fellow motorcycle enthusiasts, share stories and safety tips, and HAVE FUN.

To schedule or find out more information, please contact Kathy Hipp, ASC/SEG at 43383 (904-3383 from off-base).

Motorcycle Mentorship Program at Base Community Center

The WPAFB Community Center, in coordination with the Base Safety Office is developing a Motorcycle Mentorship Program. The intent is to establish a motorcycle club where less experienced riders and seasoned riders can create a supportive environment of responsible motorcycle riding and enjoyment.

If you are interested in being a member of the Motorcycle Mentorship Program being initiated at the WPAFB Community Center, please contact Debra Conner, Director of Community Activities at 255-5053.



101 Critical Days of Summer Approaches

The **101 Critical Days of Summer** is that time of year from the beginning of the **Memorial Day Weekend** to the end of the **Labor Day Weekend**. Safety statistics have shown that this period has traditionally been a **period of increased mishaps, especially those occurring in off-duty activities**.

Some reasons for the increased risk is that we spend more time in outdoor activities and less time paying attention to the hazards. We may overextend our physical capabilities and fail to give our bodies time to rest. At times, we are thinking about our weekend or vacation plans while we should be focusing on our work. Fatigue and inattention are factors in many mishaps. Alcohol abuse is another factor.

The **number one cause of serious injuries and fatalities** to Air Force people during the 101 Critical Days is **motor vehicle mishaps**. Many factors are involved in these mishaps: driving when fatigued or under the influence of alcohol or drugs, speeding, not using seat belts, and failing to recognize and react to road hazards. People head out of town for recreation and vacations without proper planning and preparation. They often travel on unfamiliar roads. They drive too fast, drive without planning stopping points, and often don't take time to prepare their vehicles for the trip. **Never drink and drive**; make the call for a taxi or make other arrangements if you've been drinking.



The **second leading cause of summer fatalities is from drowning**. Boating, swimming, scuba diving and river rafting have cost many lives in the past. About half of the drownings occurred after "unintentional entries" --when people fall, get pushed or knocked into the water. Most water safety tips involve simple common sense: wear Coast Guard approved life preservers on boats and on docks. Learn to swim. Know your limits and don't swim beyond your capabilities. Never swim alone. Never dive into shallow water or water of unknown depth. Supervise children at all times around water, including backyard wading and swimming pools. **Take care when swimming**. Know your swimming ability. Check the water depth before jumping in, and always swim with a buddy.



Inspect play areas for unsafe conditions before beginning play. Use all required personal protective equipment (PPE) when playing sports. **Don't drink alcohol** prior to or during a game. Know the rules of the game you are playing. Don't tolerate horseplay or unsportsman-like conduct.

Know the rules to **safe boating**, always wear a **life vest** and check the weather conditions before getting underway. Make sure to **stretch and warm up before running** and make yourself **visible to cars**.

When **camping**, make sure to inspect all your gear before you're out in the wilderness. Camp in approved areas only and use extreme caution when starting **campfires** and extinguish them thoroughly when not in use.

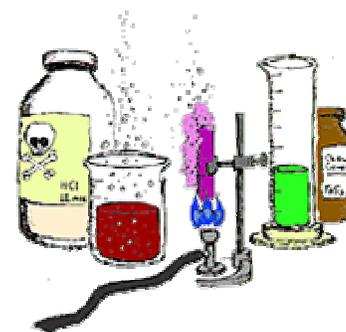


Preventing the preventable mishaps during this year's 101 Critical Days campaign will depend largely on the support given by each commander, supervisor and worker. Make every possible effort to communicate the need to increase awareness of the hazards involved during this time of year. Encourage people to make responsible decisions in their activities and to have a safe and enjoyable summer. Because many of us will participate in many outdoor activities this summer, it is important to be aware of personal risk management, and never assume that "It won't happen to me."

The Material Safety Data Sheet

MSDS Information

A Material Safety Data Sheet, often referred to by its acronym **MSDS**, is a detailed informational document prepared by the manufacturer or importer of a hazardous chemical which describes the physical and chemical properties of the product. Information included in a Material Safety Data Sheet aids in the selection of safe products, helps employers and employees understand the potential health and physical hazards of a chemical and describes how to respond effectively to exposure situations.



The format of a Material Safety Data Sheet may vary but there is specific information that must be included in each sheet. It is useful to review this information to increase your ability to use a Material Safety Data Sheet.

✦ **All Material Safety Data Sheets should include the following information:**

Section I of the MSDS lists information identifying the manufacturer and the product.

- ✦ Manufacturer's name, address and telephone number
- ✦ Number to call in case of emergency involving product
- ✦ Chemical name and synonyms
- ✦ Trade name and synonyms

- ✦ Chemical family and formula
- ✦ CAS# (Chemical Abstract Service) for pure materials

Section II describes the various hazardous ingredients contained in the product, the percentages, and exposure limits when appropriate. All hazardous chemicals which comprise 1% or greater of the mixture will be identified. Carcinogens will be listed if their concentrations are 0.1% or greater. If a component is not listed, it has been judged to be non-hazardous or is considered proprietary information by the manufacturer. The types of components that might be listed include:

- ✦ Pigments, catalysts, vehicles, solvents, additives, others
- ✦ Base metals, alloys, metallic coatings, fillers, hazardous mixtures of other liquids, solids or gases

Section III describes the physical properties of the material.

- Boiling point
- Specific gravity
- Vapor pressure
- Percent volatile
- Vapor density
- Evaporation rate
- Solubility in water
- Appearance and odor



Section IV describes the fire and explosion hazard data for the material. Based on the flash point and other fire and explosion data, the appropriate extinguishing agent for fires involving the material will be listed. Special procedures may also be listed.

- ✦ Flash point
- ✦ Lower and upper explosive limits (LEL/UEL)
- ✦ Extinguishing agent - water, dry chemical, foam, halon, etc.
- ✦ Unusual fire and explosion hazards, toxic fumes

Section V describes the known health hazards associated with the material, applicable exposure limits and symptoms/health effects associated with overexposure. This information will help the user and medical personnel recognize if an overexposure has occurred.

- ✦ Threshold Limit Value
- ✦ Effects of overexposure: headache, nausea, narcosis, irritation, weakness, etc.
- ✦ Primary routes of exposure: inhalation, skin, ingestion
- ✦ Cancer or other special health hazards
- ✦ Emergency and first aid procedures for ingestion, inhalation and skin or eye contact

Section VI describes reactivity data; that is, the material's ability to react and release energy or heat under certain conditions or when it comes in contact with certain substances.

- ✦ Stability: stable; unstable; conditions to avoid
- ✦ Incompatibility: materials to avoid

- ✦ Hazardous decomposition products
- ✦ Hazardous polymerizations: conditions to avoid

Section VII gives instructions for the steps to be taken in case of an accidental release or spill. The steps normally include information on containment, evacuation procedures and waste disposal as appropriate. The statements on the Material Safety Data Sheet are very general; more specific information is available from your supervisor or the department chemical hygiene officer/laboratory supervisor.

- ✦ Steps to be taken in case material is released or spilled
- ✦ Waste disposal methods

Section VIII describes the protective equipment for the individual who might have to work with the substance. This section normally describes worst case conditions; therefore, the extent to which personal protective equipment is required is task dependent. Contact your supervisor or department Chemical Hygiene Officer/Laboratory Supervisor for specific instructions if you are unsure.

- ✦ Respiratory equipment: dust mask; chemical cartridge respirator;
- ✦ self-contained breathing apparatus
- ✦ Ventilation: local; general; special
- ✦ Protective gloves: type; fabrication material
- ✦ Eye protection: goggles; face shield
- ✦ Other protective equipment



Section IX describes handling and storage procedures to be taken with the material. Information may include statements, such as: keep container closed; store in a cool, dry, well ventilated area; keep refrigerated (caution: flammable solvents require a "flammable storage refrigerator"); avoid exposure to sunlight; etc.

Section X describes any special precautions or miscellaneous information regarding the material. Manufacturers may withhold certain information as proprietary (such as hazardous ingredients) on a Material Safety Data Sheet if the information is considered a trade secret.

Make sure to read the MSDS for all chemicals you will be using BEFORE beginning work. Pay special attention to selecting the proper PPE, signs or symptoms of chemical exposure, and how to properly use, store, and dispose of the chemical. Don't become complacent because you've used the chemical for years. Safe housekeeping and proper personal hygiene are critical for ensuring your safety while using hazardous materials.



Blood Drive Locations at AFRL:

AFRL/HE

30 Jun 04 - Bldg 441 Auditorium

For information on the HE blood drives, contact:

Steve Stokes 255-8907

Capt Kevin Krueger 255-8883

AFRL/VA

24 Mar, 0900-1200 Myers Hall Bldg 45

19 May, 0900-1200 Foulois Hall Bldg 146

For more information on the VA blood drives, contact Scott Sherer, AFRL/VA Unit
Blood Drive Coordinator at 904-4028

AFRL/SN

30 Mar, 8 Jun 04

For more information, contact Lt Dillenburger 51115 x4031

AFRL/PR

13 Apr, 22 Jun, Bldg 18 0900-1400

For more information, contact Bob Behdadnia 54171

AFRL/ML

Rescheduled to Monday, 24 May 04

0900-1200

AFRL/ML (Bldg 653) Cafetorium

Click here to see if you are **eligible to donate**:

http://tricare.osd.mil/asbpo/donor_info/deferral.htm

Visit the **Armed Services Blood Program** website for
more info on donating blood: <http://tricare.osd.mil/asbpo/>

Or call the Donor Center at 70580/ 71038
or contact Mary Shelly at 255-9000



ESOH Training



2004 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.

ALL RCRA HAZARDOUS WASTE TRAINING CAN NOW BE SCHEDULED ON-LINE VIA 88 ABW/EM's Home Page: [Click here to SCHEDULE RCRA TRAINING](#)

Initial Training: 20 May, 15 Jul, 16 Sep, 18 Nov 04

Annual Refresher Training - Organizations other than AFRL
17 Jun, 19 Aug, 21 Oct, 16 Dec 04

Annual Refresher Training - AFRL
21 Jul, 22 Sep, 16 Nov 04

For questions contact 88 ABW/ EM at 257-7454
or Mary Shelly, AFRL/MLOF at 255-9000

Environmental Compliance, Assessment and Management Program (ECAMP) Training (ENV020)

Satellite Offerings: 17-20 May, 26-29 Jul 04

Please contact Karen Thompson at 75899 if you are interested in taking one of these classes so she can get an estimate and determine if a satellite downlink is needed.

For class description or to sign up, go to AFIT's website: <http://cess.afit.af.mil/>
Click on Courses > Environmental Engineering > WENV020. Info for contractor enrollment is also on the website.

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 or if you would like to be on an ECAMP team contact Karen Thompson, 88 ABW/EMO at 75899.



Environmental, Safety and Occupational Health (ESOH) Awareness Training

18 Aug 04 - Bldg 50, Area B
12 May and 17 Nov – hospital auditorium
classes run from 0800-1200
Sign up with 88 ABW/ EM, Treva Bashore, 76391

This course covers a broad range of ESOH topics 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.

Unit Environmental Coordinator (UEC) Training

Satellite Offerings:

24-28 May 03 (closeout date 29 Apr)

13-17 Sep 03 (closeout date 19 Aug)

Sign up through AFIT's website at <http://cess.afit.af.mil/>

Click on Environmental Engineering, then WENV220

Info for contractors to enroll is also on the website.

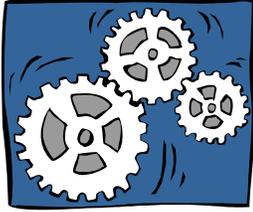
This course equips the unit environmental coordinator (UEC) to improve and maintain environmental compliance within their organization, recognize and address problems when they occur, and act as base-wide point of contact for environmental issues concerning their organization. For more info on the class:
http://cess.afit.af.mil/course_des.cfm?p=WENV%20220



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
Phone: 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

2004 Public Health Training

To sign up for training or schedule a class at your organization, please contact Public Health at 255-2515.

Hazardous Communication (HAZCOM)

22 Apr, 22 Jul, 29 Oct 04



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 training. Per 29 CFR 1910.1200, Hazcom training 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.

Asbestos Awareness

24 Jun, 23 Sep, 9 Dec 04

Hearing Conservation

6 May, 16 Jul, 16 Sep, 11 Nov 04

Hearing Conservation - Supervisor

15 Apr, 24 Jun, 30 Sep 04

Other PUBLIC HEALTH Training Available Upon Request:

Benzene	Cadmium
Carbon monoxide	Chemical Hygiene
Cold Stress	Ergonomics
Formaldehyde	Heat Stress
Laser Hazard	Lead
Personal Protective Equipment	Reproductive Hazards in the
Respiratory Protection	Workplace
Universal Precautions/ Bloodborne Pathogens	



Health and Wellness Center (HAWC) Traveling Show Hits the Road

Looking for an informative presentation for your next commander's call, off-site, or training session? Let the Health and Wellness Center take the pressure off your scheduling worries! The HAWC has a variety of programs and classes to make your next event a hit. To schedule a presentation, all you need is at least 15 participants and the necessary audiovisual equipment, and the HAWC will come to you. At least three weeks' advance notice is requested.

Here are some Public Health training topics:

Stress Management

dealing with difficult people, surviving change, surviving the holidays, resolutions....

Tobacco Cessation

tobacco use and options for quitting

Nutrition

fad diets, winning at losing, healthy eating for a healthy heart, eating on the run...

Fitness

exercise after 40, starting an exercise program, hypertension and exercise, cholesterol and exercise...

To get the latest schedule of classes or schedule a presentation please call 904-WELL.

WPAFB ESOH Phone Numbers and Websites:

(all area codes are 937)

ESOH GATEWAY – <https://www.asc.wpafb.af.mil/esoh/index.htm> *This website contains links to all the ESOH websites on Base and more. It is still being designed so if you have any suggestions, please send them to mary.shelly@wpafb.af.mil*

ENVIRONMENTAL MANAGEMENT: 257-5627 <http://www.abwem.wpafb.af.mil/em/>
The Office of Environmental Management (88 ABW/EM) has changed their phone numbers. For a complete listing, please see their website:
https://wrigem.wpafb.af.mil/EM/staff/index.cfm?fuseaction=main&obj_id=93

SAFETY: 904-3391 <https://www.asc.wpafb.af.mil/asc/safety/index.html>

PUBLIC HEALTH: 255-2515/255-4089 <https://wpmc3.wpafb.af.mil/amds/ph/index.htm>

BIOENVIRONMENTAL ENGINEERING: 255-6815 <https://www.bio.wpafb.af.mil/>

HEALTH AND WELLNESS CENTER (HAWC): 904-9355
<http://wpmc1.wpafb.af.mil/pages/hawc/>

CAP OFFICE: 257-1505 <http://www.afmc-pub.wpafb.af.mil/ESC/MM/CAP/>

You may also contact CAP via email at: msgcapoffice@wpafb.af.mil with ergonomic or other issues regarding workplace accommodations

Helping Agencies

* Family Advocacy	257-6429
* Family Support Center	257-3592
* Life Skills Support Center	257-6876/77
* Alcohol and Drug Awareness	257-4121
* American Red Cross	257-9875
* Chapel	257-7427
* Health and Wellness Center	904-9355
* Family Member Programs	257-2644
* Employee Assistance Program	904-5828



Please contact Mary Shelly 255-9000 for any additions/changes to this listing

Unit Safety Reps: please post this ESOH newsletter on your safety bulletin boards.

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** via email or at **255-9000**.