

SAFETY UPDATE

Fort Sam
Houston
Installation
Safety Office

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RLBC—Exemplary Safety Program

Mr. Rick Page, currently assigned to Readiness Logistics Business Center (RLBC) - Services Division, is the Collateral Duty Safety Officer (CDSO) for his organization in addition to other duties.



Mr. Rick Page, Collateral Duty Safety Officer for RLBC—Services Division.

Mr. Page started out in his civil service career at Kelly AFB, TX. When he went on the priority list he was assigned to Fort Sam Houston (FSH) as a presser in the laundry facility, building 330. Through his hard work and tenacity he was promoted to Plant Superintendent to oversee the laundry facility when it went contract in Jan 95.

As Plant Superintendent

he also served as the contracting officer representative (COR), Quality Assurance (QA) Evaluator, Safety and Fire Representative. Mr. Page's current duties involve oversight of the off post laundry contract. Mr. Page is also the safety representative, along with Mr. Tom Lara (COR), for the three contractor operated/ govern-

ment owned (COGO) dining facilities (two at FSH and one at Camp Bullis), and an Annex at Camp Bullis. According to Mr. Page approximately 40% of his duties involve safety and 60% are administrative in nature.

What is the secret to his success in Safety? Mr. Page indicated that his interest in safety awareness really increased two years ago when the baseline safety inspection was conducted by Ms. Hayley Hughes and Ms. Juana Zamora at building 330. Mr. Page realized then how important it was that a safety program not be something you stick on a shelf. *Continued*

Supervisors' Safety Orientation

In accordance with Federal Occupational Safety Health Administration (OSHA) standard 29 CFR §1960.55, Training of Supervisors, supervisors or employees who exercise supervisory

functions shall be provided with safety training.

The first such supervisor's safety orientation was held on 10 and 29 Feb at the Blesse Auditorium.

COL Thresher, Garrison Commander, gave the opening remarks on 10 Feb, encouraging supervisor's to be proactive and make safety a part of their everyday activities. *Continued ..*

Inside this issue:

<i>RLBC-Safety Program</i>	1
<i>Supervisor's Safety Orientation</i>	1
<i>OSHA News</i>	3
<i>Excavation Contest</i>	3
<i>Safety Staff</i>	4
<i>Around Post</i>	— 4
<i>Troop Safety</i>	
<i>NEW - Accident Reporting on line</i>	4
<i>NEW - Ergonomic Workstation</i>	4

Upcoming Training

- *Excavation/ Trenching Training 14 Mar- 0830*
- *Ergonomics Awareness course for Budget Analyst (or anyone responsible for purchasing equipment or furniture), 15 Mar-0830*
- *COR/Initiator of Service Contract Modular Course, 16 Mar 0800-1630 hrs*
- *Supervisor's Job Hazard Analysis, (MEDCOM Auditorium) 29 Mar—0900*
- *Next CDSO Class—May*

Classes are currently held at the Roadrunner, Building 2797. For dates and times check out our website at www.cs.amedd.army.mil/iso/ or call us at 221 - 9872.

Jessie J. Goggins, LTC
Director, Public Safety

RLBC—Exemplary Safety Program (continued ..)

Through Mr. Bill Wood, his installation safety office (ISO) representative and other ISO representatives, he has developed a functional safety process for his area of responsibility. He attributes his success to such aids as the extensive safety video library, the specific ISO training courses offered both on post or in his facility, safety forms available, and the Safety Website.

Mr. Page uses the FSH Form 96-E, Accident, Incident, Near Miss Report, to record and trend his accidents in a database. For example, building 2789 dining facility had an increase in slips, trips, and falls in the past months.

Through observation and intervention, Mr. Page was able to address such problems as the floor tile, lack of caution signs, and wet floors. This facility went from 16 to 18 accidents a month, to just one reported in Jan 00.

“What are his rewards? The satisfaction he (Mr. Page) feels in helping people and in treating people like he would like to be treated.”

Mr. Page has incorporated the Lock-out/Tagout (LO/TO) program for his potato peelers to prevent a mishap from occurring. His volunteer blood borne pathogen (BBP) spill response team was the first to receive training in BBP spill response and have kept up with their refresher training.

Mr. Page stated that he has had to be flexible and open to new ideas in his quest for providing one of the premier safety programs on post. It does require a time investment up front in or-

der to introduce new forms to employees and supervisors alike and to explain why these are required. However, once all this has been established the rest usually falls into place.

According to Mr. Page, it takes walking around and being visible so that people know who you are and that you have a vested interest in their well-being and safety. What are his rewards? The satisfaction he feels in helping people and in treating people like he would like to be treated.

The Installation Safety Office salutes Mr. Page for all his hard work and efforts in ensuring personnel in his area of responsibility are working in a safe and healthy workplace - like a true safety professional!

Supervisors' Safety Orientation (continued ..)

COL Thresher talked about the changes that have taken place in safety over the past two years and all the different tools available for supervisors, to include the guide and the safety web page. LTC Goggins, Director of Public Safety, gave the opening remarks on 29 Feb, expressing similar views.



COL Thresher, Garrison Commander, addressing supervisors at the supervisor's safety orientation, 10 Feb 00.

Combined - over 200 supervisors attended the safety orientations and received the newly published "Supervisor's Guide to Safety". The supervisor's guide was developed to assist supervisors in meeting their responsibilities to ensure that all hazards in the work place have been identified and that action has been taken to provide subordinate employees with a safe and healthful work practices.

The guide covers - Why have a workplace safety program?, regulatory requirements, supervisor's responsibilities, general safety areas (with related forms), and specific safety programs. Appendices include: List of checklists (found on the web page), flowcharts, and an office safety segment.



Supervisors attending the Supervisor's Safety Orientation on 10 Feb 00 at the Blesse Auditorium, B/2841.

New supervisors will be offered this information, by the safety office, through the Employee Management/Labor Relations Course scheduled through Civilian Personnel Advisory Council (CPAC).

OSHA NEWS

ERGONOMIC PROPOSED STANDARD— OSHA unveiled its long-awaited proposed standard on Ergonomics with a lot of fanfare. The proposed standard addresses work-related musculoskeletal disorders (MSDs) such as back injuries and carpal tunnel syndrome. MSDs are injuries and disorders of the muscles, nerves, tendons, ligaments, joints, cartilage and spinal discs. They do not include injuries resulting from slips, trips, falls, or similar accidents. Examples of MSDs include carpal tunnel syndrome, tendinitis, sciatica, herniated disc, and low back pain.

OSHA estimates that over 1.8 million workers suffer from MSDs every year and at a cost greater than \$45 billion. The standard requires certain program elements to be established: Leadership and Employee Participation; Hazard Identification and Awareness; Job Hazard Analysis and Control; Training; MSD Management; Program Evaluation; and Recordkeeping.

Visit the Installation Safety Office's WEBPAGE at www.cs.amedd.army.mil/iso/ for more information on Ergonomics and the other article in this newsletter concerning the Ergonomics Program at Fort Sam Houston.

OSHA POLICIES CONCERNING EMPLOYEES WORKING AT HOME— Much publicity and news coverage resulted from the letter that OSHA issued to one employer concerning employees working at home. In fact, the Secretary of Labor got involved and made a public statement

withdrawing the letter.

The overall intent of the letter was probably on target when it discussed items such as: "...Employers should exercise reasonable diligence to identify in advance the possible hazards associated with particular home work assignments, and should provide the necessary protection through training, personal protective equipment, or other controls appropriate to reduce or eliminate the hazard. ..." The following are a few good examples where diligence would be required. If someone is soldering parts at home, do they have adequate ventilation and/or a site to do such work? If they are asked to use a chemical, is the MSDS available and the worker trained? All too often we only think of salesmen and employees using computers as home based work whereas the examples listed above indicate the complexity of the situation. Also, what about MSDs from extended keyboard usage?

It appears that when OSHA mentioned performing inspections of the homes, the "Red Flag" went up. When you consider the socio-economical impact (working mothers, care for elderly parents, etc.) associated with this type of work, care must be taken when implementing a policy that is fair to both employees as well as employers.

The original letter and the withdrawal are on the OSHA WEBPAGE at www.osha.gov.

OSHA VIOLATIONS

Excavation and Trenching: Colorado

firm was fined \$112,000 for willful and serious violations that included:

- Spoils placed too close to the edge of the trench.
- Failure to remove employees from a hazardous excavation.
- Allowing water to accumulate in the trench.
- Failure to provide a safe means of egress.

According to OSHA, the company has three prior citations for unsafe excavations with two in 1998 and one in 1995.

Hazard Communication: Ohio firm was fined \$45,000 for HAZCOM violations that included:

- Failure to make MSDSs available during all work hours. (The MSDSs were locked in the Supervisor's Office.)
- Failure to provide employees with job specific training concerning the chemicals with which they worked.
- Failure to provide PPE.

Fall Protection: New Jersey company was fined \$55,000 for:

- Lack of a Fall Protection Plan when working on a roof.
- Failure to provide proper fall protection equipment.
- Failure to inspect fall protection equipment.
- Failure to train employees in fall protection and the use and maintenance of fall protection equipment.



Safety Trivia Contest

What is wrong in these two pictures?

First 10 individuals that call with the right answer will receive a FSH Safety Mug
221-9872



Installation Safety Office
2404 N. New Braunfels
Building 2250 STOP 38
Fort Sam Houston, TX 78234

Please Distribute this News Letter Throughout your organization !

Welcome New Occupational Safety and Health Manager - Mr. Lupe Gomez (221-9882)

Meet your **Safety Staff** and Their Areas of Responsibility

Allen Schramek (221-0630) - PWBC, AAFES, FSHISD, PMO, Commissary

Julia Anders (221-9868) - CABC, ITBC

Rose Reulbach (221-9874) - AMEDDC & S, Academy Brigade, HRBC, MEDCOM

Bill Woods (221-0830) - RLBC, 5th Army, 5th Recruiting Brigade, USAG Command Group, SJA, 147th/41st

Mary Lloyd (295-7915) - HQ, Camp Bullis Operations

Juana Zamora (221-9872)- Training Coordinator, Special Projects

Brian Pennartz (221-0563) - Training, Construction Oversight

Please contact Mr. Schramek if your organization is not listed and you would like to contact your safety representative.

Fort Sam Houston Safety News—Around Post

Troop Safety

Williams, W.W. White and Nursery roads on Fort Sam Houston are known as the "loop" by soldiers of the 232d and the 187th Medical Battalions of the Center Brigade, Academy of Health Sciences. Approximately 2,200 soldiers use the "loop" during early morning hours (dawn) for physical training 3 times a week. Soldiers utilizing this area are required to wear reflective clothing, carry flashlights and post road guards. *Stay Fit and Be Safe!*

NEW

The Installation Safety Office now has the capability to receive accidents, incidents, near miss reports via the intranet—*Check it out on the safety webpage—www.cs.amedd.army.mil/iso/*

NEW

ERGONOMICS Workstation

Ribbon cutting ceremony took place at the Roadrunner, B/2797, 25 Jan 00. Since then we have had over 50 visitors from both Post and Non-Post personnel.

Ergonomics Awareness training is required for personnel responsible for purchasing furniture or equipment.

Demonstrations/Training may be scheduled by calling 221-9872.



KUDOS

To all the supervisors who attended the Supervisor's Safety Orientation.

Mr. Bill Savage, CDSO from CABC (Golf Course), for his outstanding efforts in preparing for his annual safety inspection and insuring all employee training requirements were met.

Mr. Wayne Cusack, newly appointed CDSO for PWBC, for his contributions and feedback to the safety office web page and program.

Ms. Sharon Cushing, CDSO for CABC (Billing Section), for scheduling extensive safety training for their personnel.

Ms. Connie Thomas, Bldg Manager for 2267, for consistently submitting bldg monthly inspections to Safety.

Thank you all and keep up the outstanding work!