

Safety News Letter

AMEDDC&S and FSH, July 2003

Heat Stress Quiz

- Q1. Heat stress is caused by:
- High temperatures and/or humidity
 - Extremely heavy exercise
 - Either a or b

- Q2. Vomiting, heavy sweating, clammy skin, and a slightly elevated temperature are signs of:
- Heat cramps
 - Heat exhaustion
 - Heat stroke

- Q3. Victims of heat stroke perspire heavily and their body temperatures are near normal or only slightly elevated?

True or False

- Q4. If you gradually expose yourself to warmer temperatures, before attempting strenuous activity, you are less likely to suffer from heat stress?

True or False

- Q5. Drinking alcohol increases the chances of heat stress by causing the body to become dehydrated?

True or False

- Q6. Whenever you work or play outside in the sun, you should wear a hat with a wide brim to shield your head and face?

True or False

- Q7. If a coworker is suffering from heat stroke and is unconscious, you should:

- Get the victim to drink water
- Use cold water and fans to lower the victim's body temperature & call 911
- Do both a and b

ANSWERS ON PAGE TWO

Heat Wave Safety Tips

- Slow down. Strenuous activities should be reduced,

eliminated, or rescheduled to the coolest time of the day.

- Dress for the heat. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- Put less fuel on your inner fires. Foods (like proteins) that increase metabolic heat production also increase water loss.
- Drink plenty of water or other nonalcoholic fluids. Your body needs water to stay cool. Drink plenty of fluids even if you don't feel thirsty.
- Alcohol + Heat do not mix.
- Do not take salt tablets unless specified by a physician.
- Spend more time in air-conditioned places. Air conditioning in homes and other buildings reduces danger from the heat.
- Don't get too much sun. Sunburn makes the job of heat dissipation much more difficult.

Water Safety

"Drowning claims the lives of over 4,000 people every year. Although all age groups are represented, children 0-4 have the highest death rate due to drowning." Reference taken from the National Safety Council's (NSC) web page at: www.nsc.org/library/facts/drown.htm

In 1998, 500 children under the age of five drowned. Most drowning happens when a child falls into a pool or is left in the bathtub. The National Safety Council encourages adults to establish and adhere to strict water safety rules:

- Never leave a child alone in the water--at the pool, the beach, or in the tub, a tragedy can occur in seconds.



- Always use approved personal floatation devices (life jackets). The U.S. Coast Guard estimates nearly 9 of 10 drowning victims were not wearing one.

- Beware of neighborhood pools; toys can attract children to the pool.
- For pools, barriers can offer added protection against drowning. Power or manual covers will completely cover a pool and block access to the water; however, be sure to drain any standing water from the surface of the pool cover as a child can drown in very small amounts of water.

- Enroll children over age three in swimming lessons taught by qualified instructors. But keep in mind; lessons do not make your child "drown-proof."

- Older children risk drowning when they overestimate their swimming ability or underestimate the water depth.

Teach your children these four key swimming rules:

- Always swim with a buddy.**
 - Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.**
 - Don't push or jump on others.**
 - Be prepared for emergencies.**
- Always have a first-aid kit and emergency phone contacts handy. Parents should be trained in CPR.

NEW LOCATION

The FSH Safety Office has relocated to Building 4196. In addition, we now have new phone numbers. The following is a list of numbers for the Safety Office:

- Lupe Gomez-----221-3866
- Richard Edges-----221-3841
- Allen Schramek-----221-3846
- Rose Reulbach-----221-3837
- JC Anders-----221-3823
- Wayne Blanco-Cerda-221-3836
- Marty Dinavahi-----221-3824
- Ron Foore-----221-3840

Personal floatation devices, don't leave the dock without them

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ANSWERS TO THE QUIZ

Q1. Both a and b.

Q2. Heat exhaustion. Cause from physical exertion in a hot environment and dehydration.

Q3. False. Symptoms of heat stroke are: dry mouth, sweating is diminished or absent, skin is hot and dry, skin may be red or splotchy, high body temperature. Untreated it may result in chills, convulsions, coma, and even death.

Q4. True. Through acclimatization, normally taking one to two weeks.

Q5. True. Your body needs water.

Q6. True. Also prevents sunburn.

Q7. b. Lower temperature, call 911

Workplace Housekeeping

Effective housekeeping can eliminate workplace hazards and help get a job done safely. Poor housekeeping frequently contributes to accidents by hiding hazards. If the sight of paper, debris, clutter, and spills is accepted as normal, then other health and safety hazards may be taken for granted.

Housekeeping is not just cleanliness. It includes keeping work areas neat and orderly, halls and floors free of slip and trip hazards, and removing waste materials and other fire hazards from work areas. It also requires paying attention to details such as the layout of the whole workplace, aisle marking, the adequacy of storage and maintenance. Good housekeeping is also a basic part of accident and fire prevention.

Effective housekeeping is an ongoing operation: it is not a hit-and-miss cleanup. Periodic "panic" cleanups are costly and ineffective in reducing accidents.

• What is the purpose of workplace housekeeping?

Poor housekeeping can be a cause of accidents, such as:

- Tripping over loose objects on floors, stairs, and platforms
- Being hit by falling objects

➤ Slipping on greasy, wet, or dirty surfaces

➤ Striking against poorly stacked items or misplaced material

➤ Cutting or puncturing parts of the body

To avoid these hazards (they have happened right here at FSH) a workplace must "maintain" order throughout the workday.

• What are some of the benefits of good housekeeping practices?

Effective housekeeping results in:

➤ Reduced handling to ease the flow of materials

➤ Fewer tripping and slipping accidents in clutter-free and spill-free work areas

➤ Decreased fire hazards

➤ Lower worker exposures to hazardous substances

➤ Better control of tools /materials

➤ More efficient equipment and less maintenance performed

➤ Better hygienic conditions leading to improved health

➤ More effective use of space

➤ Reduced property damage by improving preventive maintenance

➤ Less janitorial work

➤ Improved moral

• How do I plan a good housekeeping program?

A good housekeeping program plans and manages the orderly storage and movement from point of entry to exit. It includes a material flow plan to ensure minimal handling and ensures that work areas are not used as storage areas by having workers move material to work areas as needed. Part of the plan could include investing in extra bins and more disposals.

The costs of this investment could be offset by the elimination of repeated handling of material and more effective use of the workers' time. Often, ineffective or insufficient planning results in materials being handled and stored in hazardous ways.

Worker training is an essential part of any good housekeeping program. Workers must work safely with the products they use. They also need to know how to protect others by posting signs (e.g. "Wet - Slippery Floor") and reporting any unusual conditions. A good housekeeping program identifies and assigns responsibilities for the following:

➤ Clean up during the shift

➤ Day-to-day cleanup

➤ Removal of unused materials

➤ Inspection to ensure cleanup is complete

Do not forget out-of-the-way places such as shelves, basements, sheds, and other areas that can otherwise be overlooked. The orderly arrangement of operations, tools, and equipment are an important part of a good housekeeping program.

The final addition to any housekeeping program is inspection. It is the only way to check deficiencies in the program so that changes can be made.

Fireworks Safety

Fireworks and celebrations go hand-in-hand on the 4th of July. But, each year some 13,000 people are treated due to fireworks injuries.

Follow these safety tips from the National Council on Fireworks Safety:

- Read and follow directions on the label.
- Have an adult present to supervise your fireworks fun.
- Only buy from a reliable fireworks dealer.
- Alcohol + fireworks = **Danger!**
- Always have water handy.
- Store fireworks in a cool dry place away from ignition sources.
- Only light one item at a time.
- Never experiment, modify or make your own fireworks.

HAVE A SAFE 4TH OF JULY

"Click It or Ticket"

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Trampoline Safety

Trampolines should never be used for recreation in one's own backyard. However, with the proper instruction in a supervised setting, following these rules can make the experience both educational and enjoyable. Some rules of thumb include:

- Never more than one person on a trampoline at a time.
 - Never crawl under the trampoline.
 - Never flip, roll, somersault, or turn on a trampoline without supervision.
 - Always jump in the center.
 - Always jump in control.
 - Learn how to stop.
 - Cover trampoline springs with padding.
 - Never land on your knees. Doing so can jar your back and cause whiplash.
 - Avoid front landings, as over-rotating can result in neck injuries.
- Remember, with proper supervised instructions you can prevent injuries and increase the life of your trampoline.

Hazard Communication "Checklist for the Trainer"

Review this checklist to help stay in compliance with OSHA's Hazard Communication Standard (29CFR 1910.1200).

Before conducting training on HAZCOM, have you:

- Prepared an inventory of the chemicals at your facility?
- Ensured hazard chemical containers are labeled?
- Obtained an MSDS for each hazardous chemical?
- Made MSDS's available?
- Prepared a written Hazard Communication Program (HCP)?
- Established procedures to maintain your current program?
- Identified workers who need Hazard Communication Training?

Trainees should understand:

- Their "Right to Know".
 - The location of the HCP.
 - The physical and health hazards of the hazardous chemicals in their work area.
 - How to read a label and use the information it provides.
 - How to read and understand the information on the MSDS.
 - How to choose the appropriate Personnel Protective Equipment.
 - How to respond to spills and leaks and emergency first aid.
- The HAZCOM program is covered under AMEDDC&S and FSH Memo 385-33.

Reported Accidents, Incidents, and Near Misses (NM) for April – June 2003

| 2003 | Accident | Incident | NM |
|--------------|-----------|----------|-----------|
| April | 19 | 2 | 7 |
| May | 3 | 3 | 5 |
| June | 4 | 3 | 8 |
| Total | 26 | 8 | 20 |

Summer Driving Tip

An obvious cause of fatigue is lack of sleep. If you haven't received seven or eight hours of sleep the night before a trip, you're courting fatigue. Get enough rest and don't start a trip late in the day. Long-distance driving is hard work, and you need to be fresh and alert.



Safe driving demands your full attention. If you feel your eyelids getting heavy, then your next actions may not simply determine whether you'll stay awake. They might determine whether you'll stay alive. **ALWAYS BUCKLE UP!**

CDSO Training

The next CDSO Class will be 21, 22 August, Bldg 2841, Room 2202.

Safety Training Forecast

| | |
|----------------------|-----------------------------------|
| July 2 0830-0930 | Water Safety Bldg 2841 Rm 2121 |
| July 9 0830-1130 | Forklift Training TBA |
| July 16 0830-1000 | Heat Stress Bldg 2841 Rm 2121 |
| July 23 0830-1000 | Ergonomics Bldg 2841 Rm 2121 |
| July 30 0830-1030 | HAZCOM Bldg 2841 Rm 2121 |

Training schedule for July, August, and September can be found on the ISO Web Page. Contact Richard Edges at 221-3841 for registration.

Safety Newsletter

I encourage you to continue reading the monthly Safety Newsletter for useful safety information. If, at any time, you have any suggestions as to how we can improve safety at FSH, please contact us at 221-3840 or send us a note at: <http://www.cs.amedd.army.mil/iso/>

Useful Websites

OSHA: www.osha.gov

Army Safety Center:

<http://safety.army.mil/home.html>

For additional assistance contact

Mr. Guadalupe Gomez

Safety Manager, Bldg 4196

AMEDDC&S and FSH Safety

Office,

Directorate of

Safety, Environment and Fire

2202 15th Street STE 36

Fort Sam Houston, Texas 78234

Phone: 210-221-3866

Fax: 210-221-5419

guadalupe.gomez@amedd.army.mil

Or visit the Installation Safety

Office Website at:

<http://www.cs.amedd.army.mil/iso/>

THINK SAFETY!

Three b's of boating, boat safe, boat smart, and boat sober