

Let's Talk Safety



Spring

PLANTING THE SEEDS OF SAFETY AT NAVAL AIR STATION LEMOORE

NEWSLETTER
April 2012



Earth :
**Recycling and Waste
Reduction
Before an Earthquake**

**Compressed Gas
Cylinders**

**Sexual Assault/Child
Abuse and Neglect**

Happy Easter!!!





Recycling and Waste Reduction Tips

How to Recycle at Home

Make recycling an easy part of your daily routine with these simple guidelines.

Select storage locations – Collect recyclables where they're generated by conveniently placing bins in the kitchen, home office, and garage.

Select storage containers – Make sure that your recycling and trash containers look different from each other. Stackable plastic bins, crates, boxes and grocery bags make good indoor containers. When full, empty them into your City-issued blue bin.

How to prepare items – Flatten cardboard. Although rinsing out bottles and jars is not required, it may deter insects. The ridged plastic food containers (dairy tubs, food trays, etc.) and milk cartons/drink boxes should be rinsed clean.

What to do With...?

There are some items **not** accepted in the blue bin that can still be recycled:

Donate clothes and household items – If in good condition, these items can be donated to local thrift stores and nonprofit groups to be repaired and reused.

Recycle paper and plastic shopping bags – Most grocery stores in California have bins for recycling plastic bags, and paper bags can be recycled in your blue bin. Avoid single-use shopping bags altogether by using durable bags, and prevent tons of unnecessary paper and plastic bags from being produced and discarded.

Reuse Styrofoam™ packing products – Try reusing Styrofoam™ for packing at home. If you can't use the peanuts, many shipping stores will reuse them.

Recycling Household Hazardous Waste and Universal Waste

It is against the law to dispose of household hazardous waste (HHW) or universal waste in any refuse container.

HHW includes: aerosol cans, antifreeze, cleaners, latex paint, used motor oil, oil filters, pesticides, and solvents.

Universal waste includes: any type of consumer battery, electronic or programmable devices, CFLs, fluorescent bulbs, and items containing mercury such as thermostats.

Proper disposal and recycling options vary.

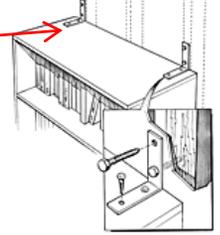
Before an Earthquake

"In 1906 for three days and two nights, the largest urban fire in recorded history burst out of control. During that compressed bulk of time, the fire consumed an area of four square miles. The fires almost entirely destroyed the central business and industrial districts of San Francisco".

Earthquakes come without notice and are unpredictable; reducing the chance of injuries, loss of life for your employees and yourself is part of **preparing** your organization. In earthquakes most injuries are caused by loose objects in and on buildings. Walking around your organization will help you catch the loose ends.

1. Know the age of your building
2. Make a list of items and areas that require attention
3. **Pipes, Flam lockers, vending machines...**
4. Work with public works for areas that need further attention
5. Know where your emergency shutoffs are and how to turn them off. **(Get with PW to find out Guidelines if at work)**
6. Now that you identified the **bad**, identify the **good** areas in and outside of your organization
 - Sturdy furniture that you and your people can fit under
 - Against an inside wall (keep away from bookshelves, storage racks...)
 - Designate a open area for mustering/gathering that is away from power lines and trees

Brace bookcases, Water heaters, and heavy decorations, remove items that are likely to fall on you or your people



"Remove, move, fasten, or latch items that are likely to break, fall over, cause a fire, or hurt people." - FEMA

FEMA

Fact: It is thought that more damage was done by the resulting fire after the 1906 San Francisco earthquake than by the earthquake itself.



"Don't worry. The building is earthquake proof, but unfortunately we haven't solved the dreaded 'cubicle domino effect.'"

Know Your People!

- 1) Make sure that your people keep current on their first aid/ CPR
- 2) Emergency containment
- 3) Fighting fires
- 4) Be aware of their allergies, medication...
- 5) Drill, drill, drill...

Fact: Florida and North Dakota have the smallest number of earthquakes in the United States.

Compressed Gas?



NAS Lemoore safety has found many workplaces where compressed gas cylinders are present. Unfortunately, most workplaces do not have the proper safety indicators like: labeling, material safety data sheets, safety caps, storage...we must all remember to be extra safe with cylinders. Compressed gases present a unique hazard. Depending on the particular gas, there is a potential for simultaneous exposure to both mechanical and chemical hazards. Gases may be:

- **Flammable or combustible**
- **Explosive**
- **Corrosive**
- **Poisonous**
- **Inert**
- **or a combination of hazards**

CAUTION HIGH PRESSURE GAS MAY ACCELERATE COMBUSTION. Keep oil and grease away. USE EQUIPMENT RATED FOR CYLINDER PRESSURE. CYLINDER TEMPERATURES SHOULD NOT EXCEED 52 C (125 F) CLOSE VALVE AFTER EACH USE AND WHEN EMPTY. USE IN ACCORDANCE WITH MATERIAL SAFETY DATA SHEET (MSDS).

• **Material Safety Data Sheets:** Because all manufactures are not creating equal we must always and **only be** provided with the manufactures or suppliers MSDS. Always know where your compressed gas cylinder MSDS's are kept.

• **Compatibility is the root of many disasters** always and only store items who are compatible with each other.

• **Signs should be conspicuously posted** in areas where flammable compressed gases are stored, identifying the substances and appropriate precautions (e.g., HYDROGEN - FLAMMABLE GAS - NO SMOKING - NO OPEN FLAMES).

• **Never rely on the color of the cylinder for identification.** Color coding is not reliable because cylinder colors may vary with the supplier.

• **Always identify the status of a cylinder.** Show whether the cylinder is “full”, “in use” or empty.

• **Check** that the hydrostatic test is current.



And Yes they can fly...

Sexual Assault

Everyone's Responsibility.

With technology today we are better aware of sexual assault cases near or around us, at the same time we are also at risk of new forms of Sexual Assault.

Forms of sexual harassment include a large range of inappropriate behavior including requests for sexual favors, unwanted sexual advances or propositions, verbal conduct, slurs or derogatory comments and comments about a person's body, appearance or sexual activity.

In fact, visual harassment, including leering looks, offensive gestures or derogatory posters, cartoons or drawings have been found sufficient to create a hostile environment.

Also...

Emails, links or "jokes" that take the receiver by surprise are inappropriate and unwelcomed behaviors.

Sexual harassment under California and Federal law is generally defined as unwanted sexual contact of two main types: (a) quid pro quo harassment which occurs when employment is conditioned on the submission to unwelcome sexual advances, or (b) unwelcomed sexual conduct that was severe or pervasive enough to create an abusive environment for the employee.



A sexual assault can reverberate throughout a unit and beyond, degrading readiness by harming the life of the victim, and the military's ability to work effectively as a team.

Hurts One

Affects All

Prevention is Everyone's Duty

We Will Not Tolerate Sexual Assault

DoD Safe Helpline is a crisis support service for adult Service members of the DoD community affected by sexual assault. Safe Helpline provides live, one-on-one expert advice and information. Available globally 24/7, users can click www.SafeHelpline.org Call 877-995-5247 or text 55-247 (inside the U.S.) or 202-470-5546 (outside the U.S.) for anonymous and confidential support. Local SAPR hotline: (559) 318-6341

Child Abuse/Neglect Statistics

A report of child abuse is made every ten seconds

More than five children die every day as a result of child abuse.

Approximately 80% of children that die from abuse are under the age of 4.

It is estimated that between 50-60% of child fatalities due to maltreatment are not recorded as such on death certificates.

More than 90% of juvenile sexual abuse victims know their perpetrator in some way.

Child abuse occurs at every socioeconomic level, across ethnic and cultural lines, within all religions and at all levels of education.

About 30% of abused and neglected children will later abuse their own children, continuing the horrible cycle of abuse.

About 80% of 21 year olds that were abused as children met criteria for at least one psychological disorder. The estimated annual cost of child abuse and neglect in the United States for 2008 is \$124 billion.

2012 RESOURCE GUIDE

Preventing
Child Maltreatment
and Promoting
Well-Being:
A Network for Action



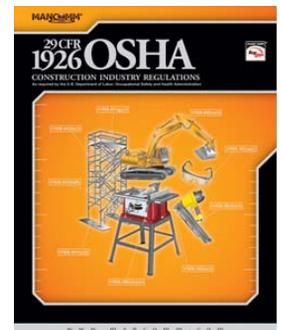
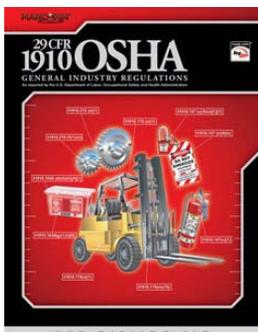
HAZMAT Training (First Responders)	
0730-1600 22-24 May	Hazardous Substance Incident Response Management (A-493-0077)
HAZMAT Refresher Training (First Responders)	
0730-1600 25 May	Refresher Hazardous Substance Incident Response Management (A-493-0083)
Aviation Safety Training	
0730-1600 14-16 Aug	Aviation Safety Specialist (A-493-0080)
Monthly every 2 nd Wed at 0800 Fire Warden	Fire Warden Safety Training
1400 April 24th	Safety Council Meeting

Are you looking to get CPR/ AED qualified?

NAS Lemoore Hospital certifies military and DOD civilian (GS) employees (only) with a BLS curriculum of the American Heart Association for AED and CPR. The course covers adult, child and infant CPR/AED. For more information call and scheduling call:

HM3 Charles, Bull USN, NHL

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 Work# (559)998-2415 / x4411
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FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT THE SAFETY OFFICE LOCATED AT BLDG 767 ON FRANKLIN AVE.

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