

Greetings from the Safety Department. We here at Safety wish to welcome everyone back from the holiday vacation. It is time to resume normal operations but before you do, let's take a little time to refresh employees' minds about safety. Managers and supervisors take the time to conduct a quick review of procedures, policies and regulations to remind our personnel that the same safety standards in place prior to the holidays are still applicable today. Let's not spoil the joyous time everyone had on vacation by getting someone hurt TODAY.



**SAFETY CORNER: TEN COMMANDMENTS OF SAFETY FOR SUPERVISORS:**

Your job in management at CFAS places you in a unique position of trust. The Navy relies on you, as the direct representative of management, to apply its policies wisely and fairly and entrusted to you is the obligation to safeguard the well being of your workers in your charge. No responsibility transcends this in importance. On the job mishaps represent prevention calls for your constant vigilance. Therefore, if you would guide your employees safely through their daily work, be yourself guided by the precepts:

1. You are a supervisor and thus, in a sense, have two families. Care for your people at work as you would care for your people as home. Be sure each of your workers understand and accept personal responsibility for safety.
2. Know the rules of safety apply to the work you supervise. Never let it be said one of your workers was injured because you were not aware of the precautions required on the job.
3. Anticipate the risks that may arise from change in equipment or in methods.
4. Encourage your workers to discuss with you the hazards of their work. No jobs should proceed where a question of safety remains unanswered.
5. Instruct your workers to work safely, as you would guide and council your family at home—with persistence and patience.
6. Follow up your instructions consistently. See to it workers make use of the safeguards provided them. If necessary, enforce safety rules with disciplinary action. Do not fail the Navy, which has sanctioned these rules —or your workers, who need them.
7. Set a good example. Demonstrate safety in your own work habits and personal conduct. Do not appear as a hypocrite in the eyes of your workers.
8. Investigate and analyze every mishap—however slight—that befalls any of your workers. Where minor injuries go unheeded, crippling mishaps may later strike.
9. Cooperate fully with those in the organization who are actively concerned with employee safety. Their dedicated purpose is to keep your workers fully able and on the job and to cut down the heavy personal toll of mishaps.

10. Remember: Not only does mishap prevention reduce human suffering and loss, from the practical viewpoint; it is no more than good business. Safety, therefore, is one of your prime obligations –to the Navy, your fellow managers, and your fellow man.

By leading your workers into “Thinking Safety” as well as working safely day-by-day, you will win their loyal support and cooperation. More than that, you will gain in personal stature.

### **GOOD WORKERS DO GOOD WORK FOR A GOOD LEADER.**

#### **Safety Corner: Are Cell Phones Hazardous To Your Health?**

The following article was taken from an OSHA monthly newsletter. Since there are so many cell phones in use in Sasebo, this article is well worth reading.

With the incredible growth of wireless communication over the past few years, the number of people using cell phones on a regular basis has simply proliferated. It is becoming commonplace to see people talking on cell phones in their cars, in the supermarket and shopping at the mall. It seems as though "everyone has one".

More recently, concerns have been raised about exposure to the radio frequency radiation that is inherent to cell phones. People are asking "is radio frequency radiation (RF radiation) harmful?" Studies conducted specifically focused on determining if there was a correlation between a person's exposure to RF radiation and the development of brain cancer, lymphomas or leukemia. The study concluded that there was no correlation. One reason being that the energy level is low. Another reason is that people are not using a cell phone for hours at a time: exposure is usually measured in minutes. In 1993 an individual who claimed his spouse died of a brain tumor because of using a cell phone filed a lawsuit in Florida. The case was dismissed due to lack of evidence. But as a result of the issues raised, the industry had studies done to prove that there was no such health hazard associated with using cell phones. After several health hazard studies by groups including the Food and Drug Administration, no relationship was found between brain cancer and the use of cell phones.

**In conclusion, at this point it appears that using a cell phone is not hazardous to your health. REMINDER: Cell phone usage while driving a vehicle on CFAS is prohibited, as well as Japanese traffic laws. Also, hands-free cell phone devices are also prohibited on CFAS.**



### Safety Corner: Slips, Trips, and Falls

Here we are talking about plain, ordinary, run of the mill, it happens all the time, it's a fact of Life, and no big deal when one slips, trips, and falls. **NOT!**

All slips, trips, and falls are potentially very serious and all slips, trips and falls are preventable through adherence to safety policies, common sense, and awareness of your immediate environment. The most common occupational accident is actually the easiest to prevent.

#### Common Sense Rules:

- Walk don't run.
- Maintain a clear line of vision particularly when carrying a large object.
- Use hand rails
- Keep your work area clean of debris.
- Wear the proper work shoes/boots and make sure they are laced or buckled.
- Pay attention to what you are doing and be aware of what is going on around you.
- Clean up spills—liquids are slippery.
- Firmly set your ladder and ensure the rungs are clean.
- Never engage in horseplay.
- Ensure you have adequate lighting.

The list can go on and on, but in the final analysis, it is up to you to prevent slips, trips, and falls. If you reflect on the last time you tripped, slipped, or fell, you would probably conclude that it was preventable.

# CARBON MONOXIDE

Exposing an Invisible Killer: A Fact sheet on the Dangers of Carbon Monoxide: Each year in America, carbon monoxide (CO) poisoning claims more than 200 lives and sends another 10,000 people to hospital emergency rooms for treatment. The United States Fire Administration (USFA) and the National Association of Home Builders (NAHB) would like you to know that there are simple steps you can take to protect yourself from deadly carbon monoxide fumes.

## **UNDERSTANDING THE RISK**

What is carbon monoxide? Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes; CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Where does carbon monoxide come from? CO gas can come from several sources: gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces and motor vehicles. Who is at risk? Everyone is at risk for CO poisoning. Medical experts believe that unborn babies, infants, children, senior citizens and people with heart or lung problems are at even greater risk for CO poisoning.

## **WHAT ACTIONS DO I TAKE IF MY CARBON MONOXIDE ALARM GOES OFF?**

What you need to do if your carbon monoxide alarm goes off depends on whether anyone is feeling ill or not. If no one is feeling ill:

1. Silence the alarm.
2. Turn off all appliances and sources of combustion (i.e. furnace and fireplace).
3. Ventilate the house with fresh air by opening doors and windows.
4. Call a qualified professional to investigate the source of the possible CO buildup.

If illness is a factor:

1. Evacuate all occupants immediately.
2. Determine how many occupants are ill and determine their symptoms.
3. Call your local emergency number and when relaying information to the dispatcher, include the number of people feeling ill.
4. Do not re-enter the home without the approval of a fire department representative.
5. Call a qualified professional to repair the source of the CO.

## **PROTECT YOURSELF AND YOUR FAMILY FROM CO POISONING**

Install at least one UL (Underwriters Laboratories) listed carbon monoxide alarm with an audible warning signal near the sleeping areas and outside individual bedrooms. Carbon monoxide alarms measure levels of CO over time and are designed to sound an alarm before an average, healthy adult would experience symptoms. It is very possible that you may not be experiencing symptoms when you hear the alarm. This does not mean that CO is not present. Have a qualified professional check all fuel burning appliances, furnaces, venting and chimney systems at least once a year. Never use your range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage. Never keep a car running in a garage. Even if the garage doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.



# FOOD FOR THOUGHT

Accidents are the result of **unsafe acts** or **unsafe conditions**, or both...whatever the reasons, we want to eliminate them to keep you safe... and you can help!

**Unsafe conditions** are physical hazards such as missing machine guards, exposed electrical circuits, damaged equipment, slippery floors, improper storage of material, lack of supervision, and inadequate training. **Unsafe Acts** are the things people do that are

obviously just not safe. Some examples are:

Horseplay, not using PPE, running, using damaged tools, not lifting properly, Violating safety rules

**Accidents can result in injury or death** to you or another employee. That's why it's important to immediately report any unsafe conditions to your supervisor.

Excuses some people use:

That's the way I always do it...

I can take shortcut because I'm experienced...

I was just trying to fix it...

I thought I knew how...

I was in a hurry...

Doing it safely takes too much time...

I didn't know it was loaded...

Smart Safety Rules

Do it the way you have been trained - follow all specific safety rules

Report all unsafe acts or unsafe conditions immediately

Encourage others to work safely

Check & use the correct Personal Protective Equipment for the specific hazard

Ask for help when you need it

Ask questions when you are not sure

Report any injuries immediately

Lock & Tag all equipment before adjusting or doing maintenance

Inspect ladders before using

Don't use chemicals unless you have been specifically trained on the hazards and protection steps

Don't create trip hazards - keep your work area neat & clean

Accidents are preventable!

# Frostbite

## How to Prevent Frostbite

- \* Proper clothing for winter weather insulates from the cold, lets perspiration evaporate and provides protection against wind, rain and snow. Wear several layers of light, loose clothing that will trap air but provide adequate ventilation. This is better protection than one bulky or heavy covering. Choice fabrics for the cold are wool, polyester substitutes and water-repellent materials (not waterproof, which holds in perspiration). Down coats and vests are warm; however, if down gets wet it is not an effectively warm fabric.
- \* Coverings for the head and neck are important. Hats, hoods, scarves, earmuffs and facemasks all add up to good protection.
- \* Protect your feet and toes. Wear two pairs of socks -- wool is best, or cotton socks with a pair of wool on top. Wear well-fitted boots, high enough to cover the ankles.
- \* Hand coverings are vital. Mittens are warmer than gloves, but may limit what you can do with your fingers. Wear lightweight gloves under mittens so you'll still have protection if you need to take off your mittens to use your fingers.
- \* Be sure your clothing and boots are not tight. A decrease in blood flow makes it harder to keep the body parts warm and increases the risk of frostbite.
- \* When in frostbite-causing conditions, remember to dress appropriately, stay near adequate shelter, avoid alcohol and tobacco, and avoid remaining in the same position for long periods.



## Symptoms of Frostbite

- \* Mild frostbite (frost nip) affects the outer skin layers and appears as a blanching or whitening of the skin. Usually, these symptoms disappear as warming occurs, but the skin may appear red for several hours after.
- \* In severe cases, the skin will appear waxy-looking with a white, grayish-yellow or grayish-blue color. The affected part(s) will have no feeling

(numbness) and blisters may be present. The tissue will feel frozen or "wooden". This indicates a very serious condition.

- \* Other symptoms are swelling, itching, burning and deep pain as the area is warmed

