USNH hosts workplace safety, health conference

By Jennifer Savage and Richard McManus, USNH Public Affairs

Safety coordinators from several Commander Fleet Activities Yokosuka (CFAY) sea and shore commands recently attended the first Working Together for Workplace Safety and Health conference at U.S. Naval Hospital (USNH) Yokosuka Dec. 11.

While most safety conferences focus on the important work of preventing traumatic injury, this conference concentrated on educating safety coordinators on how to prevent illnesses and long-term overexposures to harmful stressors in the workplace.

"By reducing illnesses and stress in the workplace, we are increasing the health and safety of our workers and that is a great way to ensure productivity and employee satisfaction," said William Heath, a conference coordinator and the department head for USNH's Industrial Hygiene Department.

Some of the issues addressed in the conference include hearing, diet, workplace wellness, infectious illnesses, immunizations, occupational health exams and industrial hygiene.

USNH Nutritionist Lt. Amit Sood spoke to the group about workplace health education.

"Nutrition ties into workplace health in a few different ways," said Sood. "First, a proper intake of nutrient-dense and varied foods helps to maintain a healthy immune system."

Lt. Cmdr. Bernard McDonald and William Heath, of USNH Yokosuka Industrial Hygiene Department, present workplace safety practices to CFAY sea and shore command safety coordinators.

Photo by Hirokazu Moritomo

"Then, spreading adequate meals and snacks evenly throughout the day helps to ensure sustained energy, leading to increased productivity at work."

Lt. Patricia Roldan, the head of the hospital's Preventive Medicine Department, stressed the importance of the "three Cs."

"The three Cs are Clean, Cover and Contain. Clean your hands by frequently washing them and remember to wipe down surfaces like keyboards; cover sneezes and coughs by using a tissue, your sleeve or wearing a mask; and contain your illness by limiting contact with co-workers if you are sick. These may seem like small practices, but they make a world of difference when it comes to workplace wellness," said Roldan.

"We discussed a lot of issues that typically aren't addressed at most safety conferences, and from a safety perspective, the procedures learned at this conference have the potential to impact the lives of every Sailor and civilian worker at CFAY," said Heath. "By bringing our safety coordinators together, we are removing barriers and extending boundaries for workplace safety and health."

USNH plans to hold a similar conference geared toward workplace safety on ships later this month.

Anyone interested in more information on the conference or on workplace safety should contact the hospital's Industrial Hygiene Department at 243-8691.

USNH Yokosuka welcomes first baby of 2009

The first baby born at U.S. Naval Hospital Yokosuka in 2009 is the son of Information System Technician 2nd Class Bickiana Patton, of Ridgewood, N.Y., and Information System Technician 2nd Class Dawayne Patton of Brooklyn, N.Y. The new parents proudly welcomed their first child, Davian Patton, at 8:08 p.m., Jan. 1, 2009. Davian weighed 8 pounds, 10 ounces. Patton is assigned to USNH Yokosuka, and Dawayne is stationed onboard *USS McCampbell* (DDG 85).

Photo by Jennifer Savage

Chat, text, twitter: Navy to survey technology use

By Navy Personnel Research, Studies and Technology and NPC Public Affairs

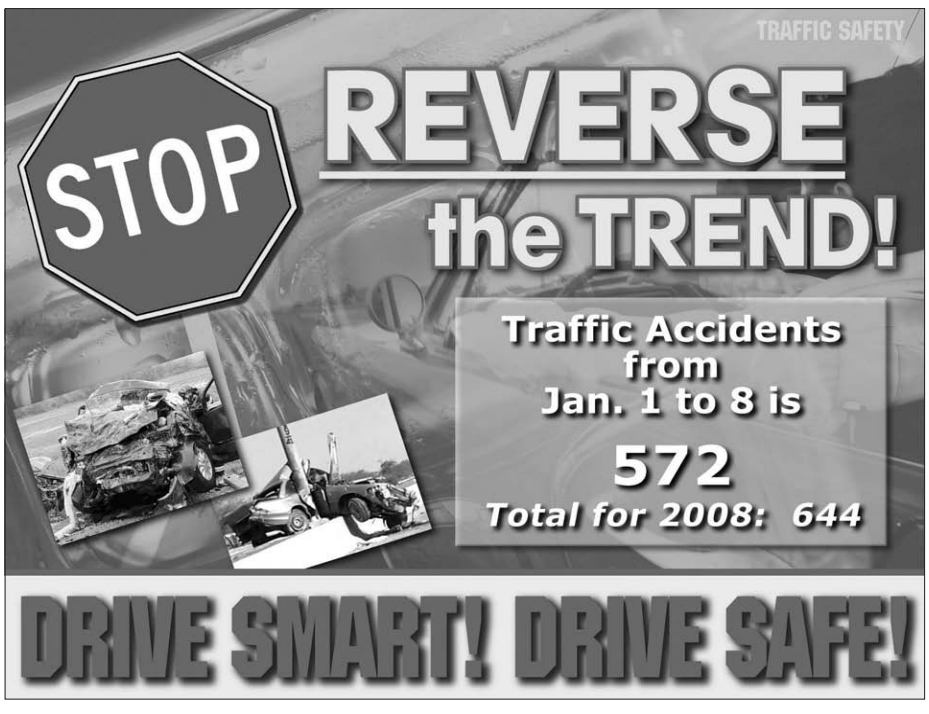
Nearly 15,000 Sailors, chosen at random, have been asked to share their thoughts on telework and technology through the first Navy Telework and Technology Survey.

The survey, which is being conducted by the Navy Personnel Research, Studies, and Technology (NPRST) Division, asks Sailors to voluntarily provide their opinions regarding teleworking and their use of various technologies that might be used to telework. Telework is an important component of the Navy's life/work balance efforts that are being promoted by Task Force Life/Work.

Key technologies being explored in the survey include handheld devices such as cell phones, iPods and digital cameras, as well as traditional computer-based technologies such as the Internet and social networking.

As part of the survey, respondents may choose to participate in the first navywide survey through cell phones, which expands on a recent text message survey conducted with Navy recruiters.

"Surveying Sailors regarding their use of text messaging and other technology is cutting edge, innovative and exciting research. With text messaging we are able to collect meaningful data in a flash," said Dr. Paul Rosenfeld, head of the Institute for Organizational Assessment at NPRST.

NPRST exists to help the Navy better recruit, select, classify, train, manage, assign and care for its people by employing a unique blend of innovative scientific and functional expertise. NPRST investigates, develops and validates new technologies, methods and business processes to improve the readiness, performance and quality of life of Sailors and Marines.

The NPRST Division's mission is to conduct research and development to improve the performance of Navy and Marine Corps individuals, teams and organizations.